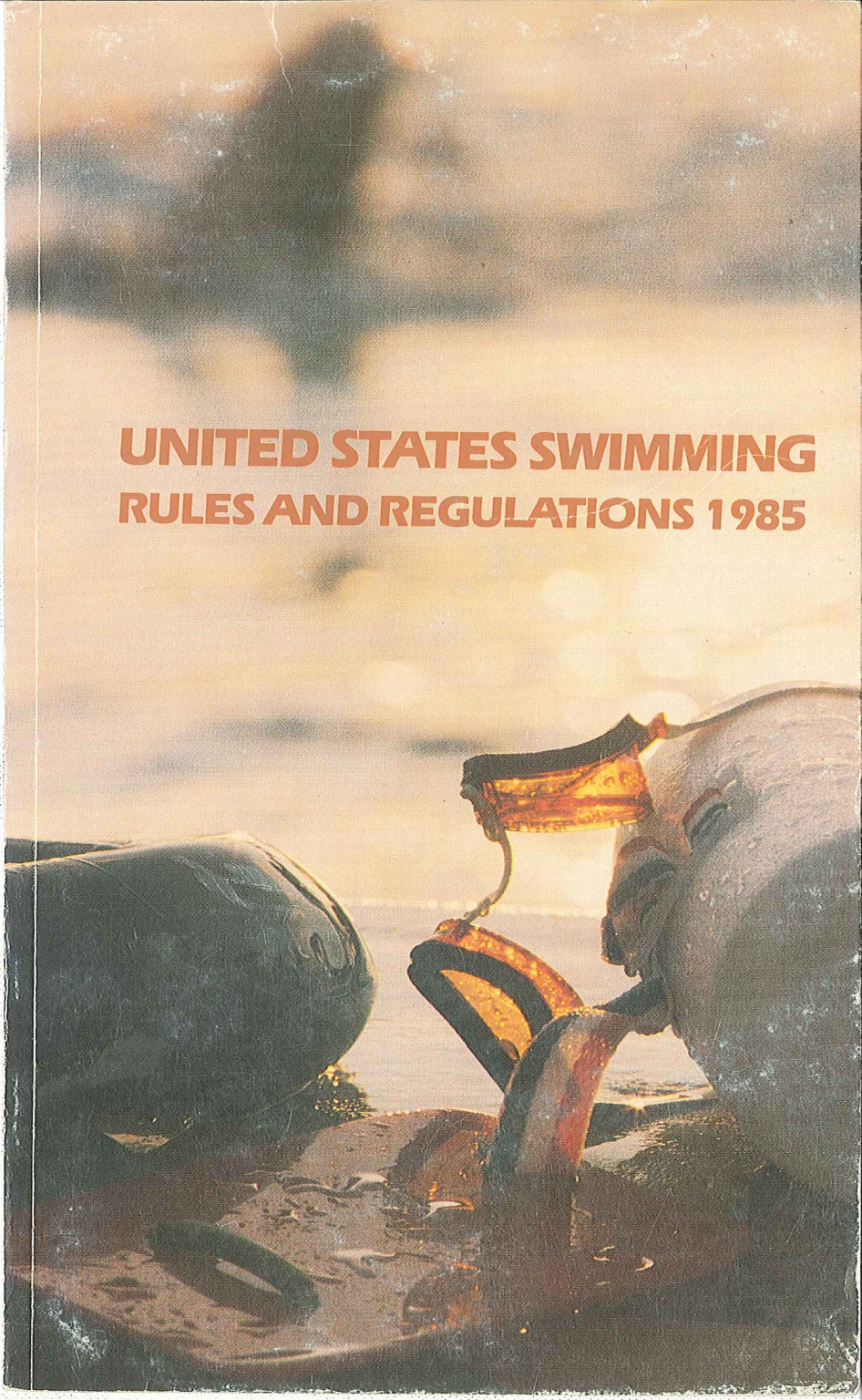
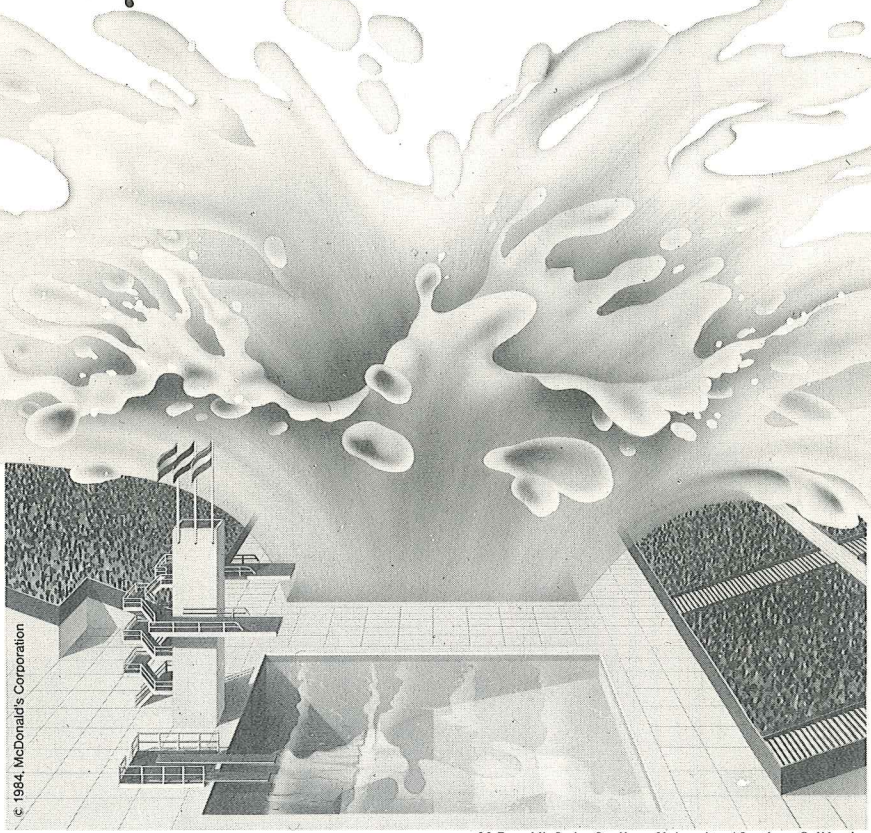
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RULES AND REGULATIONS 1985



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MAJOR CHANGES AND EFFECTIVE DATES

EFFECTIVE IMMEDIATELY

SAFETY REMINDER—Page 17.
SENIOR SHORT-COURSE ENTRY DATES EXCEPTION—See 104.8(8)(c)
TIME TRIAL—New title for OVC achievement event. Glossary
RECORD ATTEMPT—New title for unpaced race against time. Glossary
PERFECTLY—"Perfectly" removed from 'fly stroke' rule. 102.2(2)
UPRIGHT—"Upright" removed from long-course start rule. 103.1(3)(a)

EFFECTIVE JANUARY 25, 1985

90-DAY RULE—Unbroken financial assistance OK. 343-11(2)
DUAL REGISTRATION—Swimmer can simultaneously hold Masters and Senior registration and compete in both. 343.13

EFFECTIVE MARCH 1, 1985

FOREIGN ENTRANTS—Not allowed in U.S. Senior Nationals that also serve as team trials for Pan-Ams, Pan-Pacifics, World Championships or Olympics. 104.2
DISTANCE FREESTYLE—New heat arrangement. 104.5(4)(b)
Optional entry time. 104.8(4)
SHORT-COURSE SENIOR ENTRY TIME—See 104.8(8)(c)
VIDEO TAPE USE—Camera and location must be approved. 104.11

(NOTE: All Article 4 rules are effective March 1, 1985. All other technical rules are effective May 15, 1985 unless otherwise noted above.)

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OFFICIAL GLOSSARY
Swimming Words and Terms

Across-the-Board Place Judges—two place judges, one on each side of the finish line, who will record the order of finish by lane. The independent decisions of these two judges may be used for balloting.

Aggregate Time—times achieved by four individuals in separate starts which are added together to arrive at a relay time for entry purposes.

Appreciable—sufficient in extent to be recognized.

Approved Meet—a designated meet conducted by organizations other than USS from which swimmers may use their times as USS qualifying times. A designated USS official must be present to attest that the conduct of competition conforms to all relevant USS rules and meet standards.

Body—the torso, including shoulders and hips.

Calm State or Surface—normal level surface without turbulence.

Closed Competition—competition open only to the members of one organization or group.

Composite Time—a time achieved in a relay event by four members of an organization.

Consolation—(finals) competition for the fastest of those who failed to qualify for the finals.

Corporation—United States Swimming, Inc.

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 Meet—meet where all entries are accepted on the first or later day of that meet and subsequently seeded into events.

Deck Seeded Meet—meet where all entries are due prior to first day of meet and swimmers must declare availability to swim prior to the scratch deadlines.

Draw—random selection by chance.

Dual Competition—competition between two clubs.

Event—any race or series of races in a given stroke or distance. For competitive limits, 1 event equals 1 preliminary, or 1 preliminary plus its related final, or 1 timed final.

Final—any single race which determines final places and times in an event.

Finals—the concluding session of each day of the meet in which the final race of each event is swum.

Finalist—one who swims in a final race.

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

Foreign Swimmer—an athlete member of a FINA member-country federation, other than the Corporation, and who competes in USS sanctioned events.

Heats—a division of an event in which there are too many swimmers to compete at one time.

Qualifying Heats—competition in which a number of heats are swum to qualify the fastest swimmers for the finals where final placing for the event will be determined.

Timed Final Heats—competition in which only heats are swum and final placings are determined by the times performed in the heats.

Horizontal—parallel to the surface level of the water.

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

International Competition—competition in which all competitors and/or teams represent their countries, not clubs or other organizations.

Invitational Competition—for those swimmers, organizations and clubs invited by the host.

Junior Olympic—a type of Age Group competition conducted by the Age Group Division, except the national Junior Olympic championships.

Lane—the specific area in which the swimmer is assigned to swim; i.e., lane one, lane two, etc.

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

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

Leg—(relay) the part of the relay event that is swum by a single team member.

Length—extent of the course from end to end.

LSC (local swimming committee)—an administrative division of the Corporation with supervisory responsibilities within certain geographic boundaries designated by the Corporation.

Malfunction—a mechanical or electronic failure—not a human failure by the swimmer.

Manual Start—the start of any timing device by an individual if this start is initiated in response to the same starting signal given to the swimmer.

Mark—(take your) starting position.

May—permissive, not mandatory.

Meet—a series of events held in one program.

Non-conforming time—a short course qualifying time submitted for a long course meet or a long course time submitted for a short course meet.

Official Verification Card (OVC)—a three-copy form for certifying a national qualifying time made by a swimmer and issued by a verification official of the area in which the meet was held. OVCs shall be issued for any time that equals or betters a national time standard or international trials time standard.

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

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

Preliminary—session of the meet in which the heats are held.

Propulsive—having power to propel.

Race—any single swimming competition; i.e., preliminary, final, timed final.

Registered—enrolled as an athlete member of the Corporation and an LSC.

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

Sanction—a permit issued by an LSC to conduct an event or meet.

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

Scratch—(from an event) withdraw an entry from competition.

Seed—distribute the swimmers among the required number of heats and/or lanes, according to their submitted or preliminary times.

Seeding—Pre-Seeded Heats—swimmers are arranged in heats in events according to submitted times and heat sheets are prepared prior to the day of competition. **Events Seeded on the Deck**—swimmers are called to report to the clerk of course for their event on the day of the meet. After scratches are determined they are then seeded in the proper heats.

Session—any portion of a meet distinctly separated from other portions by locale, time, or type of competition, i.e., preliminaries and finals; morning and afternoon or evening; Senior and Age Group, etc.

Shall—mandatory.

Simultaneously—at the same time.

Solid Wall—the end of the pool including the vertical end of the pool and the front of the starting block or platform.

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 which has no perceptible current or movement other than that caused by wind or by other swimmers. (Circulatory systems should be off during competition.)

Submitted Times—those filed with an entry, as having been previously achieved.

Suspension—deprivation of all rights of membership in the Corporation.

Timed Finals—competition in which only heats are swum and final placings are determined by the times performed in the heats.

Time Standard—the time standard for any event in a meet is the cut-off time for that event.

Time Trial—an event or series of events where swimmers may meet to achieve or to better a required time standard.

Record Attempt—swimming against time in a record attempt, unpaced by other swimmers. (Refer to Article 8 for record requirements).

Unattached—an athlete member who competes but does not represent a club member of the Corporation.

Vertical—at a right angle to the normal water level.

PART ONE

TECHNICAL RULES

All provisions under Part One, the Technical Rules, unless otherwise specified on Page 4, "Major Rules Changes", are effective beginning May 15, 1985, and until changed. Rules in effect on the first day of a meet shall govern throughout that meet.

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 recommended that the LSC and regional short course and long course championships be held annually and that they be conducted under the rules governing national championships (Article 4), subject to available facilities and personnel. Events other than such championships may use Article 4 as a guide, subject to local conditions and preference, but when National Championship rules are to be used in such events, and they differ in any way from the rules in Article 3, such differences must be clearly stated on the entry blank.

It is not the purpose of the Rules and Regulations contained herein to set standards of care for the safety of the swimmer. Safety considerations should be addressed by the swimmer, the swim coach and the local public entity or pool owner where events are held.

ARTICLE 1
CLASSES OF COMPETITION

101.1. COMPETITIVE CLASSIFICATIONS—Swimming shall be conducted under the following classifications and participation is open to athletes from any country subject to further pertinent regulations in these rules and elsewhere.

(1) **Senior**—All registered swimmers are eligible for the Senior Class.

(2) **Junior**—All registered swimmers 18 years of age and younger are eligible for the Junior Class subject to the restrictions elsewhere in these rules.

(3) **Age Group**—Age Group swimming is for swimmers 18 years of age and under and shall be conducted under the provisions of Article 6.

(4) **Masters**—Masters swimming is open only to swimmers 25 years of age and older.

(5) **Long Distance**—All registered swimmers are eligible for Long Distance swimming.

ARTICLE 2
RULES FOR SWIMMING THE STROKES

102.1 BREASTSTROKE

(1) **Start**—The forward start shall be used.

(2) **Stroke**—From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the water surface. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on or under the surface of the water, and shall be brought back on or under the surface of the water. A part of the head shall always be above the general water level (the surface in a calm state), except that after the start and after each turn, the swimmer may take one arm stroke and one leg kick while wholly submerged. When the hands begin their sideward or downward press, a new stroke shall have been started. Drifting apart of the hands does not constitute an infraction. A wave passing over the head does not constitute a violation.

(3) **Kick**—All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outwards in the backward movement. A flutter kick or downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.

(4) **Turns**

(a) **Short Course**—When touching at each turn, the touch shall be made with both hands simultaneously. It is permissible for a shoulder to be dropped and/or the head to be lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke. This would apply also to the breaststroke leg of the individual medley and the breaststroke leg in the medley relay.

(b) **Long Course**—When touching at each turn, the touch shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made, the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke.

(5) **Finish**

(a) **Short Course**—On the finish the touch of the solid wall or pad shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. It is permissible for the head to be

lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water.

(b) **Long Course**—On the finish the touch of the solid wall or pad shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water.

Note: Either complete or incomplete movements of the arms or legs from the starting position shall be considered as one complete stroke or kick.

102.2. BUTTERFLY

(1) **Start**—The forward start shall be used.

(2) **Stroke**—After the start and turns, a swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him to the surface. Both arms must be brought forward together over the water and brought backward simultaneously. The body must be kept on the breast, and both shoulders in the horizontal plane, from the beginning of the first arm stroke after the start and after each turn.

(3) **Kick**—All up and down movements of the legs and feet must be simultaneous. The position of the legs and feet shall not alternate in relation to each other. The use of the scissor or breaststroke kicking movement is not permitted.

(4) **Turns**

(a) **Short Course**—When touching at each turn the touch shall be made with both hands simultaneously. It is permissible to drop a shoulder after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke. This would apply also to the butterfly leg of the individual medley and the butterfly leg of the medley relay.

(b) **Long Course**—When touching at each turn the touch shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke.

(5) **Finish**

(a) **Short Course**—On the finish the touch of the solid wall or pad shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water.

(b) **Long Course**—On the finish the touch of the solid wall or pad shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water.

102.3. BACKSTROKE

(1) **Start**—The swimmers shall line up in the water, facing the starting end, with both hands resting either on the end or rail of the pool or on any part of the starting platform or block, or on the starting grips.
   (a) **Short Course**—The feet may be placed in any position on the end of the pool, and the swimmer may assume any desired starting position which does not remove either foot completely from the water, nor either foot from contact with the end of the pool, nor either hand from the starting grips, pool edge, or starting block. Subject to the approval of the host facility, a backstroke starting block against which to place the feet may be used, if available to all contestants.
   (b) **Long Course**—It shall be the starter's duty to see that both the swimmer's feet, including the toes, shall be under the surface of the water, and that no swimmer is standing in or on the gutter, or curling his toes over the lip of the gutter. A backstroke starting block may not be used.

(2) **Stroke**—The swimmer shall push off on his back and continue swimming on his back throughout the race.

(3) **Turns**—The swimmer's head, shoulder, foremost hand or arm must touch the end of the course, but the shoulders must not turn over beyond the vertical before the touch is made. It is permissible to turn the shoulders beyond the vertical after the touch, but the swimmer must have returned to a position where the shoulders are at or past the vertical toward the back before the feet have left the wall.

(4) **Finish**—The swimmer shall have finished the race when any part of his person touches the solid wall or pad at the end of the pool.

102.4. FREESTYLE

(1) **Start**—The forward start shall be used.

(2) **Stroke**—Freestyle means that in an event so designated the swimmer may swim any style; except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke.

(3) **Turns**—In freestyle competition the hand touch is not required at the turn; it is sufficient if any part of the swimmer touches the solid wall or pad at the end of the pool or course.

(4) **Finish**—The swimmer shall have finished the race when any part of his person touches the solid wall or pad at the end of the pool.

102.5. INDIVIDUAL MEDLEY—The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly;

the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

(1) The stroke and turns for each stroke shall follow the prescribed rules for each stroke.

(2) The turns from one stroke to another shall be considered turns, not finishes, and are as follows:

(a) **Butterfly to backstroke**—once a legal touch has been made the swimmer may turn in any manner desired. The prescribed stroke form must be attained prior to the time the feet leave the wall.

(b) **Backstroke to breaststroke**—once a legal touch has been made the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the feet leave the wall. The prescribed stroke form must be attained prior to the first arm stroke.

(c) **Breaststroke to freestyle**—once a legal touch has been made the swimmer may turn in any manner desired.

(3) **Finish**—The swimmer shall have finished the race when any part of his person touches the solid wall or pad at the end of the pool.

102.6. RELAYS

(1) **Freestyle Relay**—Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

(2) **Medley Relay**—Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

(3) **Rules Pertaining to Relay Races**

(a) No swimmer shall swim more than one leg in any relay event.

(b) Relay teams may not compete unattached. In all cases relay teams must be composed of USS members of the same club, school or organization which is a member of the Corporation.

(c) When automatic relay take-off judging is used, each swimmer must touch the touchplate or pad in his lane at the end of the course to have finished his leg of the relay race.

(d) In relay races a swimmer other than the first swimmer shall not start until his teammate has concluded his leg.

(e) Any relay team member and his relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.

(f) Each relay team member shall leave the water immediately upon finishing his leg, except the last member.

(g) In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his preceding teammate touches the wall shall be disqualified.

(h) When the first swimmer on a relay completes his leg in accordance with the rules of the stroke and unless his team is disqualified for some action on his part, his split time, if recorded in accordance with 108.2(4)(a), may be considered for an official time. If recorded in accordance with 108.2(4)(a) or 103.16(4) this time may also be considered for LSC and local records, and if recorded in accordance with 108.2(3), (4) and (5) it may be considered for any other record purposes.

ARTICLE 3
RULES APPLYING TO THE CONDUCT OF ALL SWIMMING COMPETITION

Note: The events and programs for national, regional and LSC championships are set forth in Article 4.

103.1. EVENTS

(1) **Senior Classification**—See Article 4.
(2) **Junior Classification**—See Article 4.
(3) **Age Group Classification**—See Article 6.

103.2. PROGRAMS—In planning any meet, careful consideration must be given the demands to be made upon swimmers, officials and spectators, in that order. Long, tiresome meets, with too many events and/or entries, often result in keeping small children up late at night. Meets should be planned to terminate within a maximum period of eight (8) hours of competitive events in any one day. Provide adequate meal and rest breaks and sheltered rest areas, properly supervised.

(1) Programs for Senior, Junior, Age Group and/or those of mixed classification can be tailored to local requirements and conditions.

(2) **Dual Meets**—Dual meets are encouraged between clubs, LSCs and regions. They may consist of programs of mixed classifications. For Age Group suggested dual meet programs refer to Article 6.

(a) Suggested Events in Senior Dual Meets

400 Medley Relay	100 Freestyle
200 Freestyle	100/200 Backstroke
50 Freestyle	400/500 Freestyle
200/400 I.M.	100/200 Breaststroke
100/200 Fly	400 Free Relay

(b) Suggested Events in All-Star Dual Meet Competition
This program is designed for two days or two-session competition.
Each competitor is allowed two races per session.
Each team may enter two competitors and one relay in each event.

Events are alternated; first women, then men.

Note: By mutual consent of teams entered competitors may enter more events or teams may enter more contestants and relays per event than recommended.

First Session

400 Medley Relay	Women/Men
1500/1650 Freestyle	Women/Men
100 Backstroke	Women/Men
200 Freestyle	Women/Men
100 Breaststroke	Women/Men
100 Butterfly	Women/Men
400 I.M.	Women/Men
800 Freestyle Relay	Women/Men

*800/1000 free may replace the 1500/1650 free by mutual team consent.

Second Session

200 Butterfly	Women/Men
100 Freestyle	Women/Men
200 Backstroke	Women/Men
200 Breaststroke	Women/Men
400/500 Freestyle	Women/Men
200 I.M.	Women/Men
400 Freestyle Relay	Women/Men

(3) **Conduct of Dual Meets**

(a) In six-lane pools each team may enter three official swimmers, of which only two may score. Upon arrival at the pool the visiting team shall have the choice of lanes or a side of the pool.

(b) Each swimmer may swim in three events, of which at least one must be a relay.

(c) It is recommended that each team be furnished with entry cards, which shall also serve as time cards. They may be turned in to the Referee, or his representative, several events ahead, but must be submitted immediately upon request, and must include the name of the swimmer and the lane he/she will swim in. No change may be made except through injury or illness.

(d) Scoring: Individuals 5-3-1. Relays 7-0.

(4) **Minimum Number of Officials Required**

(a) Starter-Referee, who may also act as a stroke and turn judge.

(b) One other stroke and turn judge.

(c) Two scorers—one from each team.

(d) Announcer.

(e) Three timers for each lane.

(f) Relay take-off judges.

(g) Two across-the-board judges, one on each side of the pool at the finish line whose independent decisions as to the order of finish may be used for balloting.

(h) The visiting team may furnish officials as a courtesy, not a requirement.

103.3. ENTRIES

(1) In any combination of aquatic events conducted on a single day at the same site and where preliminaries and finals are held, no swimmer shall be permitted to compete in more than three (3) events per day, exclusive of relays.

(2) The above restrictions are effective regardless of the classification mixture and/or that separate meets are being conducted and such limitations shall be clearly stated on the entry blanks.

(3) When timed finals are held, without preliminary heats, no swimmer shall be permitted to compete in more than 5 events per day exclusive of relays.

(4) In meets where a combination of preliminary and final events and timed finals are held, a swimmer may participate in only 3 individual events per day, unless entered exclusively in timed final events on that day.

(5) If qualifying time standards are used they may be made in
   (a) A 25 yard or 25 meter course for short course events.
   (b) A 50 meter course for long course events.

103.4. INDIVIDUAL SCRATCH RULE—Each swimmer shall inform himself of the meet starting time and shall report to the proper meet authorities promptly upon call.

(1) **Pre-Seeded Meets**—Each swimmer shall report promptly to the clerk of course prior to the start of each race in which he is entered.
   (a) Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
   (b) Any swimmer not reporting for or competing in a preliminary heat when finals are scheduled shall not be penalized.

(2) **Events Seeded on the Deck**—Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim the event unless he notifies the clerk of course before the seeding for that event has begun that he wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in his being barred from the next individual event in which he is entered on that day or the next meet day, whichever is first. Events seeded on the deck shall be closed for seeding no earlier than thirty (30) minutes prior to the start of the event.

(3) **Scratching from Consolation Finals and Finals**
   (a) Any swimmer qualifying for a consolation final or final race in an individual event who fails to compete in said consolation final or final race shall be barred from further competition for the remainder of the meet, except as noted in (4), below.

(b) In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or final when possible with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

(c) Where consolation finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.

(d) If a consolation final has already been contested, the companion final shall be swum without reseeding for the empty lane(s).

(4) **Exceptions for Failure to Compete**—No penalty shall apply for failure to withdraw or compete in an individual event if:

(a) The Referee is notified in the event of illness or injury and accepts the proof thereof.

(b) A swimmer qualifying for a consolation final or final race following preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that final race that he may not intend to compete and further declares his final intentions within 30 minutes following his last individual preliminary event.

(c) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

103.5. RELAY SCRATCH RULE

(1) **Pre-Seeded Meets**—Any relay team entered in a pre-seeded relay event that fails to compete in or report for that event shall not be penalized.

(2) **Relays Seeded at the Meet**

(a) Any relay team entered in a relay event that is seeded at the meet in whole or in part, that has been checked in and the swimmers' names declared for that event, must swim the event unless the clerk of course is notified before the seeding for that event is begun that the relay team wishes to scratch. Failure to do so will result in each individual member of that relay team being barred from the next relay event in which those members may otherwise be eligible to compete, either that day or the next meet day, whichever is first.

(b) A relay team member failing to appear ready to swim for said relay event shall be barred from the next individual event in which he is entered, either that day or the next meet day. The relay team members who do appear ready to swim shall not be penalized for failure of other relay team members to appear.

(c) Exceptions—Relay teams or team members who give acceptable notification to the Referee of illness, injury, or that failure to compete is caused by circumstances beyond the control of the swimmer(s) shall not be penalized.

103.6. RELAYS

(1) Relays may be conducted on a timed final basis or with preliminaries and finals.

(2) Timed final relays shall be swum in seeded heats, with not more than two heats (which shall be the fastest heats) conducted during the final session of meets holding preliminaries and finals, and the balance of relay heats will be conducted during the preliminaries.

(3) Relays conducted as preliminaries and finals shall be seeded and conducted in the same manner as individual events.

(4) Organizations entering two or more relay teams in an event shall designate them on the entry blank as Team A, Team B, etc.

(5) The best time of each relay team shall be entered on the entry blank for seeding purposes and no change in time will be permitted.

(6) First and last names of swimmers eligible to compete in relay events shall be entered on the entry blank according to the event in which they will be eligible to swim. There is no limit to the number of eligible swimmers who may be listed.

(7) First and last names of competing relay swimmers, their ages, and their order of swimming shall be declared to the clerk of course immediately prior to the start of the relay heat in which such team is entered, and no changes will be permitted thereafter.

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

103.7. LANE ASSIGNMENTS—SEEDING—COUNTERS

(1) **Preliminary Heats When Finals are Scheduled**—In order to assure seeded positions, the best competitive times of all entries must be submitted. These times shall be assembled (listed) by the meet committee with the fastest man first and the slowest man last. Swimmers whose submitted times are identical should be assigned places in the list by draw. Swimmers with no submitted times shall be considered the slowest and shall be placed at the end of the list by draw. Swimmers shall be placed in lanes under procedure outlined for finals seeding in 103.7(3). Swimmers shall be placed in heats according to submitted times in the following manner

(a) **Fewer than three heats**

(i) If one heat, it may be seeded as a final heat and swum only during the final session, at the Referee's discretion.

(ii) If two heats, the fastest swimmer shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, next in the second heat, next in the first heat, etc.

(b) **Three heats**—The fastest swimmer shall be placed in the third heat, next fastest in the second, next in the first. The fourth fastest swimmer shall be placed in the third heat, the fifth in the second heat, and the sixth fastest in the first heat, the seventh fastest in the third heat, etc.

(c) **Four heats or more**—The last three heats of an event shall be seeded in accordance with (b) above. The heat preceding the last three heats shall consist of the next fastest swimmers; the

heat preceding the last four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in 103.7(3).

(d) **Exception**—When there are two or more heats in an event, there shall be a minimum of three swimmers seeded into any one preliminary heat, but subsequent scratches may reduce the number of swimmers in such heat to less than three.

(2) **Swim-Offs**—In preliminary heats, in no case may a swimmer with a faster time displace another who placed ahead of him within a heat according to the ballot system. If this situation results in disputed qualifications, all swimmers having times tied or within the disputed times shall swim an elimination (swim-off) to qualify for the disputed place or places in the final. The swim-off will be swum with three watches and two judges on each of the swimmers' lanes and the ballot system or modified ballot system shall be used to determine the order of finish, except when automatic officiating equipment is used and is properly functioning. The official time for the swimmers involved shall be the time set in the original preliminary heat. This elimination may be held at any time set by the Referee, but not more than 45 minutes after the last heat of any event in which any one of these swimmers is competing in that session. Should all swimmers in a swim-off be disqualified for rules infractions as outlined in 103.12, the lane or lanes must be left open during the finals.

Note: It shall be the swimmer's responsibility to acquaint himself with all information pertaining to swim-offs, final events and the participants therein.

(3) **Finals**—In finals, the times to be considered are those times made in preliminary heats. If any qualifying swimmers have the same time their respective lanes shall be determined by draw. Lane assignments shall be made in descending order of qualifying times according to lanes as follows:

10	9	8	7	6	5	4	3	2	1	LANE NUMBER
					5	3	1	2	4	5 LANES
				6	4	2	1	3	5	6 LANES
			7	5	3	1	2	4	6	7 LANES
		8	6	4	2	1	3	5	7	8 LANES
	9	7	5	3	1	2	4	6	8	9 LANES
10	8	6	4	2	1	3	5	7	9	10 LANES

Lane 1 shall be on the swimmer's right when he faces the pool.

Note: See 103.4(3) for scratches.

(4) **Timed Finals**

(a) **Heats**—In order to assure seeded positions, the best competitive times of all entries must be submitted. 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. Lanes shall be assigned in descending order of

submitted times within each heat, in accordance with the pattern outlined in (3) above. When there are two or more heats there shall be a minimum of three swimmers or relay teams seeded into the first heat. The last heat should be a full heat, but the requirement of seeding three swimmers or relay teams into the first heat may result in failure to fill the last heat.

(b) **Places**—In timed finals, places shall be determined on a time basis, subject to the order of finish within each heat and based upon the ranking system used at the meet. Any ties resulting from the procedure used shall be declared officially tied for awards and points, with no further attempt at resolution.

(5) **Counters**

(a) A swimmer in any individual swimming event of 400 yards or meters or more, except the individual medley, may appoint one counter to call lengths or indicate lengths by visual sign.

(b) Verbal counters shall be limited to one per swimmer, shall be stationed at the end of the course opposite the starting end, and may not coach or aid the swimmer in any way except that 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.

103.8. OFFICIAL TIME—Official time for any individual swimming event can be achieved only in the relevant stroke/event; i.e., backstroke time must be achieved in a backstroke event. Time achieved in a freestyle event can only be recorded as freestyle time regardless of the stroke used.

103.9. SCORING

(1) **National Championships**—With consolation finals score as outlined in 104.4(13).

(2) **Dual Meets**—Relays 7-0, all other events 5-3-1-0.

(3) **Triangular Meets**—Relays 8-4-0, all other events 6-4-3-2-1-0.

(4) **All Other Meets**—

(a) In 4 lanes: Relays 10-6-4-2, all other events 5-3-2-1.

(b) In 5 lanes: Relays 12-8-6-4-2, all other events 6-4-3-2-1.

(c) In 6 lanes: Relays 14-10-8-6-4-2, all other events 7-5-4-3-2-1.

(d) In 7 lanes: Relays 16-12-10-8-6-4-2, all other events 8-6-5-4-3-2-1.

(e) In 8 lanes: Relays 18-14-12-10-8-6-4-2, all other events 9-7-6-5-4-3-2-1.

(5) **Mixed Meets**—When events of mixed classification, as Senior and Age Group, are included in the same meet, or if events do not meet standard distances, the LSC in charge shall establish the desired combination of values and publish it in the entry blank and meet information.

(6) **Ties**—Where two or more swimmers tie for any place in any event the points credited to such place or places, if any, next in order shall be equally divided between such swimmers; i.e., if two tie for first place, the points to be credited to first place and the points to be credited to second place shall be added and divided one-half and one-half. If three tie for first place, the points credited to first, second and third places shall be added and divided one-third, one-third and one-third, 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.

(7) **Disqualifications**—When a relay team or individual swimmer is disqualified, the following places will move up accordingly and points awarded to conform to the new places. Consolation finalists may not receive championship final placing. Alternates may not receive consolation final placing.

103.10. AWARDS—(1) When two or more swimmers tie for any place, duplicate awards shall be given to each of such tied swimmers. In such cases no awards shall be given for the place or places immediately following the tied positions. If two tie for 1st place, no award for 2nd place; if three tie for 1st place, no awards for 2nd or 3rd, and so on.

103.11. CHANGE OF PROGRAM AND POSTPONEMENT

(1) The order of events, as laid down in the official program, shall not be changed. The announced arrangement of heats in any event shall not be added to or altered, except by the authority of the Referee, and then only to the extent of consolidating the heats.

(2) The entry provisions and starting time of any event, meet or portion thereof shall stand as stated on entry blank (except as permitted under (3) below) and may not be changed to an earlier time or date unless written notice of such change is delivered to each affected swimmer or his coach. If mailed, such notice must be postmarked no later than the entry deadline date stated on entry blank, and if lack of time prohibits mail notification, each affected swimmer must voluntarily agree in writing that he or she has been notified and is in accord with such change. Any affected swimmer or his coach may and should file a written protest with the Referee prior to running of event or meet if they do not agree to such change in time or date.

(3) **Postponement or Cancellation**

(a) If, prior to its commencement, unusual or severe weather conditions preclude the possibility of safely and effectively conducting a meet, the meet committee may cancel or postpone it.

(b) Should a meet have actually commenced, and in the judgment of the Referee cannot safely and effectively continue because of unusual or severe weather conditions, or for some other compelling reason, the Referee, in his sole discretion, may suspend the meet or any particular event until conditions warrant continuance. If circumstances 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) 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 LSC Review Section for hearing under the provisions of Article 71.

103.12. COSTUME

(1) **Design**—Swimmer's costume must be one-piece, non-transparent, and conform to the current concept of the appropriate. The Referee shall have authority to bar offenders from competition under this rule, until they appear properly costumed.

(2) **Insignia**—No swimmer shall be allowed to wear the insignia and/or name of any club or organization which he is not entitled to represent in open competition. He shall be permitted to wear the insignia and/or name of the organization he represents and he may wear the insignia of National Federations or Organizing Committees for Olympic, World, Continental or Regional Championships.

(3) **Advertising**

(a) In the competition venue or complex of all events conducted by and under the control of the Corporation or any LSC or division thereof, no swimsuit shall carry any visible marque or insignia in the form of advertising or any words or numbers (except design or trademarks of members or Organizing Committees for Olympic, World, Continental and Regional Championships) other than the trademark on technical equipment or clothing, that is in excess of 16 sq. cm. (2.48 sq. in.) in area. A trademark may be repeated provided a name is used only once on a suit. Offenders may be barred from competition under this rule, until they appear properly costumed.

(b) Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised under (3)(a) above, but the advertiser's name only may be used.

103.13. DISQUALIFICATIONS

(1) A disqualification can be made only by the official within whose jurisdiction the infraction has been committed.

(2) The Referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or his coach and inform him as to the reason for the disqualification.

(3) Any swimmer who acts in an unsportsmanlike manner may be considered for disciplinary action, at the discretion of the Referee.

(4) A swimmer must start and finish the race in his assigned lane.
(5) Standing on the bottom during a race shall not disqualify a swimmer, but he must not leave the pool, or walk, or spring from the bottom.
(6) Obstructing another swimmer by swimming across or otherwise interfering shall disqualify the offender, subject to the discretion of the Referee.
(7) After a race has started, any swimmer who enters the pool or course in the area in which the race is being conducted before all swimmers therein have completed the race shall be disqualified from his next scheduled competition in that day's session.
(8) Dipping goggles in the water or splashing water on the competitor's face or body prior to his next event shall not be considered as entering the pool unless the Referee finds that such action is interfering with the competition.
(9) Should a foul endanger the chance of success of a swimmer, the Referee may allow him to swim in the next round, or should the foul occur in the final he may order it re-swum. In case of collusion to foul another swimmer, the Referee may, at his discretion, disqualify the swimmer for whose aid the foul was committed, as well as the swimmer doing the fouling.
(10) Coaches having entrants in any event on the program shall not be allowed in the immediate starting area of swimming pools, which must be clearly marked, during the progress of any competition. Upon being apprised of a violation of this rule, it shall be the duty of the Referee to remove, or have such offender removed, immediately. Coaching of swimmers during the progress of an event shall not be permitted. It shall be permissible for coaches or others to signal intermediate times to a swimmer during competition, and this shall not be considered as "coaching".
(11) No swimmer is permitted to wear or use any device or substance to help his speed or buoyancy during a race. Goggles can be worn, and rubdown oil applied if not considered excessive by the Referee.
(12) For relay disqualifications, refer to 102.6(3).
(13) The time and/or place of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event. If awards have been made prior to the decision to disqualify they shall be returned and made to the proper recipient(s) and if points have been scored by those disqualified the event shall be rescored.

103.14. PROTESTS

(1) Until final action is determined, results of any race conducted under protest, or of any protested race, shall not be announced, and no prizes for that race shall be awarded or scoring points allowed unless the protest is officially withdrawn.

(2) Protests affecting the eligibility of any swimmer to compete or to represent an organization in any race shall be made in writing to the meet chairman (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 review section having jurisdiction for adjudication at the earliest possible time.

(3) Protests against judgment decisions of starters, stroke, turn, place or relay takeoff judges can only be considered by the Referee of the meet, but he cannot overrule any such decision unless he has personally observed the alleged violation.

(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 protestor shall at that time file a written protest with the chairman of the LSC, or his representative, having jurisdiction over the event. If the LSC does not satisfactorily resolve the protest within ten (10) days, the protester may appeal in writing to the National Rules Chairman, within the next five (5) days, for final adjudication which shall then be binding on all parties.

103.15. OFFICIALS

(1) All officials accepting an invitation to officiate at a swimming meet should arrive promptly and report immediately to the meet manager or director.

(2) For all swimming meets, qualifying trials, or time trials there should be not less than the following officiating positions filled or approved by the LSC in authority. Except for Referee and timers as specified in 103.20, an individual may act in more than one capacity only when sufficient qualified officials are not available.

1 Referee
1 Starter
3 Timers per lane
1 Clerk of Course
2 Lane Place Judges per lane or 2 Across-the-Board Place Judges
2 Stroke Judges and 2 Turn Judges or 2 Stroke & Turn Judges
2 Recorders
2 Scorers
1 Recorder of Records
1 Announcer
Automatic Equipment Operators (as needed)

(3) When automatic officiating equipment is used in any competition, the placings and times so determined shall have precedence over the decisions of human judges and timers as outlined in 103.24(4). In case of malfunction, secondary information from a manual-electronic timing and judging device with one or more officials per lane or the prescribed ballot system of humans shall be used and integrated with primary information as outlined in 103.24.

103.16. REFEREE

(1) Shall have full authority over all officials and shall assign and instruct them; shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules; can overrule any meet official on a point of rule interpretation, or on a judgment decision pertaining to an action which he has personally observed; shall also disqualify a swimmer(s) for any violations of the rules that he personally observes and shall at the same time raise one hand overhead with open palm. If he does not make such a signal there shall be no penalty.

(2) Shall signal the starter that all officials are in position, that the course is clear, and that the competition can begin, before each race; shall assign marshals with specific instructions.

(3) Shall have authority to intercede in a competition at any stage, to ensure that the racing conditions are observed.

(4) For LSC and local records only, may assign three (3) additional official timers on request to record a record attempt at initial distances in accordance with 108.2(5)(d).

(5) When automatic or manual-electronic officiating equipment is used and an apparent malfunction occurs it shall be his responsibility to make an immediate investigation to determine whether the swimmer finished in accordance with the rules and/or if there was an actual equipment malfunction.

(6) He may at his discretion prohibit the use of any bell, siren, horn or other artificial noisemaker during the meet.

(7) Refer to 103.14 concerning protests.

103.17. STARTER

(1) **Preparation**

(a) Shall be provided with starting gun of at least .22 caliber, or approved starting device.

(b) Shall station himself within ten feet of starting end of pool at a point where gun flash is clearly visible to timers and gun report easily heard by starting swimmers.

(c) Upon signal from Referee, assumes full control of swimmers until a fair start has been achieved.

(d) Notifies swimmers of the distance, the event and the point at which a warning shot will be given, if applicable.

(e) Notifies relay swimmers that all but the last swimmer must leave the pool immediately upon completion of their leg.

(f) **Optional instructions**
Stroke(s) to be used and the order of swimming them.
Number of pool lengths to be swum.
May advise heat when a swimmer is attempting a time at an initial distance.

(g) Starting rules may be modified by the Referee to adapt them for handicapped swimmers.

Note: If an electronic horn start and underwater sound recall device are available, they may replace the gun start and recall device herein.

(2) **The Short Course Start**

(a) On receiving clearance from the Referee, (for all events except backstroke and medley relay) directs swimmers to step onto the starting block or platform and assume a position with at least one foot at the front of the block before the command "take your mark". Refer to 102.3(1)(a) for backstroke start.

(b) Directs swimmers to "take your mark", to which they must respond at once by assuming a starting position. Sufficient time should follow the direction to "take your mark" to enable swimmers to assume a starting position, but no swimmer shall be in motion immediately before the starting signal is given.

(c) When all swimmers are motionless in starting position, gives starting signal.

(d) If, in his opinion, a false start has been committed, the starter shall give a signal to recall the swimmers. With the concurrence of the Deck Referee, the false start shall be called on the individual(s). Any swimmer who commits or causes a false start shall be disqualified and shall not be permitted to swim the event. This rule shall not apply to U.S. Swimming international events or to the Trials for Pan American, World Championship or Olympic teams, where current FINA false start rules shall apply.

(3) **The Long Course Start**

(a) On receiving clearance signal from Referee, (for all events except backstroke and medley relay) directs swimmers to step onto the back surface of the starting block or platform and remain there. Refer to 102.3(1)(b) for the backstroke start.

(b) Directs swimmers to "take your mark", to which they must immediately respond by assuming a starting position at the front of the starting block. The feet may be placed in any desired position. Sufficient time should follow "take your mark" to enable swimmers to assume starting positions, but no swimmer shall be in motion immediately before the starting signal is given.

(c) When all swimmers are motionless in starting position, gives starting signal.

(d) If, in his opinion, a false start has been committed, the starter shall give a signal to recall the swimmers. With the concurrence of the Deck Referee, the false start shall be called on the individual(s). Any swimmer who commits or causes a false start shall be disqualified and shall not be permitted to swim the event. This rule shall not apply to U.S. Swimming international events or to the Trials for Pan American, World Championship or Olympic teams, where current FINA false start rules shall apply.

(4) **Deliberate Delay or Misconduct**—Any swimmer, after stepping on the block or upon taking a starting position, who delays the start by entering the water or who willfully disobeys an order at the start, or

for any other misconduct taking place at the start, can be disqualified from the event by the starter with the concurrence of the Referee. Such disqualification shall not be a false start.

(5) **False Starts**

(a) A swimmer who unnecessarily delays in assuming and holding a completely motionless starting position after the command "take your mark" shall be charged with a false start.

(b) All swimmers leaving their marks before the starting signal is given shall be charged with a false start, except that the starter may, at his discretion, relieve a swimmer who has false started because of the action or movement of another competitor, of the responsibility for the false start and charge it only to the offender. (Note exception for "Deliberate Delay or Misconduct.")

(c) When a swimmer false starts before the starting signal is given, the starter shall immediately release all other swimmers with the command "Stand Up". Any swimmer so released may stand up or step off the block. Any swimmer who enters the water (or backstroker who leaves the starting area) shall be charged with a false start, except that the starter may relieve a swimmer who would otherwise be charged with a false start if the starter believes that it was caused by the swimmer's reaction to the command.

(d) When the starting signal is given and one or more swimmers have obtained an unfair advantage, all swimmers shall be recalled at once by a second signal. The starter shall then indicate the swimmer(s), if any, to be charged with a false start.

(e) In backstroke or medley relay the starter may charge a false start to any swimmer who fails to maintain his feet and/or hands in a legal position after the first warning.

(f) A swimmer shall not be disqualified for an illegal starting position at the start if the starter has permitted the race to proceed without recall. Enforcement of the correct starting position is the responsibility of the starter, who may impose the appropriate penalty for violation before the race.

(g) A swimmer who fails to appear at the starting platform in time for the initial start shall be disqualified.

(6) **Warning Signal**—In all events 400 yards or meters or longer except the individual medley and relays, he shall sound a warning signal as near to the leading swimmer as possible when he has two lengths plus five yards (or meters) to swim to finish.

103.18. RECALL STARTER—When using automatic officiating equipment which is started by the starter's gun, either the starter or an assigned recall starter shall immediately discharge a gun or other loud sound device if the automatic equipment is not properly functioning on the starting report or if a false start has been called. The position of the recall starter shall be made known to the swimmers. He may also be

assigned to assist the starter in any desired manner. A recall starter is mandatory in United States Swimming Championships.

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

(1) **Chief**—Assignment as chief of any judging category is subject to the discretion of the committee charged with officiating assignments. An overall "Chief Judge" may assign and supervise the activities of all stroke, turn, place and take-off judges and may report their decisions, or if desired any judging category may have a designated "Chief". Any "Chief" may act as liaison for his judges and may himself serve simultaneously in one of the judging positions and he shall assign those judges within his category.

(2) **Lane Place Judge**—It is not the responsibility of the lane place judge to determine if the finish touch meets the requirements of the appropriate stroke rule.

(a) Two lane place judges shall be stationed at the finish of each lane. Each shall activate a separate switch recording the finish of their lane swimmer, and each recorded impulse shall constitute their placement ballot. If only one such recorded placement decision per lane is possible with the available equipment, either a visual judge shall be assigned to each lane or an across-the-board place judge shall be assigned to provide the second ballot decision.

(3) **Across-the-Board Place Judge**—When limited personnel prevents assignment of lane place judges, two across-the-board judges, one on each side of the course, can be stationed near the finish and each shall judge the order of finish of all swimmers. Should both agree on all lanes, that shall be the official placement. If they disagree, the Modified Ballot System 103.23(2) shall prevail. An across-the-board judge may record a tie if a place distinction cannot be made. He shall award each swimmer the highest place that may have been attained.

(4) **Stroke Judge**—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.

(5) **Turn Judge**—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, lane number, the swimmer's name and infraction observed.

(6) **Jurisdiction of Stroke and Turn Judges**—Before the competition begins the Referee shall determine the respective areas of stroke

and turn responsibility and jurisdiction, which may include joint, concurrent, and coordinated responsibility and jurisdiction. The Referee shall insure that all swimmers shall have fair, equitable, and uniform conditions of judging.

(7) **Relay Take-Off Judge**—Shall station himself (after the first swimmer) alongside the starting swimmer so that he can clearly see both the touch of the incoming swimmer and the feet of the departing swimmer as they leave the starting platform, and he shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.

When automatic relay take-off judging equipment is available and in use, take-off judges will be assigned to each lane and stationed as described above. A team will only be disqualified when there is dual confirmation of an illegal take-off (i.e., visual and automatic equipment).

(8) **Infraction Signal**—Upon observing an infraction within his jurisdiction, the Referee, stroke, turn, or relay take-off judge shall immediately raise one hand overhead with open palm. If the official does not do so, there shall be no penalty.

Note: Does not apply to relay take-off judges in national championships.

103.20. TIMERS—In any race not timed with automatic or semi-automatic equipment (as provided in 103.24) the time for each competitor shall be taken by three timers stationed at or close to the finish. Each timer operates a manual watch (i.e., any hand-held mechanical or electronic timing device) that is both started and stopped by the timer as described below. These three timers are the official lane timers and their times must be individually recorded to determine the official time on the lane. Alternate or chief timers may substitute for an official lane timer only in the event of failure of a watch or its operator. **No official lane timer may simultaneously determine time and place under any circumstances.**

(1) Chief Timer

(a) Assignment of official lane timers to their lanes shall be subject to the direction of the chief timer.

(b) The chief timer shall be responsible for delivery to the recorders of all official times as recorded by the head lane timers, including the times of disqualified swimmers.

(2) **Head Lane Timer**—The chief timer designates one timer on each lane as the head lane timer. The head lane timer shall be responsible for the following

(a) Determination that the proper swimmer is in his lane.

(b) Determination of and recording of all manual watch times.

(c) Assignment of one timer to take relay splits, and initial distance times.

(d) Determination of and reporting if the swimmer has delayed in touching or has missed the finish touch pad of an automatic timing device.

(3) **Official Lane Timers**—The three timers shall be placed directly over their assigned lane at the finish.

(a) Each timer shall look at the starter's gun and start his watch at the instant of the flash or smoke. If an electronic sounding device is used, the watch shall be started by the flash of a strobe light, when available, or by sound.

(b) All watches shall be stopped immediately when in the opinion of the timer any part of the swimmer's body touches the solid end of the pool or course.

(c) Unless explicitly authorized by the chief judge under 103.18(5), it is not the responsibility of the lane timer to judge if the finish touch meets the requirements of the appropriate stroke finish rule.

(d) All lane timers shall promptly report their times to the head lane timer or the designated recorder; present their watches for inspection, if requested, and shall not clear them until given the "clear watches" by the Referee.

(e) The time of each watch is recorded on the lane timer's card, and the official time established as described below.

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

(g) For LSC and local records only, unless prohibited by the LSC, the Referee, if requested for the purposes of recording a record attempt at an initial distance for an individual event or for the lead-off leg of a relay, may for any lane

(i) Permit the use of the split function button of digital manual watches where all three official lane timers on the lane are using digital watches with split function, or

(ii) Assign three (3) additional official timers to the lane to time the record attempt.

Performances in this category require the swimmer(s) to complete the full distance of the scheduled event. No time recorded by a mechanical split hand can be used for records.

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

(5) **Watch Reading**—When reading a dial watch it is to be held so that the hand of the watch is in a 12 o'clock position. When the hand is not exactly centered on a mark, it shall be considered to be in the space between the marks and the reading shall be that of the following mark.

(a) If all manual watches on all lanes provide digital displays to a resolution of 0.01 seconds the times shall be recorded as displayed to the hundredths of a second.

(b) If the manual timing in any lane is by a mixture of dial and digital watches, the dial watches shall be read as described above and the time on the digital watches in all lanes shall be rounded up to the next full tenth whenever there is one-hundredth or more. (Example: 51.11 is recorded as 51.20.)

(6) **Official Time Determination**—Following proper watch reading and recording as described above for each lane:

(a) If the times of two of the three watches agree, that time shall be the official time.

(b) If all three watches disagree, the time of the intermediate watch shall be the official time.

(c) If, because of the failure of a watch or its operator, times from only two watches are available, the official time shall be the average of those two watches. When dial watches are in use and the times rounded to the next slowest tenth as described in (5)(b), the official time shall be the average of those two watches in hundredths of a second. When the watches are read to the hundredth of a second, as described in (5)(a), any average resulting in thousandths of a second shall be rounded up to the next slowest hundredth of a second.

(d) If the official time is registered in tenths of a second, a zero shall be added and the official time recorded in hundredths of a second (two decimal places) for all purposes. (Example: 56.4 is recorded 56.40.)

103.21. CLERK OF COURSE

(1) The clerk of course shall be provided with an area clearly marked "Clerk of Course" where all swimmers must report as soon as their event is called.

(2) He shall be provided with a list of the names of all swimmers in all events including relay swimmers in the order in which they will swim.

(3) All scratches which have occurred after the printing of the heat sheet shall be reported to the clerk of course and he shall notify the Referee and scoring desk in writing of the failure of any swimmer to report.

(4) He shall notify each swimmer to wait behind or adjacent to the starting position until the starter takes over control of the race and if they leave the area it will be their responsibility to return in time for their heat or event.

103.22. MARSHALS—Shall have full police charge of the immediate starting area, the sides of the course and the finish. They shall take positions as instructed by the Referee and maintain stillness in the rear of the starting platform, and at each start prevent spectators or swimmers from crowding in on the course. They shall maintain order among competitors, spectators, officials, and coaches and shall have authority to remove from the vicinity of the competition anyone using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.

103.23. SCORERS—Shall receive from the recorders the order of finish in timed finals, or consolation finals and championship finals for each event. They shall compile team and high-point scores as applicable.

(1) **Ballot System**

(a) In any race not timed with automatic officiating equipment (as provided in 103.24), the combined duties of the lane place judges and the lane timers shall be to determine placement and official times of the swimmers. Two lane-place judges and three timers shall be assigned to each lane.

(b) The chief judge shall be responsible for delivery of the lane place judge's cards to the scoring table where the scorers record the appropriate ballot value, including the ballots of disqualified swimmers, on the basis of one for first place selection, two for second, three for third, four for fourth, five for fifth, six for sixth, seven for seventh, eight for eighth. There are two sets of lane place judges and thus two ballots per lane for place.

(c) The chief timer shall be responsible for delivery of all the official times (including the time of disqualified swimmers) to the scorers who shall list them in numerical order beginning with the fastest official time per lane. This is for the purpose of assigning ballot values to each lane time. The fastest lane receives a ballot value of 1, the next fastest a value of 2, etc. For identical times, equal ballot values are recorded, with the same progressive numerical assignment; i.e., swimmers A,B,C, record identical time of 58.47 while swimmer D records time 59.05. Swimmers A,B,C, receive ballot values of 1 and swimmer D a value of 2. Should swimmers E and F (same race) have identical times of 60.00 they would each be assigned ballot values of 3, and continuing in this manner.

(d) The scorers shall then eliminate disqualified swimmers and determine the order of finish of all swimmers in any heat or final event by adding the numerical value of three ballots for each lane. The lane (swimmer) having the lowest numerical total shall be declared the winner, the second lowest shall be second, etc. If these totals result in a tie for any place in a final race, no further attempt shall be made to resolve the tie.

(e) In preliminary heats, in no case may a swimmer with a faster time displace another who placed ahead of him within a heat according to the ballot system. If this situation results in disputed qualifications, the swimmers tied with or within the disputed times shall swim off the event within 45 minutes after the last heat or any event in which any one of the swimmers is competing in that session. The ballot system must be used to determine the qualifier(s) for the finals except when completely automatic officating equipment is used and is properly functioning. The official time for the qualifier shall be the time set in the original preliminary heat.

(2) **Modified Ballot System**—When two across-the-board place judges are used instead of lane place judges:
   (a) Value will be assigned to each time and place decision as prescribed under the ballot system.
   (b) If any two of the three ballots for a contestant agree, that shall be the official place for that contestant.
   (c) If all three ballots disagree, the Referee or his designate will evaluate all information and then determine the order of finish.

(3) **Place Judging**—The unanimous decision of the two (2) lane place judges as to placement takes precedence over official time in determining the order of finish in a race except where automatic equipment is used as outlined below.

103.24. AUTOMATIC OFFICIATING EQUIPMENT—No swimmer must ever be required to reswim a race due to equipment failure that results in unrecorded or inaccurate time or place results. Automatic and manual electronic equipment shall be backed up by any available equipment and/or human officials.

In any meet in which automatic electronic equipment is used, the following practices and procedures shall apply. No time may be used unless it is the official time using the procedures of this section. Split times recorded to the hundredths of a second by completely automatic equipment shall be acceptable for all purposes including records and qualifying times, provided that the swimmer completes the full scheduled distance of the event.

(1) **Description of Equipment**
   (a) **Automatic**—Timing that is started automatically by a gun or horn start and is stopped at the finish of the race by the swimmer's touch.
   (b) **Manual-Electronic**—Timing that is started by a common start to all lanes (either manual or with a fixed-delay from the start signal, set to be equal to the manual delay at the finish). The finish is recorded by buttons pushed by timers at the finish touch of the swimmer. This timing may be a primary system if there are three (3) buttons per lane, each operated by a separate timer. A secondary system may use one (1), two (2), or three (3) buttons.

(2) **Resolution (Timing Accuracy)**—Timing is recorded to hundredths of a second. Any digits representing thousandths shall be dropped with no rounding-off. Identical times to the hundredth shall be ties, with swim-offs as required, to determine qualifiers or alternates for consolation or final heats.

(3) **Equipment Location**—The automatic equipment operators shall have an unobstructed view of the finish of the course.

(4) **Secondary Requirements**—It is required that the secondary system have a minimum of one (1) timer per lane. There must be at least one (1) manual watch per lane. If the secondary system is manual-electronic, the manual watches become a third system (a backup).

Note: An individual may simultaneously operate two dissimilar devices (one watch/one button), but not two similar devices (two watches or two buttons).

(5) **Comparison and Ranking Procedures**

(a) **Placement and Ranking**—When completely automatic or three (3) button manual electronic equipment is used as the primary timing, the placement and ranking of the swimmers shall be by integration of official times. The decision of human judges shall not be used for placement.

(b) **Primary**—All primary times which are free of malfunctions shall be the official times.

(c) **Secondary**—If there exists a time difference of .3 seconds or more (after correcting for a system timing error as described below, if required) between the primary and secondary (or backup) time in a given lane, a potential malfunction exists. If this potential malfunction is confirmed by other data such as; other watches or buttons in that lane; visual observation by equipment operators; or placement data by officials, the official lane time is the secondary time (after applying any required system timing errors).

(d) **Secondary System Timing Error**

(i) Determinination—A secondary system timing error exists if all of the secondary times are faster (or all slower) than the primary times.

(ii) Calculation—The secondary system timing error is the simple average of the valid time difference between the primary and secondary times of the individual swimmers in a given heat. Any digits past hundredths are dropped with no rounding-off. This average is used to add (or subtract if appropriate) from the secondary time of a swimmer not having a valid primary time, to find that swimmer's official time. This time is then used for ranking and placing. (See the following example of actual data)

Example:

3-Button Manual Start Secondary

Lane	Primary	Fast	Middle	Slow	Official
1	52.21	52.07	52.12	52.14	52.21
2	52.18	51.91	52.01	52.06	52.18
3	51.05	50.97	51.00	51.01	51.05
4	51.04	50.78	50.88	50.93	51.04
5	51.86	51.30	51.35	51.38	51.46
6	51.65	51.56	51.57	51.59	51.65
7	52.27	52.13	52.13	52.18	52.27
8	51.87	51.58	51.75	51.89	51.87

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

Official Secondary Time (Lane 5) = 51.35 + .11 = 51.46

(e) **Primary System Timing Error**—When, through a start or other malfunction the primary system has a substantial and systematic error affecting the times of all lanes (but the relative order of finish is accurate) the determination of this error is made by comparison with accurate timing information (usually the lane manual watch times). This comparison and determination is done in the same manner as in the secondary system error calculations. The primary time for all swimmers is determined by adding (or subtracting if appropriate) this system error to the time of each swimmer in the heat. This preserves the order of finish, the relative time of each swimmer in the heat, and the accurate times of the full heat, so that integration and comparison with swimmers in other heats results in fair placement for all swimmers.

103.25. ANNOUNCER—Before the start of each event he shall announce the number of heats and the method of qualifying. At the start of each heat he shall announce the lane, the name of each swimmer and club affiliation or if unattached. Promptly after the finish of each event he shall announce the results as given him by the recorders. He shall make any other announcements as requested by the Referee, the clerk or the management.

103.26. RECORDER OF RECORDS—Shall obtain from the official recorders all times made in each event, including preliminaries and finals, shall have proper application forms and shall duly process all record claims as set forth in Article 8.

103.27. RECORDERS—There shall be two (2) recorders and the number of assistants deemed necessary to receive and record all times and all disqualifications for all preliminaries, consolation finals and finals of each event, and to furnish all pertinent information to the recorder of records, scorers, press, T.V., announcer and meet secretary.

103.28. DOCTOR—A doctor should be available at all competitions in case of illness or injury.

103.29. PRESS STEWARD—Shall obtain from the clerk of course and the recorders the names of all swimmers in each event, the results of each finish with times or record performances, and keep the press and TV personnel thoroughly informed on all details of the competition during the meet.

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

103.31. SMOKING—Smoking is prohibited on the pool deck, in the 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 4
RULES FOR CONDUCT OF NATIONAL SWIMMING CHAMPIONSHIPS

104.1. GENERAL—National Swimming Championships shall consist of a Senior Class and a Junior Class.

104.2. SENIOR CLASS—The United States Swimming Championship meets shall be governed and conducted by the Senior Division. All registered swimmers who have met the qualifying time standard for a specific event(s) are eligible to participate.

If the following U.S. Swimming team selection Trials are held in conjunction with the United States Swimming National Championships, only United States citizens eligible to make such teams will be allowed to enter: Pan American Games Trials, Pan Pacific Games Trials, World Championship Trials, Olympic Games Trials.

104.3. JUNIOR CLASS—The United States Swimming Junior Olympic Championship meets shall be governed and conducted by the Senior Division.

(1) All registered swimmers, 18 years of age and under, who have met the qualifying time standard for a specific event, are eligible to participate; however, any swimmer who has been a contestant in an individual event in any U.S. Swimming Championship/Senior, NCAA Division 1 Championship, U.S. Pan American Trials, U.S. Olympic Trials, U.S. World Championship Trials, or while representing the United States or any other country in any Pan American Games, Olympic Games or World Championships shall not be eligible to participate nor can their performance time(s), regardless of when such times were achieved, be used to enter any relay team in any USS Junior Olympic Championship Meet.

(2) The age of the swimmer on the first day of the Junior Olympic Championship competition shall govern for the entire meet.

104.4. CONDUCT OF NATIONAL CHAMPIONSHIPS—National championships will be conducted under the technical and administrative rules except as hereinafter specified. A general meeting of the Senior division, coaches, and meet officials shall be held prior to the first day's competition. The meeting date, time and location shall be included in the official meet information or entry form. Only business pertinent to the operation of that championship and to the conduct of its events shall be considered and finalized at this meeting by the Senior Division, and no changes shall be made thereafter. Changes may be effected in the conduct of the meet by the Senior division to fit the situation. Since such changes may be made it is the obligation of every entered athlete or his representative to be present at the meeting.

(1) **Meet Director**—The meet director shall carry out the wishes of the Senior division in regard to the conduct of the meet.

(2) **Computerization**—If possible, the organization(s) conducting the championship shall compile entry lists, heat sheets, final sheets, and final results, by computer.

(3) **Entry List**—An entry list, by event, with submitted times shall be distributed to the coaches, swimmers, and officials on the morning of the day preceding the meet and copies shall also be available at the general meeting on the night preceding the meet.

(4) **Credentials**—Credentials for national championships will be provided only for participating athletes and officials who are members of the Corporation. Credentials for coaches, managers and chaperones to serve as admittance passes to national championships shall be issued to those persons listed on the submitted team roster forms and according to the following schedule, which covers both single and joint championships and is based upon the total size of the team, whether comprised of one or both sexes. There shall be a surcharge of $10.00 per person for spectator passes, which money shall become the property of the meet sponsor.

(a) 1-3 swimmers in individual events, or 1-only relay team with any number of alternates: 1 deck pass; 1 spectator pass.
(b) 4-9 swimmers in individual events: 2 deck passes; 1 spectator pass.
(c) 10-20 swimmers in individual events: 4 deck passes; 2 spectator passes.
(d) 21-30 swimmers in individual events: 5 deck passes; 2 spectator passes.
(e) 31-40 swimmers in individual events: 6 deck passes; 3 spectator passes.
(f) 41-50 swimmers in individual events: 7 deck passes; 3 spectator passes.
(g) 51 or more swimmers in individual events: 8 deck passes; 5 spectator passes.
(h) Unattached swimmers with a team are to be included in above schedule even if listed on separate entry blank.
(i) Unattached swimmers not with a team: 1 deck pass; 1 spectator pass.

(5) **Heat Sheets**—Heat sheets for each preliminary session shall be made available to coaches and/or team representatives no less than one hour before the beginning of each preliminary session. Complete results of the preliminary session for that day shall be included as a part of the finals heat sheet.

(6) **Schedule**—A minimum of three (3) hours must elapse between the end of the last preliminary heat and the start of the first race in the finals on any one day. Starting times of the preliminary and final sessions must be the same on all days of the meet. The vice president of the Senior division shall establish, prior to the start of the meet, starting times for the first race in each preliminary event and for each race in the finals and a list of such preliminary and

final starting times shall be made public no less than 48 hours prior to the start of the first meet session. No event shall start prior to the time established for that event.

(7) **Warm-Up Schedule**—The vice president of the Senior division shall establish a schedule of lanes, times and warm-up procedures which must be adhered to. This schedule must be distributed during the general meeting.

(8) **Eligibility Protests**

(a) There shall be a jury of three persons, appointed by the national registration committee chairman, in attendance at every national championship to determine protests affecting the eligibility of any swimmer to compete or to represent an organization.

(b) All protests made prior to or during the championship shall be submitted to the jury on a form prescribed by the registration committee and accompanied by a $50 fee, which shall be returned if the protest is upheld.

(c) Protests shall be heard by the jury and decisions rendered if possible before the start of events on the day in which the protested swimmer competes, but no later than the last night of the championships. Opportunity shall be given for both the party lodging the protest and the party or parties charged to be heard.

(d) Unless the jury determines otherwise, the swimmer may compete under protest. An announcement to this effect shall be made prior to the race. The results of any race conducted under protest shall not be announced, nor prizes awarded, nor points scored until the jury has decided the protest or the protest is withdrawn, unless the protest would not affect the final scoring or awards.

(e) The decision of the jury shall be used for purposes of results, awards, and scoring the meet.

(f) The decision of the jury may be appealed by either party to the Board of Review, pursuant to Article 50. Protests submitted after the last day of the championships shall be submitted directly to the Board of Review.

(g) Any such decision of the Board of Review shall be published in the next issue of the U.S. Swimming News. If such decision requires any adjustment to the results of the championships, the adjusted results shall also be published.

(9) **Technical Protests**—Written protests involving technical rules, except judgment decisions, must be filed within 30 minutes of the protested act or occurrence. Prior to the start of the meet, the vice president of the division shall appoint a jury composed of at least one athlete representative, at least one coach representative, and at least one other but not more than three other persons.

The jury cannot adjudicate judgment decisions, which can only be considered by the Referee under Section 103.14(3).

(10) **Scratch Procedure**

(a) Scratches prior to the seeding of heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box, available at the general meeting prior to the first day's events and available at the pool for all subsequent days' events.

(b) The scratch deadline for the first day's events shall be fifteen minutes after the general meeting is adjourned. The scratch deadline for all subsequent days' events shall be thirty minutes after the published starting time of the final session of each day's events.

(c) In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which he is entered and from which he has not been scratched in accordance with (b) above will be barred from all individual and relay events of that day.

(d) Any swimmer who competes in a preliminary heat and fails to notify the Referee that he may withdraw from the consolation final or final within 30 minutes after the announcement of the final qualifiers for that event and further fails to declare his final intention within 30 minutes following his last individual preliminary event will be barred from all subsequent competition during the meet, except that in the event of illness or injury and upon certification of the meet doctor, no penalty will be declared. In the event of such failure to show, the Referee shall fill the final with the next qualified swimmer(s), provided they are available and have not already competed in the companion consolation final. Alternates shall be announced along with the qualifiers, and shall not be penalized if not available to compete in the finals.

(11) **Seeding**

(a) In all national championships, the vice president of the Senior division or his designee and the members of the Senior division present at such championships, shall seed the swimmers. They may assist in, but not be responsible for, doing the clerical work.

(b) Seeding and lane assignments for individual events, except the 1000 and 1650 yards, and 800 and 1500 meters freestyle, shall be in accordance with 103.7(1) for preliminary heats and finals.

(c) Entrants in the 1000 and 1650 yard and 800 and 1500 meter freestyle must check in and confirm their intention to compete, prior to the scratch deadline, or they will not be seeded. Seeding and lane assignments shall be in accordance with 103.7(4)(a). Seeded heat sheets shall be published at the conclusion of the finals of that day. The swimmers shall be listed in the meet program and/or heat sheets in the order of

submitted times, beginning with the fastest.

(d) Seeding and lane assignments for relay events shall be in accordance with 103.7(4)(a) and will be based on the time submitted on the entry form.

(e) Seeding individual events when using non-conforming times shall be as follows:

(i) All conforming times will be arranged in time order.

(ii) All non-conforming times will be arranged in time order.

(iii) After arranging the times, the event will be seeded in normal fashion.

(12) **Swim-Offs**—A swim-off is considered to be part of the total preliminary process of qualifying for the two finals.
Exception: In the case of a disqualification in a swim-off the swimmer so disqualified is relegated to the lowest qualifying position for which they are competing. Disqualification in a swim-off for a qualifying position in the championship finals shall not eliminate a swimmer from eligibility to compete in the consolation finals. If the disqualification leaves a vacancy for the full complement of finalists, swim-offs shall be continued among the disqualified swimmers until a full complement of finalists is assured.

(13) **Consolation Finals**

(a) In both short and long course championships there shall be a consolation final and a championship final. Both the consolation and the championship finals will have an equal number of swimmers, depending upon the number of lanes to be used.

(b) The consolation final shall immediately precede the championship final for each event except for the 1000 and 1650 yard and 800 and 1500 meter freestyle and the relays.

(14) **Scoring**—(Mandatory for USS and USS Junior Olympic national championships. Optional for LSC and regional short course and long course championships)

(a) Foreign national teams entered in the meet will not be scored for team awards.

(b) Scoring for both short and long course championships with consolation finals will be on a twelve (12) place basis in 6-lane pools; fourteen (14) place basis in 7-lane pools; sixteen (16) place basis in 8-lane pools; eighteen (18) place basis in 9-lane pools; twenty (20) place basis in 10-lane pools as follows

Six-Lane Pools
Relays—32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2.
Individual—16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1.

Seven-Lane Pools
Relays—36, 30, 28, 26, 24, 22, 20, 16, 12, 10, 8, 6, 4, 2.
Individual—18, 15, 14, 13, 12, 11, 10, 8, 6, 5, 4, 3, 2, 1.

Eight-Lane Pools
Relays—40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2.
Individual—20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1.

Nine-Lane Pools
Relays—44, 38, 36, 34, 32, 30, 28, 26, 24, 20, 16, 14, 12, 10, 8, 6, 4, 2.
Individual—22, 19, 18, 17, 16, 15, 14, 13, 12, 10, 8, 7, 6, 5, 4, 3, 2, 1.

Ten-Lane Pools
Relays—48, 42, 40, 38, 36, 34, 32, 30, 28, 26, 22, 18, 16, 14, 12, 10, 8, 6, 4, 2.
Individual—24, 21, 20, 19, 18, 17, 16, 15, 14, 13, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1.

(15) **Team Titles and Awards**

(a) **Senior**

(i) Women's Team Champion (high point women's team)
Women's Team Runnerup Champion (second highest)
Women's Team Top Ten (third through tenth)

(ii) Men's Team Champion (high point men's team)
Men's Team Runnerup Champion (second highest)
Men's Team Top Ten (third through tenth)

(iii) Men's and Women's Team Champion (high combined points)
Men's & Women's Team Runnerup Champion (second highest)
Men's & Women's Team Top Ten (third through tenth)

(b) **Junior**

(i) Women's Team Champion (high point women's team)
Women's Team Runnerup Champion (second highest)

(ii) Men's Team Champion (high point men's team)
Men's Team Runnerup Champion (second highest)

(iii) Men's and Women's Team Champion.

(16) **Awards**

(a) Medals shall be awarded to all place winners in the championship final of any national United States Swimming Championship.

(b) Specifications for the medals are as follows

(i) Championship die medal should be a modeled eagle with wreath and lettering CHAMPION UNITED STATES SWIMMING, with modified USS logo on eagle. On the reverse side there shall be a wreath ⅜ths of an inch in width and narrowing at the top, and running approximately ⅛th of an inch from the edge of the medal. The inside of the wreath shall be flat and suitable for engraving event and year.

(aa) First Place - Struck of commercial bronze with connecting link hard soldered on top center at

right angle to medal. The medal should be 1¾ inches in diameter, and the weight of completed medal should be 24 penny-weight. Medal to be polished and highlighted on front and edges polished. Gold-plated in 24K gold and background to rose gold finish. Reverse side to have satin finish.

(bb) Second Place - Same as first place, but to have silver-plated finish with light oxidize.

(cc) Third through Eighth Places - Same as first place, but to have bronze oxidized finish. Optional finish is a light green bronze oxidized finish.

(ii) The medals are to be suspended from a bar with red, white and blue cotton or polyester grosgrain ribbon. The bar is to have a nickel safety catch joint and pin and bar for ribbon. Each medal shall be enclosed in a suitable plastic box.

(iii) The medals must represent the finest grade of workmanship and finish, including perfect die work.

(c) In each national championship meet a championship gold medal shall be awarded to the man and woman swimmer scoring the greatest number of points in individual events. If two or more are tied duplicate awards shall be provided. If this occurs, the original award is given to the swimmer scoring the most 1st and 2nd places and the duplicate award, if not then available, shall be sent within thirty days to the Vice President/Senior Division for forwarding to the proper swimmer.

(d) Where two or more swimmers tie for any place, duplicate awards shall be given to each of such swimmers, and in such case no award shall be given for the place or places immediately following the tied positions.

(e) Where consolation finals are contested, awards will be given only to those swimmers in the championship final.

(f) Each member of an award-winning relay team shall receive identical awards.

(17) **Records**

(a) To be eligible for a national championship record the swimmer must win his race. Refer to 108.2(3)(4) and (5) for procedure in determining time recognized.

(b) United States Open and American records performed in a national swimming championship shall, upon proper completion of required forms and written approval of the national director of swimming records, be declared effective immediately unless a faster claim is pending. Approval thereof by the House of Delegates shall be automatic.

(18) **Final Results**—Coaches registered at a national championship shall, within two weeks following the event, be mailed gratis a

copy of the final results including split times. Said result summary shall include age of each swimmer in each event. Result summary shall include all men's and women's teams listed by point standings, and all combined teams (men and women) listed by point standings. Such results shall also be made available to others upon request at a nominal charge. Prior to the meet the meet sponsor shall deposit $500.00 payable to United States Swimming. This deposit is refundable upon the mailing of the final results within 30 days after the meet.

104.5. EVENTS AND PROGRAMS—The following events shall be held as national championships and are recommended for regional and LSC championships.

(1) **Short Course Events**

50 yd/mtr Freestyle
100 yd/mtr Freestyle
200 yd/mtr Freestyle
500 yd/mtr Freestyle
1000 yd/800 mtr Freestyle
1650 yd/1500 mtr Freestyle
100 yd/mtr Backstroke
200 yd/mtr Backstroke
100 yd/mtr Butterfly
200 yd/mtr Butterfly
100 yd/mtr Breaststroke
200 yd/mtr Breaststroke
200 yd/mtr Individual Medley
400 yd/mtr Individual Medley
400 yd/mtr Freestyle Relay
800 yd/mtr Freestyle Relay
400 yd/mtr Medley Relay

(2) **Long Course Events**

50 meters Freestyle
100 meters Freestyle
200 meters Freestyle
400 meters Freestyle
800 meters Freestyle
1500 meters Freestyle
100 meters Backstroke
200 meters Backstroke
100 meters Butterfly
200 meters Butterfly
100 meters Breaststroke
200 meters Breaststroke
200 meters Individual Medley
400 meters Individual Medley
400 meters Freestyle Relay
800 meters Freestyle Relay
400 meters Medley Relay

(3) **Three Day Program for Men's and Women's Meets**
(Women's events shall precede Men's)

FIRST DAY

PRELIMINARIES	**FIRST DAY FINALS**
100 yd/mtr Breaststroke	1000 yd/800 mtr Freestyle
200 yd/mtr Freestyle	100 yd/mtr Breaststroke
100 yd/mtr Butterfly	200 yd/mtr Freestyle
200 yd/mtr Ind. Medley	100 yd/mtr Butterfly
800 yd/mtr Freestyle Relay	200 yd/mtr Ind. Medley
1000 yd/800 mtr Freestyle	800 yd/mtr Freestyle Relay

SECOND DAY

PRELIMINARIES	SECOND DAY FINALS
400 yd/mtr Ind. Medley	400 yd/mtr Ind. Medley
50 yd/mtr Freestyle	50 yd/mtr Freestyle
200 yd/mtr Breaststroke	200 yd/mtr Breaststroke
100 yd/mtr Backstroke	100 yd/mtr Backstroke
500 yd/400 mtr Freestyle	500 yd/400 mtr Freestyle
400 yd/mtr Medley Relay	400 yd/mtr Medley Relay

THIRD DAY

PRELIMINARIES	THIRD DAY FINALS
200 yd/mtr Backstroke	1650 yd/1500 mtr Freestyle
100 yd/mtr Freestyle	200 yd/mtr Backstroke
200 yd/mtr Butterfly	100 yd/mtr Freestyle
400 yd/mtr Freestyle Relay	200 yd/mtr Butterfly
1650 yd/1500 mtr Freestyle	400 yd/mtr Freestyle Relay

(4) **Five Day Program for Men's and Women's Meets**
(Women's events shall precede Men's)

FIRST DAY

1000 yd/800 mtr Freestyle **(TIMED FINALS)**

SECOND DAY

PRELIMINARIES	SECOND DAY FINALS
200 yd/mtr Breaststroke	200 yd/mtr Breaststroke
200 yd/mtr Butterfly	200 yd/mtr Butterfly
200 yd/mtr Backstroke	200 yd/mtr Backstroke
100 yd/mtr Freestyle	100 yd/mtr Freestyle

THIRD DAY

PRELIMINARIES	THIRD DAY FINALS
200 yd/mtr Freestyle	200 yd/mtr Freestyle
400 yd/mtr Ind. Medley	400 yd/mtr Ind. Medley
800 yd/mtr Free Relay	800 yd/mtr Free Relay

FOURTH DAY

PRELIMINARIES	FOURTH DAY FINALS
500 yd/400 mtr Freestyle	500 yd/400 mtr Freestyle
200 yd/mtr Ind. Medley	200 yd/mtr Ind. Medley
50 yd/mtr Freestyle	50 yd/mtr Freestyle
400 yd/mtr Free Relay	400 yd/mtr Free Relay

FIFTH DAY

PRELIMINARIES	FIFTH DAY FINALS
100 yd/mtr Backstroke	1650 yd/1500 mtr Freestyle - Women
100 yd/mtr Breaststroke	100 yd/mtr Backstroke
100 yd/mtr Butterfly	100 yd/mtr Breaststroke
400 yd/mtr Medley Relay	100 yd/mtr Butterfly
1650 yd/1500 mtr Freestyle	1650 yd/1500 mtr Freestyle - Men
	400 yd/mtr Medley Relay

(a) All relays are to be conducted on a timed final basis with only the two fastest heats to be swum in the final session. Others to be held during the preliminary heats.

(b) The 1000 yards or 800 meters are to be conducted on a timed final basis. In facilities where women's and men's heats are conducted in the same course all heats shall be swum as follows:
  (i) Women's heats — slowest to fastest.
  (ii) Men's heats — slowest to fastest.

(c) The 1650 yards or 1500 meters freestyle are to be conducted on a timed final basis with only the fastest (single) heat to be swum in the final session. All other heats are to be held during preliminaries. In facilities where women's and men's heats are conducted in the same course all heats shall be swum alternately women/men as follows:
  (i) Fastest men's heat last.
  (ii) Fastest women's heat next to last.
  (iii) Second fastest men's heat third from last.
  (iv) Second fastest women's heat fourth from last and continuing until all heats are swum.
  (v) In the event of an unequal number of women's and men's heats, the excess slow heats will be swum first, then the remaining heats will be swum as indicated in (i) through (iv) above.

104.6. ENTRY BLANKS AND INFORMATION BOOKLET

(1) The entry blanks shall be prepared under joint direction of the vice president of the Senior division, the rules chairman, the meet director, and the Executive Director. Site of printing and distribution of blanks shall be determined by United States Swimming.

(2) Such entry blanks shall conform exactly to the standard format agreed upon by the Senior division, and no other shall be used.

(3) One set of the entry blanks shall be sent by first class mail at least 30 days prior to meet closing date to all members of the House of Delegates, and to all unattached swimmers and coaches of teams that were entered in the two immediately preceding national championships (one long course, one short course).

(4) The information booklet shall state qualifying times and procedures necessary for proof of entry times. (See 104.9)

(5) The information booklet shall state that foreign swimmers must comply with all meet entry requirements.

(6) The meet director's telephone number should be included in the information booklet.

(7) Entry fees shall be $5.00 for individual events and $10.00 for relay teams.

(8) The closing date for entries in all national championship events must be at least one week before the first day of competition.

(9) The information booklet mailing, including preparation, printing, and distribution, shall be the responsibility of United States

Swimming and shall be sent out by first class mail at least 90 days prior to meet closing date to the addresses named in (3) above. Approval of data to be mailed shall be obtained from the vice president of the Senior division prior to printing and/or distribution.

(10) The mailing list to be used under (3) and (9) above shall be maintained by the Executive Director and updated following each national championship with the assistance of the meet director of that meet.

(11) It shall be the responsibility of the sponsor to ship the submitted entry blanks to the Executive Director immediately following the championships. Those entry blanks will be retained for a period of one year.

104.7. ENTRIES

(1) Entry blanks properly filled out and received prior to the meet entry deadline will declare the swimmer officially entered.

(2) In national short course and long course championships a swimmer may enter any number of individual events in which he has met the qualifying standard time, but he may participate only in the number of individual events equivalent to the number of days in the meet program, i.e., three individual swimming events and three relays in a three-day swimming program; four individual swimming events and three relays in a four-day swimming program; five individual swimming events and three relays in a five-day swimming program.

(3) **Relay Entries**

(a) Relay entry blanks properly filled out and received prior to the meet entry deadline will declare those relay teams officially entered.

(b) Organizations entering two or more relay teams in an event shall designate them on the entry blanks in alphabetical order as Team A, Team B, etc.

(c) The time for each relay team shall be submitted on the entry blank and no change in time will be permitted. The time for each relay may be submitted as a composite or aggregate time. Relay teams with properly proven time will be declared entered and will be seeded at the proven and entered time.

(d) Swimmers eligible to compete for an organization in relay events shall be all those listed on the entry blank for that organization.

(e) Each coach shall pick up relay entry forms from the clerk of course on which he shall list the competing relay swimmers, their first and last names, ages, and order of swimming, for each entered relay. Upon reporting to the starting blocks, immediately prior to the start of the relay heat in which such team is entered, the completed relay entry form shall be handed to the head lane timer. No change will be permitted thereafter and failure to present the head lane timer with written list of relay swimmers shall prevent such team from

competing. A runner shall be furnished to distribute copies of the listed relay swimmers to the announcer, press and T.V.

(f) The competing relay teams and first and last names and ages of members thereof must be listed in the meet results.

104.8. QUALIFYING TIME STANDARDS

(1) National qualifying time standards will be determined from performances at the respective short course and long course senior national championship meets for all swimmers.

(a) The average of the thirty second (32) place time achieved in the preliminaries of the two previous championships with the hundredth digit a constant .09, and not slower than the current standard, will become the national qualifying standard for that event in the next like national championship meet for all domestic swimmers.

(i) The above formula shall also apply to the U.S. Junior Olympic championship.

(b) The sixteenth (16th) place time achieved in the preliminaries, with the hundredths digit a constant .09, and not slower than the current time standard, will be the qualifying time standard for that event in the next like national championship meet for all foreign swimmers.

(c) The above formulas may be adjusted periodically based on recommendations from the time standards committee.

(2) The Senior Division shall approve at each annual meeting the qualifying time standards for both short and long course championships for the following year.

(3) The best times of all swimmers and relay teams must be listed on the entry card or blank. No changes in submitted times, corrections of events entered, or additional entries shall be allowed.

(4) Any swimmer who qualifies for the 1000 or 1650 yard freestyle or the 800 or 1500 meter freestyle may enter at his fastest time or at the time standard, if entered in two or more events on the day of the distance freestyle. In Senior National Championships, swimmers entered in the 800/1000 and 1500/1650 freestyle do not need to enter at their best times, but may seed themselves at the time performed at the meet distance (SC-SC, LC-LC) at the previous USS National or Junior Olympic National Championship, provided they have made the qualifying standard at the same distance during the appropriate qualifying period.

(5) Qualifying time standards shall be specified in hundredths of a second.

(6) The Senior division reserves the right to challenge any submitted time.

(7) Foreign swimmers may enter national championships provided they have met all qualifying requirements including submission of proof of entered times. (See also 104.2.)

(8) **Entries for individual and relay events shall:**

(a) Be submitted to hundredths of a second (100ths) only, unless recorded by manual watches in tenths (10ths) in which case a zero shall be added to the 10th recording.

(b) Be achieved in a relevant stroke/event; i.e., time achieved in a freestyle event can be submitted only as freestyle time, regardless of the stroke used.

(c) Be achieved from September 1 of the previous year and no later than the entry deadline date for the USS Short Course Championships, except, swimmers who achieve a Senior National Standard, as established for the next year's Short Course Senior National Championship, at a National Long Course Championship will be eligible for that event for the following short course Senior National Championship.

(d) Be achieved from September 1 of the previous year and no later than the entry deadline date for the USS Long Course Championships.

(e) Be achieved in a USS-sanctioned or USS-approved meet or by one of the following modes if swum in full accordance with all applicable American and U.S. Open record rules as noted.
  (i) In a swim-off held to determine placement in a final event (108.2(4)(c))
  (ii) As lead-off leg in a relay race. (108.2(4)(f))
  (iii) Split time recorded from the official start to the completion of an initial distance within a longer individual event. (108.2(5)(a))
  (iv) In a time trial or record attempt. (108.2(4)(b)) and 108.3(1)(2))

(f) Times achieved at an altitude of 5,000 feet or above may be adjusted as follows:

Event Distance	Time Adjustment
200	1.2 sec.
400 or 500	3.0 sec.
800 Free Relay	4.8 sec.
800 or 1000	12.8 sec.
1500 or 1650	30.0 sec.

  (i) Subtract the time indicated above from the actual time achieved at altitude. This is the time to be used on the entry blank. Information relative to the adjustment must be shown in a separate statement and returned with the official entry blank. The statement must include name of swimmer, event, date of performance, elevation location, actual time, corrected time and signature of coach.
  (ii) A swimmer or relay may use the above adjustments to meet the national qualifying time standard and seeding will be based upon the actual claimed time without regard for altitude adjustment.

1985 UNITED STATES SWIMMING CHAMPIONSHIPS QUALIFYING STANDARDS

Note: Entries are acceptable using either 25 yard, 25 meter or 50 meter times. "Domestic" applies to U.S. citizens and to non-citizens with USS registration. "Foreign" applies to non-citizens without USS registration. See the meet information book and entry form for further information.

McDONALD'S/UNITED STATES SWIMMING JUNIOR OLYMPIC SHORT COURSE CHAMPIONSHIPS

April 9-13, 1985
25 Yard Course
EAST - Syracuse, New York
WEST - Brown Deer, Wisconsin

McDONALD'S/UNITED STATES SWIMMING JUNIOR OLYMPIC LONG COURSE CHAMPIONSHIPS

August 13-17, 1985
50 Meter Course
EAST - Tuscaloosa, Alabama
WEST - Portland, Oregon

1985 Junior National Time Standards

WOMEN SC (Meters)	WOMEN SC (Yards)	WOMEN LC (Meters)	EVENT	MEN LC (Meters)	MEN SC (Yards)	MEN SC (Meters)
27.49	24.79	28.19	50 Freestyle	25.29	21.89	24.19
58.99	53.59	1:00.99	100 Freestyle	54.79	47.89	52.89
2:07.29	1:55.49	2:11.29	200 Freestyle	1:59.59	1:44.09	1:55.19
4:23.29	5:04.99	4:33.39	400/500 Freestyle	4:13.49	4:41.99	4:04.09
9:04.79	10:25.69	9:18.19	800/1000 Freestyle	8:47.29	9:43.09	8:30.19
17:17.39	17:28.79	17:50.39	1500/1650 Freestyle	16:50.09	16:15.09	15:57.19
1:07.29	1:01.29	1:09.99	100 Backstroke	1:02.99	54.69	1:00.79
2:26.19	2:11.89	2:29.59	200 Backstroke	2:15.39	1:57.89	2:10.89
1:16.79	1:08.79	1:19.99	100 Breaststroke	1:10.49	1:00.69	1:07.29
2:45.49	2:27.99	2:51.69	200 Breaststroke	2:33.79	2:12.29	2:28.39
1:04.89	59.09	1:06.79	100 Butterfly	59.79	52.39	57.39
2:21.69	2:08.99	2:25.89	200 Butterfly	2:13.09	1:55.99	2:06.99
2:25.79	2:11.89	2:30.59	200 Ind. Medley	2:15.59	1:57.89	2:10.29
5:07.19	4:38.69	5:17.69	400 Ind. Medley	4:50.99	4:12.39	4:39.39
4:37.49	4:08.99	4:42.19	400 Medley Relay	4:11.89	3:40.89	4:06.79
4:07.19	3:40.89	4:09.89	400 Free Relay	3:45.29	3:17.29	3:39.29
8:55.09	7:58.69	8:59.99	800 Free Relay	8:14.49	7:14.39	8:02.99

PHILLIPS 66/UNITED STATES SWIMMING SHORT COURSE NATIONAL CHAMPIONSHIPS

April 2-6, 1985
25 Yard Course
East Los Angeles, California

PHILLIPS 66/UNITED STATES SWIMMING LONG COURSE NATIONAL CHAMPIONSHIPS

August 5-9, 1985
50 Meter Course
Mission Viejo, California

104.8(8)(f)(ii)

1985 Senior National Time Standards

WOMEN					MEN		
SC (Meters)	SC (Yards)	LC (Meters)	EVENT		LC (Meters)	SC (Yards)	SC (Meters)
26.59	23.89	27.29	50	Freestyle	23.99	20.79	22.99
56.59	51.49	58.89	100	Freestyle	52.29	45.39	50.09
2:02.79	1:51.39	2:06.89	200	Freestyle	1:54.79	1:40.29	1:51.09
4:14.99	4:55.29	4:24.09	400/500	Freestyle	4:02.59	4:30.99	3:54.59
8:42.29	10:05.59	9:01.39	800/1000	Freestyle	8:22.29	9:24.09	8:14.59
16:43.19	16:54.09	17:11.89	1500/1650	Freestyle	16:06.19	15:49.09	15:31.69
1:04.49	58.79	1:07.39	100	Backstroke	59.89	52.09	57.99
2:20.89	2:07.09	2:23.69	200	Backstroke	2:08.59	1:53.39	2:05.99
1:13.99	1:06.29	1:16.99	100	Breaststroke	1:07.29	57.69	1:03.99
2:39.49	2:22.59	2:44.39	200	Breaststroke	2:26.69	2:06.39	2:21.69
1:02.09	56.59	1:04.29	100	Butterfly	56.79	49.89	54.69
2:17.09	2:04.69	2:20.09	200	Butterfly	2:05.19	1:50.99	2:01.49
2:20.29	2:07.19	2:24.69	200	Ind. Medley	2:09.79	1:53.09	2:05.19
4:56.49	4:28.89	5:05.49	400	Ind. Medley	4:36.09	4:02.29	4:28.29
4:27.09	3:59.69	4:31.19	400	Medley Relay	3:59.39	3:31.49	3:56.29
4:01.19	3:35.59	4:03.49	400	Free Relay	3:36.79	3:07.69	3:28.59
8:38.09	7:43.49	8:46.09	800	Free Relay	7:53.79	6:59.79	7:46.79

1984 Senior National Foreign Time Standards

WOMEN					MEN		
SC (Meters)	SC (Yards)	LC (Meters)	EVENT		LC (Meters)	SC (Yards)	SC (Meters)
26.29	23.59	26.99	50	Freestyle	23.69	20.59	22.79
56.39	51.19	57.69	100	Freestyle	51.19	44.69	49.29
2:01.39	1:50.19	2:05.39	200	Freestyle	1:53.29	1:39.79	1:49.39
4:12.39	4:52.29	4:20.59	400/500	Freestyle	3:59.19	4:26.49	3:50.69
8:37.59	10:00.69	8:51.09	800/1000	Freestyle	8:13.79	9:10.39	8:01.59
16:34.59	16:45.39	16:55.79	1500/1650	Freestyle	15:49.29	15:30.69	15:13.59
1:03.69	57.99	1:06.29	100	Backstroke	58.59	51.29	57.09
2:17.89	2:04.39	2:19.89	200	Backstroke	2:06.09	1:51.39	2:03.69
1:12.99	1:05.39	1:15.39	100	Breaststroke	1:05.69	56.79	1:03.09
2:35.99	2:19.49	2:42.19	200	Breaststroke	2:24.19	2:04.09	2:19.19
1:01.69	56.09	1:02.99	100	Butterfly	55.69	49.09	53.79
2:14.49	2:02.39	2:16.89	200	Butterfly	2:02.59	1:48.79	1:59.09
2:18.79	2:05.79	2:22.49	200	Indiv. Medley	2:07.99	1:51.19	2:02.89
4:53.29	4:25.99	4:59.89	400	Indiv. Medley	4:31.99	3:58.99	4:24.59
4:20.49	3:53.79	4:26.29	400	Medley Relay	3:53.59	3:19.99	3:43.49
3:54.29	3:29.39	3:59.59	400	Free. Relay	3:30.89	3:03.19	3:23.59
8:25.59	7:32.29	8:32.99	800	Free. Relay	7:43.29	6:43.39	7:28.49

1986 United States Swimming Schedule of Major Meets and Contacts

United States Swimming International Meet

January 2-5, 1986 Texas Swim Center Austin, Texas	Don Watson 1900 East Campus Dr. Austin, Texas 78705 (512) 471-7771

McDonald's/United States Swimming Junior Olympic Short Course Championships

March 18-22, 1986

East:	Justus Aquatic Center Orlando, Fla.	Irene Hackett Florida Swimming 1221 Lee Road Suite 102 Orlando, Fla. 32810 (305) 298-7946
West:	University of North Dakota - Grand Forks	Mike Stromberg Athletic Department Univ. of North Dakota - Grand Forks Grand Forks, ND 58202 (701) 777-2766

Phillips 66/United States Swimming Short Course Championships

April 1-5, 1986 Justus Aquatic Center Orlando, Fla.	Irene Hackett Florida Swimming address above

World Championships Trials

To Be Announced Justus Aquatic Center Orlando, Fla.	Irene Hackett Florida Swimming address above

McDonald's/United States Swimming Junior Olympic Long Course Championships

July 22-26, 1986

East:	Hall of Fame Pool Ft. Lauderdale, Fla.	Sherrill Nelson 503 Seabreeze Ft. Lauderdale, Fla. 33316 (305) 764-4822
West:	Texas Swim Center Univ. of Texas Austin, Texas	Don Watson Texas Swim Center address above

Phillips 66/United States Swimming Long Course National Championships

August 5-9, 1986 Santa Clara, Calif.	no contact person established

104.9. PROOF OF ENTERED TIME

(1) **Short Course Championships**

(a) **Individual Events**—All individual entry times must be made prior to the entry deadline and must be proven prior to the scratch deadline for that event through the Official Verification Card (OVC) system.

(b) **Relay Events**—Times for each entered relay team must be submitted on the entry form. This entered time must be proven prior to the scratch deadline for each entered relay team, in aggregate or as a team, through the OVC system. For the purpose of proving times, a swimmer may be named on only one relay team in each event. Once the relay team or teams have been proven, any swimmer listed by that organization on the entry form is eligible to compete on that relay team.

Note: Except for USS Junior Olympic Championship meets, the time of any swimmer recorded while legally representing a club within the appropriate time frame may be used in proving relay entry time and that swimmer does not need to be entered in the championship in question.

(2) **Long Course Championships**

(a) Proof of entered time procedure shall be the same as for the short course championships.

(b) Foreign swimmers not USS-registered must provide meet results with entry form to prove entry time.

Note: The above requirements shall be made a part of the official entry form for all national championship meets.

(3) **Responsibility Clause**

(a) The coach or swimmer representative who signs a national championship entry form thereby attests that all times stated in such entry form are true and correct. He assumes all responsibility for false or incorrect times therein. He shall pay $100 to the Corporation for each such time unless corrected by that coach or swimmer representative prior to the scratch deadline.

(b) Such penalty shall apply in addition to any USS verification officer who has issued an Official Verification Card attesting to such untrue or incorrect time(s).

(c) All determinations shall be made in accordance with 450.3 and 450.4.

(d) No fines shall be imposed without an opportunity for a hearing. Review shall be permitted pursuant to 450.6.

104.10. OFFICIALS

(1) The vice president of the Senior division or his designee shall be the Referee of the national championships.

(2) For all national championship competition the following officials shall be required and assigned but no more than those listed below shall be on deck at one time.

1 Referee
1 Starter
1 Recall Starter
1 Chief Judge
1 Chief Timer
2 Stroke Judges — 1 each side of pool
1 Timer/Turn Judge per lane
1 Timer/Take-Off Judge per lane
1 Timer/Split Taker per lane
4 Take-off Judges — 2 each side of pool
1 Turn Judge per lane (at opposite end of pool from starting blocks)
2 Clerks of Course
4 Marshals
2 Scorers
4 Recorders
1 Announcer
1 Recorder of Records
1 Press Steward
1 Doctor
2 Place Judges per lane (or equivalent in semi-automatic equipment, properly staffed.)

(3) In addition to officials listed under (2) above, the following may be assigned if needed but shall be on deck only if necessary:

Electronic equipment operators
Backup officials

(4) All officials should hold valid certification as a National Swimming Official.

(5) The National Officials Chairman, under the direction of the Senior division vice president shall assign certified and qualified officials to key positions for each national championship and other meets as directed.

(6) In addition to the above selection, procedures and duties of officials for all national championship events shall be in accordance with Article 3.

(7) During relay exchanges only, two relay take-off judges shall be assigned to each side of the pool to observe two assigned lanes each. They shall independently report in writing any infraction.

Only if the assigned timer/take-off judge has reported an infraction in writing and the assigned pool side take-off judge has confirmed the same infraction in writing shall the designated relay team be disqualified. This confirmation in no way affects the independent authority of the Referee as outlined in 103.16.

104.11. VIDEO EQUIPMENT

When accepted videotape or automatic officiating devices are available, these must be used by the Referee in any case of doubt or protests (turns, end of race and relay take-offs). For the results of video tape to be accepted in any protest, the video equipment and its locations must have been approved by the Meet Referee and the Meet Jury prior to the start of the meet.

104.12. MOVABLE BULKHEADS

If utilized, periodic measurements required under 108.2(h)(iii) must be made if record performances are to be accepted.

ARTICLE 5
AWARDING UNITED STATES SWIMMING CHAMPIONSHIPS AND INTERNATIONAL COMPETITIONS

105.1. GENERAL—United States Swimming Championship meets shall be awarded in the following categories:

(1) **Senior Class**—short course and long course

(2) **Junior Class**—short course and long course

105.2. FACILITIES

(1) Short course meets shall be held in 25 yard pools having no less than eight racing lanes at least seven feet wide and a separate warm-up pool.

(2) Long course meets shall be held in 50 meter pools having no less than eight racing lanes at least seven feet wide and a separate warm-up pool.

(3) Minimal Facilities—Subject to such concessions as the Senior division may deem to be in the best interests of the competition, the championship meets shall be conducted in facilities as prescribed in Article 7.

(4) Facilities with movable bulkheads shall be required to demonstrate to the chairman of the Championship Meet Facilities Committee, or his designee, prior to submitting a bid for a National Swimming Championship, the ability to meet all measurements and tolerances as specified in 107.1, 107.2, 107.4 and 107.5. Written confirmation of this demonstration shall accompany the championship meet bid.

105.3. AWARD OF EVENTS

(1) United States Swimming Championships shall be awarded by the Senior Division in accordance with Article 4 and Article 5.

(2) United States Swimming Junior Olympic Championships shall be awarded by the Senior Division in accordance with Article 4 and Article 5.

(3) In an Olympic or Pan American year the Senior Division may elect not to conduct one or more United States Swimming Championships. Such decision must be made at the annual meeting of the Corporation in the second calendar year preceding such Olympic or Pan American year. In the event of such decision said division may elect to name and rank the individual national champions for that year based upon the final results of the related Olympic or Pan American Trials. Place awards will not be made.

105.4. DATES — Championship dates will be as determined by the Senior Division. 1985 dates and sites are listed on page 57. 1986 dates and sites are listed on page 59.

105.5. SITE SELECTION COMMITTEE

(1) Membership — The Vice President/Senior shall appoint three persons and the Vice President/Age Group shall appoint two persons, and these may include either or both vice presidents, to the Site Selection Committee to serve one year.

(2) Chairman — The chairman shall be elected from among and by the members of the committee.

(3) Duties — It shall be the responsibility of the Site Selection Committee to:

(a) Prepare and maintain an up-to-date list of facilities in each LSC which comply with the national championships standards set forth in Article 7.

(b) Ascertain that pool measurement is properly on file with USS and if deemed necessary, to require measurement prior to consideration of a bid.

(c) Solicit bids from such facilities in accordance with the zone rotation award system indicated below.

(d) Present to the Senior Division at its annual meeting held at least two years prior to the year of the championships, a list of all approved bidders for each long and short course national championships, as required by the zone rotation award system.

105.6. CHAMPIONSHIP ROTATION AWARD SYSTEM

(1) National Championship Awards:

(a) The areas shall be as follows:

(i) Area I shall be composed of the following LSCs: Alaska, Arizona, Border, Central California, Colorado, Hawaii, Inland Empire, Montana, New Mexico, Oregon, Pacific,

Pacific Northwest, San Diego-Imperial, Snake River, Southern California, Utah, and Wyoming.

(ii) Area II shall be composed of the following LSCs: Arkansas, Gulf, Illinois, Iowa, Midwestern, Minnesota, Missouri Valley, North Dakota, Oklahoma, Ozark, South Dakota, South Texas, Southern, Southwestern, West Texas, and Wisconsin.

(iii) Area III shall be composed of the following LSCs: Adirondack, Allegheny Mountain, Connecticut, Florida, Florida Gold Coast, Georgia, Indiana, Kentucky, Lake Erie, Maine, Maryland, Metropolitan, Michigan, Middle Atlantic, New England, New Jersey, Niagara, North Carolina, Ohio, Potomac Valley, South Carolina, Southeastern, Virginia, and West Virginia.

(b) Rotation system for awarding National Championship Swimming Meets

YEAR	AREA I	AREA II	AREA III
1987	—	LC	SC
1988	SC	—	LC
1989	LC	SC	—
1990	—	LC	SC

(2) Junior Olympic National — East Awards

(a) The areas shall be as follows:

(i) Area I shall be composed of the following LSCs: Adirondack, Allegheny Mountain, Connecticut, Maine, Maryland, Metropolitan, Middle Atlantic, New England, New Jersey, Niagara, Potomac Valley, Virginia.

(ii) Area II shall be composed of the following LSCs: Georgia, North Carolina, South Carolina, Southeastern.

(iii) Area III shall be composed of the following LSCs: Florida, and Florida Gold Coast.

(iv) Area IV shall be composed of the following LSCs: Illinois, Indiana, Kentucky, Lake Erie, Michigan, Ohio, West Virginia.

(b) Rotation system for awarding Junior Olympic National — East Swimming Meets.

YEAR	AREA I	AREA II	AREA III	AREA IV
1987	SC	—	LC	—
1988	—	SC	—	LC
1989	LC	—	SC	—
1990	—	LC	—	SC

(3) Junior Olympic National — West Awards

(a) The areas shall be as follows:

(i) Area I shall be composed of the following LSCs: Iowa, Midwestern, Minnesota, Montana, No. Dakota, So. Dakota, Wisconsin, Wyoming.

(ii) Area II shall be composed of the following LSCs: Arkansas, Gulf, Missouri Valley, Ozark, Oklahoma, So. Texas, Southern, Southwestern, West Texas.

(iii) Area III shall be composed of the following LSCs: Arizona, Border, Colorado, Hawaii, New Mexico, San Diego-Imperial, Southern California, Utah.

(iv) Area IV shall be composed of the following LSCs: Alaska, Central California, Inland Empire, Oregon, Pacific, Pacific Northwest, Snake River.

(b) Rotation system for awarding Junior Olympic National — West Swimming Meets.

YEAR	AREA I	AREA II	AREA III	AREA IV
1987	SC	—	LC	—
1988	—	SC	—	LC
1989	LC	—	SC	—
1990	—	LC	—	SC

105.7. METHOD OF GRANTING AWARD

(1) A national championship can be awarded only to an LSC which is currently fully paid in dues and fees due to the Corporation. That LSC may assign the championship to a member in good standing of that LSC, who shall then assume full responsibilities as agreed to in writing.

(2) A bidder shall be provided by the Executive Director with a bid form, financial and operating agreements, and all other documents related to the responsibilities of the awardee in relation to conduct of the event.

(3) All bids for a championship meet shall be returned to the site selection chairman not less than sixty (60) days prior to the annual meeting of the Corporation at which such bids are to be considered.

(4) The Senior division shall consider only those bids presented by the Site Selection Committee at the annual meeting and award of contract shall be finalized at that time.

(5) Upon approval of a bid, the bid shall be presented to the Board of Directors/House of Delegates for acceptance of the bid. The contract shall be executed by all involved parties, including but not limited to the bidder, the President or Secretary of the Corporation, the vice president of the senior division, the LSC chairman and such other entity as may be designated.

(6) The failure of the Site Selection Committee to present a bid from a suitable facility within the designated zone shall negate the rotation system for that round only. This shall not affect the future normal rotation of zones as provided above.

(7) Should the Site Selection Committee fail to receive bids from the designated area by the 60-day cut-off date, the chairman shall immediately notify the vice president of the Senior division in writing of the available meets and dates. Bids from the other two areas may then be considered at the annual meeting of the Senior division.

105.8. CONTRACTS—There shall be a contract between the Corporation and meet hosts, under terms and conditions approved by the Board of Directors.

105.9. INTERNATIONAL COMPETITIONS

(1) United States Swimming may award international competitions only to an LSC which is currently fully paid in dues and fees due to the Corporation.

(2) Award applicant shall be provided by the Executive Director with financial and operating agreements and all other documents related to the responsibilities of the awardee in relation to the conduct of the meet.

(3) Should there be more than one bidder to sponsor a particular international event, the Olympic International Division shall decide the award.

ARTICLE 6
AGE GROUP SWIMMING

106.1. THE AGE GROUP PROGRAM

(1) **Objectives**—Age Group swimming is the program through which United States Swimming provides fair and open competition for its younger members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent.

Achievement of these goals will be enhanced by an environment which encourages participation by the maximum number of competitors, coaches, qualified officials, parents, and school and community groups. By providing recognition for all participants, a healthy motivation for self-improvement and advancement is attained.

(2) **Program**—The preparations for competition should include careful consideration of the demands made on all the participants, including swimmers, officials, and spectators. Meet facilities should include properly supervised, sheltered rest areas. The meet schedule should not be too lengthy (no more than eight hours a day) or late at night, and should contain generous rest breaks. These guidelines will help ensure an enjoyable and satisfying competition, as well as making a good introduction to swimming for newcomers. It is recommended whenever possible that a given age group be restricted to either morning or afternoon thereby further limiting the length of time for a swimmer to 4 hours or less.

Competition is separated by age group, sex, and ability to promote maximum achievement and recognition. Meets and/or events are usually structured to assure fair competition through the use of time standards, A, B, C etc. in which only swimmers whose best times correspond to the event's time standards are eligible for

participation in that particular event. In this way a series of goals and achievements are available to the swimmer with a measure of success and progress at all levels but with no upper limit on success. Meets are identified as AA, A, B, B/C, or combinations of these ability classifications.

106.2. AGE GROUP RULES COMMITTEE—The Vice President/Age Group shall appoint an Age Group Rules Committee chairman and a committee that shall include, but not be limited to, a representative from each USS region, the Rules chairman, the Age Group Swimming 16 Best Times Tabulation chairman, a FINA representative, an athlete member, and the President and vice presidents of the Corporation.

(1) Amendments to Age Group rules and recommended legislation must be submitted to the Age Group Rules chairman only by (a) members of the House of Delegates, (b) members of the Age Group Rules Committee, or (c) a local swimming committee or LSC Age Group Committee.

(2) Legislation affecting Age Group Swimming shall be considered by the Age Group Rules Committee. Proposed amendments to Part One shall be submitted to the Rules Committee in accordance with 238.4.

106.3. CONDUCT OF MEETS—The Age Group swimming program will be conducted under the technical rules except as hereinafter specified.

106.4. ELIGIBILITY

(1) The eligibility of participants for a particular age group will be determined by his date (not hour) of birth in his respective age group.

(2) Age on the first day of meet shall govern for the full meet.

Exceptions

(a) In a preliminaries and finals meet, when the preliminaries are separated from the finals by more than two days, a swimmer shall compete at the age reached on the first day of the finals.

(b) In a timed finals meet that covers more than one weekend, a swimmer shall compete at the age attained on the first day of each continuous session of the meet.

(3) Participants must swim in their respective age brackets.

(4) A contestant may participate in only one age division actually corresponding to the swimmer's age, except in the case of competition during which events are conducted by age group and junior/senior classes. In this case, swimmers will only be limited by the allowable number of events per day.

106.5. AGE GROUP CLASSIFICATIONS

(1) **Junior**—A single age group 18 years of age and under, inclusive.

(2) **Age Group/Junior Olympic**—10 and under, 11-12, 13-14, and either 15-16, 17-18 or 15-18.

106.6. EVENTS AND PROGRAMS

(1) Junior classification events and programs shall be those listed in 104.5.

(2) **10-and-Under**
50-100-200 Freestyle
50-100 Backstroke
50-100 Breaststroke
50-100 Butterfly
100-200 Ind. Medley
200 Medley Relay
200 Freestyle Relay

11-12 Years
50-100-200-400/500 Freestyle
50-100 Backstroke
50-100 Breaststroke
50-100 Butterfly
100-200 Ind. Medley
200-400 Medley Relay
200-400 Freestyle Relay

13-14, 15-16, 17-18, 15-18 Years
50-100-200-400/500, 800/1000,
1500/1650 Freestyle
100-200 Backstroke
100-200 Breaststroke
100-200 Butterfly
200-400 Ind. Medley
200-400 Medley Relay
200-400-800 Freestyle Relay

(3) Programs for Age Group meets and/or those of mixed classification can be tailored to meet local requirements and conditions.

(4) Dual meets between clubs, LSCs, and regions are encouraged. Suggested program for Age Group is listed below. (Events may be added or deleted as desired).

10 & under	**13-14, 15-16**
11-12	**17-18, 15-18**
Events	**Events**
200 Medley Relay	400 Medley Relay
50 Freestyle	200 Freestyle
100 Freestyle	50 Freestyle
200 Ind. Medley	100 Freestyle
50 Backstroke	200 Ind. Medley
50 Breaststroke	100 Backstroke
50 Butterfly	100 Breaststroke
200 Free Relay	100 Butterfly
	400 Free Relay

Note: For Junior events and rules for the conduct of dual meets, see 103.2(2)(3) and (4).

(5) No contestant may compete in more than five (5) swimming events, excluding relays, on each day of an age group timed finals meet. In age group competition where preliminaries and finals are held no contestant may compete in more than three (3) swimming events, excluding relays, per day.

Note: All 200 Relays (4 × 50); All 400 Relays (4 × 100); All 800 Relays (4 × 200).

106.7. ENTRY FEES—Entry fees in Age Group swimming meets shall be determined by the LSC.

106.8. AWARDS

(1) Official awards for Age Group events shall not exceed a cost of $2.50 per swimmer. The LSC may establish the maximum number of awards for each event. Team championship awards may not exceed a cost of $25.00 for first place, $20.00 for second place, and $15.00 for third through fifth place. Individual high point awards may not exceed a cost of $8.00.

106.9. ZONE JUNIOR OLYMPIC PROGRAM

(1) **Zone Alignment**

EASTERN ZONE—Adirondack, Allegheny Mountain, Connecticut, Maine, Maryland, Metropolitan, Middle Atlantic, New England, New Jersey, Niagara, Potomac Valley, Virginia.

SOUTHERN ZONE—Border, Florida, Florida Gold Coast, Georgia, Gulf, Kentucky, North Carolina, South Carolina, South Texas, Southeastern, Southern, Southwestern, West Texas, West Virginia.

CENTRAL ZONE—Arkansas, Illinois, Indiana, Iowa, Lake Erie, Michigan, Midwestern, Minnesota, Missouri Valley, Montana, North Dakota, Ohio, Oklahoma, Ozark, South Dakota, Wisconsin, Wyoming.

WESTERN ZONE—Alaska, Arizona, Central California, Colorado, Hawaii, Inland Empire, New Mexico, Oregon, Pacific, Pacific Northwest, San Diego-Imperial, Snake River, Southern California, Utah.

(2) **Zone Administration** — The Zone Age Group Junior Olympic Championship Meet shall be conducted and administered by the Zone Championship Committee. (See Policies and Procedures for Zone Committee as adopted by United States Swimming.)

(3) **Zone Age Group Junior Olympic Championship Meet**—Each zone must conduct one Age Group Junior Olympic Championship meet, recommended to be long course.

(a) The meet shall be restricted to age group competition.

(b) The age groups and events shall be selected from the age groups listed in 106.5 and events listed in 106.6, respectively.

(c) Time standards or entry requirements shall be set for each zone meet in accordance with the needs of the swimmers of that zone by the zone committee.

(d) Eligibility: Participation in the zone championship meets shall be restricted to registered swimmers of that zone.

(e) Awards: Shall be provided through the national headquarters, 1st through 8th place, and any other as designated by the national sponsor.

106.10. REGIONAL CHAMPIONSHIP MEETS—The 57 LSCs are divided into 14 regions for Age Group competition. These regions are formed in order to reduce the travel distance for athletes competing in regional competition and to equalize the competition. The 14 regions are:

Region 1: Adirondack, Connecticut, Maine, Metropolitan, New England, New Jersey, Niagara
Region 2: Allegheny Mountain, Maryland, Middle Atlantic, Potomac Valley, Virginia
Region 3: Georgia, North Carolina, South Carolina, Southeastern
Region 4: Florida, Florida Gold Coast
Region 5: Hawaii
Region 6: Illinois, Indiana, Kentucky, Lake Erie, Michigan, Ohio, West Virginia
Region 7: Iowa, Midwestern, Minnesota, Wisconsin
Region 8: Arkansas, Missouri Valley, Oklahoma, Ozark
Region 9: Gulf, South Texas, Southern, Southwestern, West Texas
Region 10: Arizona, Border, Colorado, New Mexico, Utah
Region 11: Montana, North Dakota, South Dakota, Wyoming
Region 12: Inland Empire, Oregon, Pacific Northwest, Snake River
Region 13: Central California, Pacific, San Diego-Imperial, Southern California,
Region 14: Alaska

(1) **Regional Committees**—A regional Age Group championship meet committee may be established.

(2) Each region may conduct two Age Group championships, one in a short course, 25 yard or 25 meter pool, and the other in a long course, 50 meter or 55 yard pool. It is recommended that the short course championship meet be held during the January-May period each year, and the long course championship meet during the May-August period each year.

(3) **Age Groups**—The regional Age Group meet may be conducted using 10 & under, 11/12, 13/14, 15/16, 17/18, or 15/18 or any combination of the preceding.

(4) **Events**—Refer to 106.6(5) for entry limit procedures.

> **Note:** Refer to 106.6 for a list of events that may be offered in the regional championship meet. Refer to 104.5 for a list of events that will be offered in the National Junior Olympic championship meet.

(5) Time standards may be set for regional championship meets if it is felt such standards will improve the competition and provide a benefit to the swimmers at the regional level.

(6) **Eligibility**—Participation in the Age Group regional championship meet shall be restricted to registered swimmers from that region or by invitation if the invited LSC's region is not active.

106.11 LSC CHAMPIONSHIP MEETS

(1) LSC Age Group/Junior Olympic meets shall be conducted by each LSC in conformance with the contractual obligations of USS, including the time period, format and number, sponsorship identification and publicity requirements that may be in effect at the time and about which the LSC shall be notified. Such meets shall be conducted, both short course and long course, where such facilities are available, and shall conform to the USS Rules and Regulations, except as hereinafter specified. The age groups and events shall be selected from the age groups listed in 106.5 and the events listed 106.6, respectively. It is recommended that such meets be conducted with preliminaries and finals.

(2) In addition each LSC may conduct other championship meets. It is recommended that the short course championship meet be held during the January-May period each year, and the long course championship meet during the May-August period each year, and that the age groups and events be selected from those listed, except the 15-18 age group may be conducted as a single age group or the entire meet conducted as a single age group of 18 years of age and under, at the discretion of the LSC.

(3) Participation in LSC championship meets shall be restricted to USS member athletes and/or registered swimmers from other FINA members in good standing. The host LSC may invite USS member athletes and/or registered swimmers from other FINA members in good standing.

(4) Time standards may be set for LSC championship meets if it is felt such standards will improve the competition and provide a benefit to the swimmers at the LSC level.

(5) No contestant may compete in more than five (5) swimming events, excluding relays, on each day of a timed final LSC championship meet. In LSC championship competition where preliminaries and finals are held, no contestant may compete in more than three (3) swimming events, excluding relays, per day.

(6) **Eligibility**—Refer to 106.4 for eligibility rules.

(7) **Awards**—Refer to 106.8 for awards.

(8) When the LSC championship meet is on two weekends the younger age groups must be competed on the first weekend.

106.12 AGE GROUP RECORDS AND TIMES OF RECORD (T16/T10)

This section specifies rules and conditions for Age Group records, and times of record at all levels of competition.

(1) No record shall be considered which is applied for, by, or through a conference, league, LSC, or allied member whose rules governing performance do not conform to these rules.

(2) To be eligible for consideration for an Age Group record, a swimmer must have won his race. Exception: Swimmers within a recognized Age Group competing in a senior competition or junior competition in a single Age Group, do not need to win the event,

but must place higher by a judged or ballot decision than other contestants in the same Age Group in the event.

(3) No record attempts against time are acceptable.

(4) Age Group records must be achieved in the relevant stroke-event; i.e., a backstroke record must be set in a backstroke event. Records set in freestyle events can be submitted only as freestyle records regardless of the stroke or strokes used.

(5) Times for 55-yard courses may be submitted for 50-meter consideration.

(6) In submitting times, placement in a race must be considered. If a swimmer is displaced by a judge or ballot decision by a swimmer with a slower time, he must share the time of the swimmer who displaced him.

(7) Final times, including swim-off times for all races except those of 50-meter distance, may be timed with any approved timing in the general rules. These times may be used for records and times of record at all levels of Age Group swimming.

(8) Record times and times of record may be achieved in initial splits and lead-off relay times if they are achieved by fully automatic timing.

(9) In 50-meter pools, all record times and times of record, including finals, lead-offs, swim-offs, initial splits, for 50-meter distances must be achieved with fully automatic or semi-automatic timing.

(10) All record times and times of record must be achieved in duly sanctioned or approved meets, meet the requirements of 108.2(4)(f) and (g) and (5), meet all general swimming rules, and the swimmer must legally complete the full distance of his/her race.

106.13. AGE GROUP 16 BEST TIMES TABULATIONS

(1) Requirements

(a) Times submitted for recognition shall be in accordance with the time standards published by the National tabulator.

(b) Times may be submitted for any Age Group USS registered swimmer/club participating in any USS/LSC sanctioned event or in any other championship competition (i.e., high school, YMCA, college, etc.) recognized by USS/LSC, or in any competition sanctioned by any officially recognized member of FINA.

(2) Reporting

(a) Times submitted for the short course 16 Best Times list must be recorded times swum between the period of June 1 for one year through May 31 of the next year. These times must be submitted to the national tabulator no later than June 30.

(b) Times submitted for the long course 16 Best Times list must be recorded times swum between the period of September 1 of one year through August 31 of the next year. These times must be submitted to the national tabulator no later than September 30.

(c) Each LSC is responsible for reporting (on the provided cards) to the chairman of the Age Group Tabulation Committee, not later than June 30 (short course) and September 30 (long course) of each year, the times which better the tabulation cut-off times. An LSC may report times performed by swimmers registered in its LSC but achieved outside of the LSC when proof of performance is submitted to the LSC.

(d) Each LSC is responsible and must report all reportable times done within its boundaries. This includes all level of meets. AG, SR, Zone, Nationals, Jr. Nationals, International.

(3) Recognition

(a) The 16 Best Times lists shall be published separately - short course in August and long course in December.

(b) No club's relay team may be listed more than once, unless that club has an additional relay or relays comprised of four different swimmers than the previously listed relay. If the club has an additional relay entitled to listing with a change of one, two or three individual swimmers from the higher listed relay, those additional swimmers will be listed after the club's higher ranked relay team members.

(c) Only the top ten relays will be published.

(d) Age Group national champions as determined from the tabulated national results will be awarded an appropriate certificate and an emblem, pin, or similar memento as adopted by the appropriate committees of USS. Those ranked second through sixteenth will be awarded a certificate only.

106.14. 1985 NATIONAL AGE GROUP 16 BEST TIMES AND RELAY 10 BEST TIMES CUTOFFS

SHORT COURSE (yards)
FEMALE

		10 & U	11-12	13-14	15-16	17-18
50 Yd.	Freestyle	27.69	25.49	24.49	24.09	24.19
100 Yd.	Freestyle	1:00.29	55.19	52.99	51.79	51.89
200 Yd.	Freestyle	2:10.79	1:59.19	1:53.59	1:51.49	1:51.59
500 Yd.	Freestyle	—	5:15.19	4:59.89	4:55.89	4:54.69
1000 Yd.	Freestyle	—	—	10:17.29	10:08.99	10:06.09
1650 Yd.	Freestyle	—	—	17:10.49	16:58.49	16:52.79
50 Yd.	Backstroke	32.69	29.79	—	—	—
100 Yd.	Backstroke	1:11.49	1:04.29	1:00.19	59.29	59.29
200 Yd.	Backstroke	—	—	2:09.99	2:06.79	2:07.49
50 Yd.	Breaststroke	36.09	33.09	—	—	—
100 Yd.	Breaststroke	1:18.99	1:11.09	1:07.89	1:06.49	1:06.69
200 Yd.	Breaststroke	—	—	2:26.29	2:23.49	2:22.39
50 Yd.	Butterfly	30.49	28.09	—	—	—
100 Yd.	Butterfly	1:08.09	1:01.29	58.39	57.39	57.09
200 Yd.	Butterfly	—	—	2:07.59	2:05.39	2:04.49
100 Yd.	Individual Medley	1:09.89	1:03.89	—	—	—
200 Yd.	Individual Medley	2:28.49	2:15.99	2:10.19	2:08.69	2:07.69
400 Yd.	Individual Medley	—	—	4:33.99	4:30.09	4:30.19
200 Yd.	Freestyle Relay	1:58.99	1:46.99	1:43.99	1:43.09	1:43.09
400 Yd.	Freestyle Relay	—	3:55.19	3:42.29	3:39.19	3:39.19
800 Yd.	Freestyle Relay	—	—	8:08.49	7:58.29	7:58.29
200 Yd.	Medley Relay	2:14.19	2:00.79	1:56.79	1:55.79	1:55.79
400 Yd.	Medley Relay	—	4:26.09	4:09.49	4:05.29	4:05.29

MALE

		10 & U	11-12	13-14	15-16	17-18
50 Yd.	Freestyle	27.49	24.49	22.69	21.69	21.29
100 Yd.	Freestyle	59.79	53.49	49.19	47.19	46.09
200 Yd.	Freestyle	2:09.89	1:56.19	1:47.69	1:42.89	1:40.29
500 Yd.	Freestyle	—	5:11.09	4:48.99	4:34.09	4:30.99
1000 Yd.	Freestyle	—	—	10:03.79	9:29.49	9:20.49
1650 Yd.	Freestyle	—	—	16:48.49	15:56.49	15:40.19
50 Yd.	Backstroke	32.39	28.99	—	—	—
100 Yd.	Backstroke	1:11.09	1:02.19	56.69	53.99	52.39
200 Yd.	Backstroke	—	—	2:02.79	1:56.19	1:53.99
50 Yd.	Breaststroke	35.79	31.89	—	—	—
100 Yd.	Breaststroke	1:18.79	1:09.29	1:02.49	59.49	58.49
200 Yd.	Breaststroke	—	—	2:16.29	2:10.49	2:07.29
50 Yd.	Butterfly	30.29	26.99	—	—	—
100 Yd.	Butterfly	1:07.79	59.79	54.49	51.79	50.49
200 Yd.	Butterfly	—	—	2:01.19	1:54.29	1:50.39
100 Yd.	Individual Medley	1:09.29	1:02.09	—	—	—
200 Yd.	Individual Medley	2:28.49	2:12.49	2:01.09	1:56.19	1:53.19
400 Yd.	Individual Medley	—	—	4:20.29	4:09.29	4:00.99
200 Yd.	Freestyle Relay	1:56.79	1:46.89	1:36.69	1:33.39	1:33.39
400 Yd.	Freestyle Relay	—	3:54.99	3:30.49	3:21.19	3:21.19
800 Yd.	Freestyle Relay	—	—	7:47.89	7:28.09	7:28.09
200 Yd.	Medley Relay	2:12.79	2:00.19	1:48.89	1:45.09	1:45.09
400 Yd.	Medley Relay	—	4:27.69	3:55.99	3:45.39	3:45.39

LONG COURSE (meters)
FEMALE

		10 & U	11-12	13-14	15-16	17-18
50 Mtr.	Freestyle	31.39	28.79	27.99	27.49	27.39
100 Mtr.	Freestyle	1:08.89	1:02.59	1:00.59	59.19	58.99
200 Mtr.	Freestyle	2:28.89	2:15.09	2:09.39	2:07.69	2:06.09
400 Mtr.	Freestyle	—	4:42.59	4:28.39	4:25.69	4:22.39
800 Mtr.	Freestyle	—	—	9:10.29	9:05.09	8:59.69
1500 Mtr.	Freestyle	—	—	17:37.19	17:24.69	17:09.69
50 Mtr.	Backstroke	37.39	33.89	—	—	—
100 Mtr.	Backstroke	1:20.29	1:12.99	1:08.99	1:07.99	1:07.69
200 Mtr.	Backstroke	—	—	2:26.79	2:24.89	2:24.19
50 Mtr.	Breaststroke	41.19	37.69	—	—	—
100 Mtr.	Breaststroke	1:30.79	1:22.39	1:18.49	1:17.59	1:16.69
200 Mtr.	Breaststroke	—	—	2:48.79	2:45.99	2:43.89
50 Mtr.	Butterfly	34.29	31.39	—	—	—
100 Mtr.	Butterfly	1:17.19	1:09.99	1:06.09	1:04.69	1:04.59
200 Mtr.	Butterfly	—	—	2:24.49	2:21.79	2:19.79
200 Mtr.	Individual Medley	2:49.19	2:34.29	2:28.89	2:26.39	2:24.09
400 Mtr.	Individual Medley	—	—	5:14.09	5:09.29	5:04.29
200 Mtr.	Freestyle Relay	2:14.99	2:01.79	1:57.29	1:56.79	1:56.79
400 Mtr.	Freestyle Relay	—	4:27.29	4:12.69	4:09.39	4:09.39
800 Mtr.	Freestyle Relay	—	—	9:14.29	9:04.79	9:04.79
200 Mtr.	Medley Relay	2:33.19	2:17.79	2:11.89	2:11.59	2:11.59
400 Mtr.	Medley Relay	—	5:01.09	4:46.49	4:40.49	4:40.49

MALE

		10 & U	11-12	13-14	15-16	17-18
50 Mtr.	Freestyle	31.49	27.99	26.09	25.09	24.49
100 Mtr.	Freestyle	1:08.79	1:01.29	56.99	54.69	53.19
200 Mtr.	Freestyle	2:28.19	2:13.19	2:03.09	1:58.39	1:56.19
400 Mtr.	Freestyle	—	4:38.89	4:19.19	4:07.49	4:05.29
800 Mtr.	Freestyle	—	—	9:01.29	8:33.29	8:27.69
1500 Mtr.	Freestyle	—	—	17:17.49	16:24.79	16:15.49
50 Mtr.	Backstroke	36.69	32.99	—	—	—
100 Mtr.	Backstroke	1:20.49	1:11.39	1:05.19	1:01.99	1:00.59
200 Mtr.	Backstroke	—	—	2:20.99	2:12.49	2:10.69
50 Mtr.	Breaststroke	40.69	36.59	—	—	—
100 Mtr.	Breaststroke	1:29.39	1:20.49	1:13.09	1:09.89	1:08.19
200 Mtr.	Breaststroke	—	—	2:38.99	2:31.69	2:27.99
50 Mtr.	Butterfly	34.29	30.59	—	—	—
100 Mtr.	Butterfly	1:16.99	1:08.79	1:02.39	59.19	57.79
200 Mtr.	Butterfly	—	—	2:18.39	2:10.89	2:07.29
200 Mtr.	Individual Medley	2:48.99	2:32.79	2:20.09	2:14.19	2:11.09
400 Mtr.	Individual Medley	—	—	4:57.99	4:45.29	4:37.99
200 Mtr.	Freestyle Relay	2:12.59	2:00.79	1:49.49	1:45.99	1:45.99
400 Mtr.	Freestyle Relay	—	4:25.09	3:59.59	3:48.79	3:48.79
800 Mtr.	Freestyle Relay	—	—	8:43.79	8:26.89	8:26.89
200 Mtr.	Medley Relay	2:30.29	2:16.09	2:03.69	1:59.79	1:59.79
400 Mtr.	Medley Relay	—	5:01.19	4:29.09	4:19.29	4:19.29

106.15 NATIONAL AGE GROUP RECORDS

(1) Requirements
  (a) Only U.S. citizen/USS-registered athletes are eligible to establish national Age Group records.
  (b) Times submitted for Age Group records must comply with all the requirements for the 16 Best Times Tabulation as listed in 106.13.

(2) Reporting
  (a) When a listed Age Group record is bettered, an official Age Group record application form (provided by the national Age Group records chairman to the LSC) shall be filled out, signed by the designated officials, and mailed to the national Age Group records chairman within thirty (30) days. Responsibility for this lies with the athlete, the meet director, recorder of records, or chief recorder of the meet at which the record is achieved.

(3) Recognition
  (a) A certificate of record achievement will be issued to all Age Group record swimmers immediately upon receipt of the record application.

106.16 ZONE AGE GROUP RECORDS

(1) Requirements
  (a) Zone records must be achieved in Zone Championship meets.

(2) Reporting
  (a) Each Zone shall determine the means of reporting zone records.

(3) Recognition
  (a) Each Zone shall determine appropriate recognition for Zone records.

106.17 REGION RECORDS

(1) Requirements
  (a) Region Records must be achieved in Region Championship Meets.

(2) Reporting
  (a) Each Region shall determine the method of reporting.

(3) Recognition
  (a) Each Region shall determine appropriate recognition for Region records.

106.18 ALL STAR RECORDS

(1) Requirements
  (a) All Star Records are relay times achieved in USS competition by swimmers from more than one USS Club but representing the same LSC. These times may be achieved in inter LSC competition such as LSC dual meets and Zone competition. These times are not eligible for Top 10 relay consideration.

(2) Reporting
  (a) An appropriate record application form will be available from the National Age Group Records Chairman when requested. This form shall be filled out, signed by the designated officials, and mailed to the National Age Group Records Chairman. Responsibility for this lies with the athlete, the meet director, recorder of records, or chief recorder of the meet at which the record is achieved.

(3) Recognition
  (a) If approved by the National Age Group Records Chairman a certificate of achievement will be sent to all relays whose time meets or betters the existing best time of record.

106.19 LSC RECORDS

(1) Requirements
  (a) LSC Records must be achieved by LSC member swimmers in USS or FINA sanctioned competition. This competition can be at any level including Senior and international competition.
  (b) The LSC may choose to recognize times achieved by member swimmers in approved competition as in 106.13(1)(b).
  (c) The LSC may waive the requirement of fully automatic or semi automatic timing for 50 meter distance events and/or split and lead-off timing where local LSC conditions warrant. This would apply to LSC records only and to LSC sanctioned competition.
  (d) An LSC may establish All-Star records which would include All Star relay performances achieved while representing the LSC in Zone, Regional, or dual meets involving All Star teams. Individual times including lead-off splits should be recognized by the LSC with the swimmer's LSC club of record (or unattached if appropriate) for any LSC records, National records or Top 16 times of record.

(2) Reporting
   (a) The LSC shall determine the method of reporting LSC records
(3) Recognition
   (a) The LSC shall determine appropriate recognition for LSC records.

ARTICLE 7
FACILITIES STANDARDS

IMPORTANT — Swimmers are advised that the Corporation accepts no responsibility or liabilty for injuries resulting from accidents occurring in facilities not owned by the Corporation or its members and strongly urges that all safety precautions be observed during sanctioned events.

Note: All items marked with (*) are required for national championships and international competitions.

107.1. LONG COURSE SWIMMING POOL

(1) **Preferred**—The pool should be 50.025 meters (164.125 ft.) in length per lane by 22.885 meters (75.083 ft.) in width, providing for eight lanes 2.743 meters (9 feet) in width with .457 meters additional width outside lanes one and eight. The minimum pool depth is 1.219 meters (4 feet). Optional markings: nine 8-foot lanes and ten 7-foot lanes.

(2) **(*) Acceptable**—The pool should be 50.025 meters (164.125 ft.) in length per lane by 18.288 meters (60 feet) in width providing for eight lanes 2.134 meters (7 feet) in width with .610 meters additional width outside lanes one and eight. The minimum pool depth is 1.219 meters (4 feet).

107.2. SHORT COURSE SWIMMING POOL

(1) **(*) Preferred**—The pool should be 22.885 meters (75.083 ft.) or 25.025 meters (82.08 ft.) in length per lane and 22.885 meters (75.083 ft.) in width providing for eight lanes 2.743 meters (9 ft.) in width with additional width outside lanes one and eight. The minimum pool depth is 1.219 meters (4 feet).

(2) **Acceptable**—The pool should be 22.885 meters (75.083 ft.) in length per lane and 13.706 meters (45 ft.) in width providing for six lanes 2.134 meters (7 feet) in width with additional width outside lanes one and six. The minimum pool depth is 1.219 meters (4 feet).

107.3. DIVING POOL

(1) **Preferred**—The pool should be separate from the swimming pool and 75 feet in length and 45 feet in width equipped with two 1-meter and two 3-meter springboards with guardrails and a diving tower providing take-off platforms at 5, 7 and 10 meters.

(2) **Acceptable**—The pool may be separate from or incorporated with the swimming pool. Dimensions and depth should meet the minimum standards and should be equipped with two-1 meter and two-3 meter springboards.

107.4. (*) END WALLS AND BULKHEADS—The finished surfaces of the end walls and bulkheads for the competitive course shall be in parallel planes and perpendicular to the water surface for a depth of no less than three (3) feet measured below the plane of the perimeter overflow rim. There shall be no protrusions, light fixtures, underwater windows, or inlets in the three-foot planar surface defined herein. End walls should be finished with a non-slip surface. These specifications shall also apply to movable bulkheads, but with the additional provision that such bulkheads must be rigidly constructed to minimize distortion on impact, and must be equipped to insure locking at competitive distance settings.

107.5. (*) MEASUREMENTS AND TOLERANCES—All measurements and tolerances must be interpreted to assure that the course, with automatic timing equipment in place, is not less than the required length: 50.00 meters for long course, 25.00 meters or 25.00 yards for short course.

The length of the pool shall be measured at the centerline of each lane at the water level (the plane of the perimeter rim overflow level).

The maximum variation from vertical for an end wall or bulkhead shall be 1/4-inch in the three foot planar surface. Construction tolerances shall not reduce the length of the pool under the required length.

107.6. DECK—The deck of the pool should be 6 to 12 inches above the surface of the water. Deck space on the diving end should permit sufficient space for installations of all diving equipment and additional area for the free movement of competitors and officials. The recommended minimum is 15 feet of deck area at both ends of the pool. The width of side-decks must be governed by usage anticipated. If this space is to be utilized for movable spectator bleachers or other seating, it must be wide enough to accommodate such seating plus sufficient area for free movement of competitors and officials. It is recommended that the maximum amount of space be allocated for spectator seating. If sufficient gallery space is allotted, side-deck width may be limited to 10 feet.

107.7. (*) LADDERS—All ladders, steps or stairs should be recessed in the side pool walls or be easily removable during the competition.

107.8. (*) LIGHTING—It is important that sufficient overhead lighting be installed. Concentration directly over turning end and finish line of one hundred (100) foot candles is recommended. Underwater lights may be installed at the sides and at the ends. End lights should be located under lane line anchors and 3'6". deep with a switch for each light. A power source for additional lighting should be available for use with television, movies and special events. Buildings housing indoor pools should not have deck level windows in walls facing pool ends. Deck level windows on the side walls should be the tinted type which reduce glare and reflection on the water surface.

At short course national championships, the same lighting to be used for finals must be used from warmups for the preliminaries through preliminaries to finals. At long course national championships, the same lighting to be used in finals must also be used in warmups for finals.

107.9. (*) POOL AND BULKHEAD MARKINGS—Lines should be placed on pool bottoms to serve as guides for each swimmer and the color of these lines should be marked contrast (preferably black) to the general color of the pool. Such lines should be at least 10 inches wide and placed in the middle of each swimming lane. As these lines approach the end of the pool, it is recommended that distinctive T markings be placed on the bottom ending 60 inches (1.52 meters) from the end wall. It is recommended that target lines at least 10 inches wide be placed on each end wall of pool in the center of each lane, extending from the deck to at least four feet below the water surface. The top edge of deck level pools must be marked with a contrasting color to provide a visual target at the end of the pool. Lanes should be numbered from right to left as the swimmer stands facing the course. Each lane should be clearly marked so that it may be identified easily by officials stationed on the sides of the pool.

107.10. (*) STARTING PLATFORM—The front edge of the starting platform must not exceed .762 meters (30 inches) in height above the surface of the water and shall be flush with the end of the pool for short course pools. The front edge of the starting platform shall be from .50 meters to .75 meters in height above the water surface and flush with the end of the pool for long course pools. The surface of the starting platform must not be less than .51 meters (20 inches) square and maximum slope toward the pool not more than 10 degrees from the horizontal. The top must be covered with a non-skid material. The lane number should be visible from all sides of the platform. Firm starting grips, flush with the end of the pool, for backstroke starts must be placed .3 to .8 meters above the surface of the water.

107.11. (*) OVERFLOW AND CIRCULATION SYSTEMS—The overflow system is a method of conveying water beyond the perimeter overflow rim of the pool. It should guarantee the level of the water in the pool to be not lower than the overflow rim of the pool at all times. It should maintain a smooth quiet surface in the pool during competition. It should prevent the accumulation or overflow of pool water onto the deck area where meet officials work. It shall effectively skim the water surface at all times. The pool circulation system shall be turned off during the swimming of any event, if, in the opinion of the Referee, the resultant water movement interferes with the conduct of the competition.

107.12. (*) SOUND STARTING DEVICE—An electronic sound starting device (rather than a gun start) shall be provided, with a speaker under every starting platform, or between every two platforms. It shall be supplemented by a strobe light, or similar optical signal, placed near the starter, to indicate the start visually to manual timers.

107.13. (*) LANE LINES AND ANCHORS—Permanent provision must be made to anchor lane lines at the competitive water level in a recessed receptacle. Tightly stretched, easily visible floating lane markers, with floats joining to form a continuous cylinder marking the lateral limits of each lane, should be provided for all meets and must be available for championship meets. The color of the floats for 15 feet (in 25 yard pools) and 5 meters (in 50 meter pools) from each end shall be distinct from the rest of the floats.

107.14. (*) BACKSTROKE FLAGS, LINES, AND ANCHORS—Permanent provisions should be made to anchor the backstroke flag line. At least three triangular pennants of two or more alternating colors must be suspended over each lane from a line fifteen (15) feet or 4.57 meters from each end of the 25 yard or meter course and 5 meters (16'5") from each end of the 50 meter course. The flag lines shall be seven (7) feet above the water surface in 25 yard course and 1.8 meters (5'11") in the 50 meter course. Pennants must be six (6) to twelve (12) inches in width at the base, and twelve (12) to eighteen (18) inches in vertical length. For long course pools, a firmly suspended line (without flags or pennants) extending the full width of the course shall be placed 25 meters from the finish end of the course at a height of 1.8 meters (5'11") above the water surface for all backstroke events, including individual medley and medley relay.

107.15. (*) RECALL ROPE—Permanent provisions should be made to anchor the recall rope so that it shall be suspended at least 4 feet above the water at its lowest point. A recall rope may be available which may be dropped across the racing lanes approximately 36 feet from the take-off in case of a false start. A recall rope must be available for national championship meets.

107.16. (*) UNDERWATER SOUND RECALL DEVICE—There shall be an underwater sound recall device provided at all national championships and international competitions, with operating controls located near the recall starter.

107.17. (*) WATER AND AIR TEMPERATURES—The water temperature should be between 78 and 80 degrees Fahrenheit for competition and there should be adequate heating and/or cooling equipment available to maintain such temperatures. The air temperature at deck level in indoor pools should not be lower than 76 degrees Fahrenheit. Special consideration should also be given to heating and ventilation for the comfort of spectators as well as competitors.

107.18. (*) PACE CLOCKS—There shall be at least two large accurate electric timing devices or clocks, preferably on each side of the pool, which must be at least three feet in diameter with one sweep second hand clearly visible to all of the swimmers.

107.19. (*) FACILITY AVAILABILITY—The facilities for national championships are to be made available to the swimmers only and on a full-time basis, beginning on the day preceding the meet.

107.20. (*) AUTOMATIC TIMING AND JUDGING EQUIPMENT—The use of approved completely automatic equipment limited in reading to two (2) decimal places (hundredths of a second) for timing and judging is required, which must be supplemented by a secondary power source in the event of line failure, plus proper backup equipment or personnel. Tape printouts of all results are required. An automatic scoreboard visible to all swimmers shall be required, giving a readout to two decimal places for each swimmer's splits and at the end of his race.

107.21. (*) NO SMOKING—No smoking shall be permitted during the program in any designated area for swimmers prior to or during the competition.

107.22. (*) SEATING REQUIREMENTS

(1) **USS Short Course Championships**—Seating shall be provided for a minimum of 500 swimmers, coaches and managers. Seats for swimmers and managers shall be in an area where they can reasonably observe the meet. Coaches shall be seated with a good view of the finish and be able to see both ends of the pool.

(2) **USS Long Course Championships**—Seating shall be provided for a minimum of 3,000 persons including 800 seats for swimmers, coaches and managers. Seats for swimmers and managers shall be an area where they can reasonably observe the meet. Coaches shall be seated with a good view of the finish and be able to see both ends of the pool.

107.23. AUTOMATIC OFFICIATING EQUIPMENT—Electronic or mechanical officiating equipment includes devices that record the time and/or place of competitive swimming events. It must conform to the requirements of this section.

(1) **Types**

(a) **(*) Automatic**—Is activated by the starting device and stopped by the swimmer.

(b) **Manual-Electronic**—May provide any combination of manual and automatic starting and stopping other than completely automatic operation, except that the combined use of manual start and automatic finish is not permitted for any competition.

(2) **Specifications**

(a) **(*) Automatic**—Shall provide time and place results to hundredths (100ths) of a second (two decimal places), preferably digital, paper print-out for all lanes.

(b) **Manual-Electronic**—Shall provide times and place results as in (1)(a) Automatic, above.

(3) **(*) Installation Requirements**

(a) Must not interfere with swimmers' starts, turns or finish.

(b) Must not interfere with normal overflow function of pool.

(c) Shall have no wiring carrying over 12 volts in exposed position on deck.

(d) In all national championship meets all automatic and semi-automatic equipment supplied by power mains shall be capable of automatic transfer to battery power without affecting continuity of accuracy in event of line power failure.

(e) **(*) Finish Pads**

(i) **Size**—Recommended minimum width 78 inches, minimum depth 24 inches. This is for 7 foot lanes. In other size lanes, pads should be no more than 6 inches narrower than lanes.

(ii) **Tolerance**—Thickness should not exceed one-half inch. When pad is in position, course must not be less than 25 yards or 25 or 50 meters in length.

(iii) **Markings**—Should conform to and superimpose on existing pool markings. Perimeter and edges of pad to be designated by one-inch-wide black border.

(iv) **Sensitivity**—Should be such that equipment cannot be activated by water turbulence, but will be activated by a light hand touch on both flat surface facing pool and on upper edge.

(v) **Safety**—Should be safe from electric shock and have no sharp edges or corners.

(vi) **Position**—Pads should be centered in lanes and may be adjustable in height and removable.

(f) **Optional Accessories**

(i) Relay takeoff judging capacity.
(ii) Automatic lap-counter.
(iii) Split readouts.
(iv) Computer summaries.
(v) Correction of erroneous touch.
(vi) Constant battery-charge (trickle-charge capacity).
(vii) Television equipment tie-in.
(viii) Strobe light in addition to horn start.

(4) **(*) Backup Requirements**—No swimmer must ever be required to reswim a race due to equipment failure that results in unrecorded or inaccurate time or place results.

(a) **Automatic and Manual-Electronic Equipment**—Shall be backed up by any available combination of equipment and/or human officials.

ARTICLE 8
RULES FOR SWIMMING RECORDS

This Article 8 applies only to World, American and United States Open records set within the United States, and to American and United States

Open records set by American citizens outside of the United States. It is recommended that requisites for other records follow the same requirements.

108.1. WORLD RECORDS

(1) Shall be made only in 50 meter pools and shall conform to the recognized distance, stroke and other current effective governing regulations of the Federation Internationale de Natation Amateur (FINA).

(2) All claims shall be telegraphed immediately following performance to the national headquarters. Supporting evidence must be filed on official United States Swimming record application forms, which must be in the national headquarters within 21 days following performance, with copy also sent to the national director of records. Responsibility for this filing shall rest with the meet recorder of records, official scorer, or LSC records chairman.

108.2. AMERICAN AND UNITED STATES OPEN RECORDS

(1) **Classification**

(a) **American**—Open only to United States citizens eligible to compete therefore under the provisions of the Corporation rules.

(b) **United States Open**—Open to any person eligible to compete therefore under the provisions of the Corporation rules and of the further requirements of this Article 8.

(2) **Recognized Distances and Strokes (Men and Women)**

(a) **Short Course**—Made only over courses 25 yards or 25 meters long.

Freestyle	50, 100, 200, 500, 1000, and 1650 yards and 50, 100, 200, 400, 800, and 1500 meters
Backstroke	100-200 yards and 100-200 meters
Breaststroke	100-200 yards and 100-200 meters
Butterfly	100-200 yards and 100-200 meters
Ind. Medley	200-400 yards and 200-400 meters
Medley Relay	200-400 yards and 200-400 meters
Freestyle Relay	200-400-800 yards and 200-400-800 meters

(b) **Long Course**—Made only over courses 55 yards or 50 meters long.

Freestyle	50-100-200-400-800-1500 meters
Backstroke	100-200 meters
Breaststroke	100-200 meters
Butterfy	100-200 meters
Ind. Medley	200-400 meters
Medley Relay	200-400 meters
Freestyle Relay	200-400-800 meters

(3) **Special Requirements and Conditions**

(a) Records must be made in accordance with all pertinent Corporation rules.

(b) Records set outside of the United States shall be applied for on official record application forms (this shall be the responsibility of the team leader), and are subject to all pertinent requirements of this Article 8. When an American record results from a world record performance set outside the United States, it shall be accepted as such upon formal approval by the FINA without further certification.

(c) To be eligible for a record a swimmer must have won his race. Only the time of the winner is recognized for record purposes even though another swimmer may have a faster time but is displaced by judge's or ballot decision. In the event of a judge's or ballot decision resulting in a tie finish both swimmers (or more) so involved shall share the faster time of such finish. This rule does not apply to LSC, district, city, state, area or other record when residence, registration, membership, or other restrictions are a condition to record-holding, nor shall it apply to a claimant representing a United States team in international competition when the time is established.

(d) Records must be achieved in the relevant stroke-event; i.e., a backstroke record must be set in a backstroke event, etc. Records set in freestyle events can be submitted only as freestyle records regardless of the stroke or strokes used.

(e) Records cannot be made with pennant finish except for Long Distance Swimming events.

(f) 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 and the primary printout tape from the automatic officiating equipment, to the national headquarters. Forms must be in the national headquarters ten (10) days prior to the next regular meeting of the Board of Directors and copies shall also be sent to the national director of swimming records. Responsibility for this lies with either the records chairman, the recorder of records or the official scorer of the meet.

(g) Pool Certification

(i) Record applications will not be accepted unless certification accompanies them or is on file.

(ii) Pool certification shall be reported on the standard form available from the Executive Director.

(iii) Certification need only be filed once unless structural changes have occurred since original certification.

(iv) Certification forms must be filed with both the Executive Director and the national director of swimming records.

(h) Pool Measurement
  (i) The exact length of the course, measured by a steel tape or other acceptable measuring device in feet and inches and fractions of an inch, or in meters and centimeters, must be attested to by an accredited surveyor or engineer.
  (ii) A statement of the conditions under which the course was measured must be included.
  (iii) Where a movable bulkhead is utilized, course measurement of each lane must be confirmed before each session of competition and at the conclusion of the meet. Confirmation of length before sessions, and at the conclusion of the meet may be attested to by that person designated or approved by the Referee or meet committee. (Certified benchmark may be used as reference in measurements.)

(i) Pending record claims properly documented and approved by the director of swimming records may be approved and declared effective immediately prior to any national senior swimming championship with approval of two members of the Board of Directors.

(j) American and United States Open records performed in the national USS, NCAA Division I, AIAW Division I or YMCA National championships, shall upon proper completion of required forms and written approval of the national director of swimming records, be declared effective immediately unless a faster claim is pending. Approval thereof by the House of Delegates shall be automatic. Such pending record claims may also be approved and declared immediately effective by the Board of Directors at any time if properly documented and approved by the director of swimming records.

(k) Record claims not previously accepted and declared effective under (h) or (i) above shall be considered by the national Records Committee for recommendation to the House of Delegates at its annual convention meeting. Applications ruled incomplete by said Records Committee may be reconsidered by them and final action recommended to the House of Delegates.

(l) Every winner of a record shall be presented with a certificate attesting thereto signed by the President of the Corporation.

(4) **General Requirements and Conditions**

(a) Records must be made in accordance with all pertinent rules and in particular **Articles 2 and 3.**

(b) A record can be made in competition in preliminary heats, finals, timed finals, time trials, or in an unpaced record attempt against time. (See 108.3)

(c) A record set in a swim-off to decide placement or break a tie can be claimed if the ballot system or automatic equipment is used.

(d) A record can only be made in still water.

(e) No record shall be considered which is applied for by or through a conference, league, or organizational member whose rules governing performance do not conform to these rules.

Exception: When such rules do not conform to these rules but performance by the swimmer is claimed to conform to them, application may be made to the Records Committee for consideration. Such application must be supported by documentary or other evidence of performance as may be requested by that committee.

(f) Records established by a swimmer in the first leg of a relay race shall be acceptable as individual performances provided that the race shall have been started by gunfire or other official signal and that all other applicable rules have been complied with.

(g) Should the first swimmer on a relay team complete his leg in record time in accordance with the provisions of 108.2, (3), (4) and (5), his performance shall not be nullified by any disqualification of his relay team members.

(5) **Timing**

(a) Split times recorded by completely automatic officiating equipment shall be official for all purposes provided the swimmer completes the full scheduled distance of the event.

(b) American and U.S. Open records will be accepted only when times are recorded on completely automatic officiating equipment.

(c) Record times registered by automatic equipment shall be submitted in hundredths of a second (two decimal places). If first place times are tied to 100ths seconds, the results shall be declared a tie and records shared by each swimmer thus tied.

(d) For LSC and local records only, unless prohibited by the LSC, the Referee, if requested, for the purposes of recording record attempts at an initial distance for an individual event or for the lead-off leg of a relay, may for any lane

(i) Permit the use of the split function button of digital manual watches where all three official lane timers on the lane are using digital watches with split function, or

(ii) Assign three (3) additional official timers to the lane to time the record attempt.

Note: Performances in this category require the swimmer(s) to complete the full distance of the scheduled event. No time recorded by a mechanical split hand can be used for records.

108.3. RECORD ATTEMPTS AGAINST TIME

(1) Must be sanctioned by the LSC and conducted by the Local Swimming Chairman or his duly appointed representative in accordance with all pertinent rules, and all information relative to

such attempt must be public and available to any interested person for at least three (3) days before the event. Programs, schedules, facility and other relevant fixtures may not be changed thereafter except as provided in 103.10.

(2) All times achieved in such attempts shall be duly certified and made matter of record by the LSC or Record Chairman or their representative.

CODE OF REGULATIONS
OF
UNITED STATES SWIMMING, INC.

FOREWORD

CORPORATE CODE OF REGULATIONS (BYLAWS)

United States Swimming, Inc. (Corporation) is the national governing body for swimming in the United States, is responsible for the conduct and administration of swimming in the United States, and is affiliated with the Federation Internationale de Natation Amateur (FINA), the international federation for aquatics, through United States Aquatic Sports, Inc., (USAS). As a member national governing body (NGB) of the United States Olympic Committee (USOC), the Corporation shall submit to binding arbitration conducted in accordance with the Commercial Rules of the American Arbitration Association in any controversy involving its recognition as a national governing body, as provided for in Article VIII of the USOC Constitution, or involving the opportunity of any amateur athlete, coach, trainer, manager, administrator or official to participate in international amateur competition, as provided for in Article IX of the USOC Constitution.

All meetings of the Corporation, its LSCs, divisions and committees, shall be open to all members of the Corporation, except in those situations where by majority vote of the meeting body it would be in the best interests of the Corporation to hold closed session (e.g., those relating to personnel or legal matters).

No conditions or restrictions to eligibility for participation in open competitive events may be imposed unless otherwise set forth in this Code.

At all meetings of the Corporation, its LSCs, divisions and committees, Roberts Rules of Order shall be the governing procedural rules.

PART TWO

CODE OF REGULATIONS OF UNITED STATES SWIMMING, INC.

ARTICLE 20
MEMBERS

220.1. The membership of United States Swimming, Inc., hereinafter sometimes referred to as the Corporation, shall consist of two classes: group members, including swimming clubs and other organizations

interested in competitive swimming; and individual members, including athletes, coaches, officials, sustaining members, and life members.

220.2. Every club which participates in USS competition sanctioned by the Corporation must be a member of its LSC and the Corporation.

220.3. Any organization which is interested in competitive swimming, on either the national or local level, may join the Corporation. The Board of Directors may establish classes of organizational membership.

220.4. Athlete members who register with an LSC and the Corporation and qualify as amateurs, are thereby eligible for competition in swimming. An athlete member shall not be registered in more than one LSC at the same time.

220.5 Any coach of athlete members shall join the Corporation as a member.

220.6. Any individual who is interested in swimming competition or participates in the conduct of swimming meets may join the Corporation as a member.

220.7. Only members of the Corporation shall be eligible to receive credentials at USS national championships.

220.8. Sustaining members are all other persons interested in the purpose and programs of the Corporation, either on the national or the local level.

220.9. Life members are those individuals who make a contribution to the Corporation for furtherance of competitive swimming in the United States.

220.10. All members of the House of Delegates or Board of Directors and all members of any committee, sub-committee, or division of the Corporation, appointed or elected, must hold an individual membership pursuant to the provisions of this Article, unless otherwise specified by the Board of Directors.

220.11. Fees for each class of membership shall be as set by the Board of Directors or House of Delegates.

220.12. No member of the Corporation shall engage in commerce directly or indirectly with the Corporation for his own financial benefit or as representative of any entity in which he has interest, except when such transaction is on an open and fully competitive basis. This provision shall not apply to a situation where such person's services are retained directly by the Corporation in a professional capacity.

ARTICLE 21
HOUSE OF DELEGATES

221.1. The House of Delegates of the Corporation shall consist of the following divisions: Administrative, Age Group, Senior, Olympic International, and Technical.

221.2. The following from each LSC shall be members of the USS House of Delegates: the chairman of its Administrative, Senior, and Age Group divisions; the athletes' representative to the LSC; the coaches' representative to the LSC; and its general chairman. The athlete, the coach, and the general chairman shall be at large members. An alternate for each of the delegates may also be elected.

221.3. Each of the Armed Forces may appoint one member to the Senior Division, provided it is actively engaged in senior swimming activity.

221.4. The United States delegates to, and swimming technical committee members of, the Federation Internationale de Natation Amateur and the Amateur Swimming Union of the Americas shall automatically be at large members of the House of Delegates.

221.5. Ten athlete representatives, elected by those athletes competing at the United States Swimming Long Course Championships shall be at large members of the House of Delegates. The athlete representatives and their alternates must at the time of their election be engaged in amateur senior swimming, or have competed in senior national championships within five (5) years preceding their election. The President may appoint, from a slate of nominees submitted by the Athletes Committee, such further at large members so as to bring the total athlete representation in the House of Delegates to twenty percent (20%).

221.6. All members of the Board of Directors, the Olympic International Division, the Technical Planning Committee, the Rules Committee, the Legislation Committee, the Registration Committee, the Elections Committee, past Presidents of United States Swimming, Inc., past Chairmen of the Competitive Swimming Committee of the AAU, Inc., and five (5) representatives of the USS Long Distance Committee shall be at large members of the House of Delegates.

221.7. Any organization, national in character, which conducts a program in competitive swimming, or which is composed of persons joined together in support of swimming or some aspect of it, may appoint one at large member to the House of Delegates. The Membership Committee shall determine whether an organization meets the criteria set forth in this section. In addition, any such organization may be entitled to additional members at large, up to a maximum of ten members, upon recommendation of the Membership Committee and ratification by the House of Delegates.

221.8. The President shall be empowered to appoint up to ten percent (10%) of the total membership as at large members of the House of Delegates. One fourth (¼th) of all those appointed shall be appointed in

equal numbers from members, other than athletes, of the five (5) LSCs having the largest number of registered athletes as of the September 1 of the prior calendar year.

221.9. 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. All members must be elected on or before July 1st of each year and written certification thereof must be sent to the Secretary on or before July 15th. No substitution of a member may be made unless written certification thereof is given to the convention credentials committee chairman on or before the first official day of the annual convention.

ARTICLE 22
MEETINGS OF HOUSE OF DELEGATES

222.1. The annual meeting of the House of Delegates shall be held at any date, time, and place, as may be fixed in the notice of such meeting.

222.2. 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.

222.3. A written notice of all meetings of the House of Delegates, stating the time and place thereof, shall be given to each member by mailing it to each member's last known address at least thirty (30) days before the meeting; a written notice of any special meeting of members, stating the time, place and the objectives thereof, shall be mailed to each member at least fifteen (15) days before the meeting; such notice may be waived in writing by any member at any meeting before or after such meeting. The attendance of a member at any meeting without protesting the lack of notice prior to or at the commencement of the meeting shall be deemed a waiver of notice.

222.4. Each member shall have one vote on each matter submitted to the House of Delegates. There shall be no voting by proxy. At all meetings of the House of Delegates only those members duly certified and present shall be permitted to vote.

222.5. The presence of those duly registered and eligible to vote at any meeting of the House of Delegates shall constitute a quorum.

222.6. Meetings of the divisions of the Corporation (Section 221.1) shall be held in conjunction with the annual meeting of the House of Delegates and at such other times as the vice presidents of the respective divisions determine. The notice of provisions of Section 222.3 are applicable to meetings of the divisions. At large members of the House of Delegates shall be deemed to be members of each and every division, except the Olympic International Division.

222.7. Any action which may be taken at any regular or special meeting of the House of Delegates, or any division or committee thereof, except amendment or repeal of this Code, may be taken without a meeting. The Secretary of the Corporation, or the chairman of the division or committee, shall distribute a written ballot to every member entitled to vote on the matter. The ballot shall set forth the proposed action, provide an opportunity to specify approval or disapproval of the proposal, and provide a reasonable time within which to return the ballot. Approval by written ballot shall be valid only when the number of votes cast in favor of the proposed action within the time period specified constitutes a majority of the votes entitled to be cast.

When the proposed action to be voted upon concerns only a specific Zone(s) or a certain number of LSC's, as determined by the Board of Directors, the matter shall be voted upon only by eligible members within such Zone(s) or LSCs.

ARTICLE 23
OFFICERS

223.1. The elected officers of the Corporation shall be a President, Executive Vice President, Administrative Vice President, Senior Vice President, Age Group Vice President, Olympic International Vice President, Technical Vice President and a Treasurer. Their term of office shall commence at the close of the annual meeting of the House of Delegates at which they are elected. An individual may hold only one elective office during any one term. The Administrative Vice President shall also serve as Secretary of the Corporation.

223.2. The officers shall perform such duties as set forth in this Code, or as may be assigned to them by vote of the House of Delegates or the Board of Directors.

223.3. The vice presidents of the Corporation shall be the chairmen of their respective divisions, and shall be responsible for their respective committees, as set forth in Article 25. Whenever the President is unable to perform his duties, the Executive Vice President shall perform the duties.

223.4. The Treasurer shall be the chief financial officer of the Corporation, and shall have such duties as set forth in Article 29.

223.5. All officers of the Corporation, except the Olympic International Vice President and the Technical Vice President, shall be elected by the House of Delegates at annual meetings held in even-numbered years. The Olympic International Vice President shall be elected by members of the Olympic International Division at the annual meeting preceding each Quadrennium. The Technical Vice President shall be elected by and from the members of the Technical Planning Committee at its first meeting following each annual meeting of the House of Delegates.

223.6. The elected officers, with the exception of the Olympic International Vice President, shall hold office for two years, or until their successors are elected and qualified. The Olympic International Vice President shall hold office for four years.

223.7. Each officer is eligible for election to the same office for two terms. No person so elected for two successive terms is eligible for re-election to the same office until after the lapse of two years following the terms of office to which that person was last elected.

223.8. There shall be a full-time paid Executive Director who shall be selected by and be responsible to the Board of Directors. He shall make a report at each annual meeting of the House of Delegates.

223.9. All other employees of the Corporation shall be selected by the Executive Director with the approval of the Personnel Committee.

223.10. Vacancies in any office of the Corporation may be temporarily filled by the President until the next annual or special meeting of the Board of Directors, at which time the Board shall fill the vacancy for the balance of the term.

ARTICLE 24
BOARD OF DIRECTORS

224.1. Members of the Board of Directors shall be selected as set forth in this Article 24. Members shall be selected without regard to race, color, religion, national origin or sex. There shall be reasonable representation of both men and women on the Board.

224.2. Eight (8) Directors shall be the elected officers of the Corporation. Two (2) Directors shall be elected from each zone by members of the House of Delegates representing LSCs within each of the four zones as provided.

224.3. Any organization which is a member of the Corporation pursuant to 220.3, and which conducts, on a level of proficiency appropriate for the selection of swimmers to represent the United States in international amateur swimming competition, a national program or regular national amateur athletic competition, and ensures that such representation shall reflect the nature, scope, quality and strength of the programs and competitions of such amateur sports organization in relation to all other such programs and competition in the sport of swimming in the United States, shall be eligible to name a Director. The Membership Committee shall determine whether an organization satisfies the criteria of this section.

224.4. The Athletes Committee shall elect to the Board of Directors that number of athlete Directors necessary to assure that not less than twenty percent (20%) of the Directors are athletes. Athlete Directors need not themselves be athlete representatives, but must at the time of their election be engaged in amateur senior swimming, or have competed in senior national championships within the five (5) years preceding their election.

224.5. Directors shall hold office for two years, through the annual meeting in even-numbered years, or until their successors are elected and qualified, except that zone Directors shall hold staggered terms of office pursuant to Section 224.11.

224.6. The immediate Past President of United States Swimming shall be a member of the Board. Additional ex-officio members may be appointed by the Board to serve at the pleasure of the Board.

224.7. Any vacancy that may occur on the Board of Directors caused by death, resignation or otherwise, may be filled by a majority vote of the remaining members until the zone, organization, or committee concerned shall have elected or selected a successor to fill out the unexpired term.

224.8. The Board of Directors shall have the authority to act for the Corporation betwen meetings of the House of Delegates, except that it cannot amend the Code. In the event of actual or potential lawsuits against the Corporation, the Board, with the concurrence of a majority of the Counselors Committee, may assume emergency powers to act in an extraordinary situation in the best interests of the Corporation in such manner as it deems necessary, which may include, but not be limited to:

(1) Suspending or reinstating of any member of any class of membership;

(2) Invoking or revoking any rule or regulation in the code, other than a technical rule;

(3) Taking original jurisdiction in any matter materially affecting the Corporation.

Any action taken under this emergency provision shall be effective until the next meeting of the House of Delegates. The President shall make a fully detailed report in writing to the entire membership of the House of Delegates (as last certified) within thirty (30) days of the action taken.

224.9. Meetings of the Board of Directors shall be held at any time or place, pursuant to resolution of the Board of Directors, or to a call signed by the President, or any three officers, or upon written request of one-third (1/3) of the members of the Board of Directors. Not less than thirty (30) days written notice of such meeting shall be given to each Director. Notice of any meeting may be waived in writing either before or after such meeting. Attendance by any Director not having received written notice shall be deemed a waiver of such notice. Special matters may be voted upon by the Board of Directors by mail, or telegraphic vote, but no action can be taken without the written approval of all Directors entitled to vote.

224.10. The presence of a majority of the Directors shall constitute a quorum at any meeting of the Board of Directors. Proxy voting is not permitted.

224.11. Each LSC shall be entitled to three (3) votes at each annual meeting to elect one member to the Board of Directors from its zone. No person so elected for two successive terms is eligible for re-election to that office until after a lapse of two years.

224.12. The election of zone members to the Board of Directors shall be based upon the zones in which the proposed Directors maintain their residency.

Eastern Zone—Adirondack, Allegheny Mountain, Connecticut, Maine, Maryland, Metropolitan, Middle Atlantic, New England, New Jersey, Niagara, Potomac Valley, Virginia.

Southern Zone—Border, Florida, Florida Gold Coast, Georgia, Gulf, Kentucky, North Carolina, South Carolina, South Texas, Southeastern, Southern, Southwestern, West Texas, West Virginia.

Central Zone—Arkansas, Central, Indiana, Iowa, Lake Erie, Michigan, Midwestern, Minnesota, Missouri Valley, Montana, North Dakota, Ohio, Oklahoma, Ozark, South Dakota, Wisconsin, Wyoming.

Western Zone—Alaska, Arizona, Central California, Colorado, Hawaii, Inland Empire, New Mexico, Oregon, Pacific, Pacific Northwest, San Diego, Snake River, Southern California, Utah.

ARTICLE 25
COMMITTEES

Note: The makeup and responsibilities of Committees of the Corporation, if not specifically set forth in this Code of Rules and Regulations, are set forth in the USS Policy Manual.

225.1. Standing committees of the Corporation shall be as listed in this Article. Unless otherwise specified in this Code of Regulations, the President shall appoint all members of all committees and their respective chairmen.

225.2. The following committees shall be responsible to the Executive Vice President: Athletes, Awards, Counselors, Education, Finance, Investment, Legislation, Marketing, Membership, Public Relations, Publications, Redistricting, Rules and Swim-a-thon.

225.3. The following committees shall be responsible to the Administrative Vice President: Adapted Swimming, Automatic Officiating Equipment, Convention, Elections, Insurance, Officials, Registration, Safety and Survey.

225.4. The following committees shall be responsible to the Olympic International Vice President: National Steering Committee.

225.5. The following committees shall be responsible to the Technical Vice President: Technical Planning, Sports Medicine, and Age Group Planning.

225.6. The following committees shall be responsible to the Senior Vice President: All-American Selection, Championship Meet Evaluation, Championship Meet Facilities, Championship Qualification Standards, Long Distance Swimming, Official Verification Cards, Records, Championship Meet Coordination, and Site Selection.

225.7. The following committees shall be responsible to the Age Group Vice President: Age Group Records, Age Group Rules, Age Group Time Standards, Championship Zone Meets, and Top 16 Tabulation.

225.8. There shall also be such other committees as are set forth in the Code of Regulations. In addition, the President may appoint ad hoc committees for special purposes.

225.9. The Board of Directors shall appoint the representatives of the Corporation, other than athletes and coaches, to all other committees and organizations on which the Corporation is entitled to non-elective representation. Whenever an organization provides for representation by an athlete or a coach, or whenever the Board of Directors determines that a representative of the Corporation shall be an athlete or a coach, the Athletes Committee shall select that athlete and the appropriate coaches organization shall select that coach.

ARTICLE 26
OLYMPIC INTERNATIONAL DIVISION

226.1. The Olympic International Division shall be formed at the annual meeting of the House of Delegates in the year preceding the Olympic Games and shall terminate upon the formation of the new Division at the annual meeting preceding the next Olympic Games.

226.2. There shall be a maximum number of fifty (50) members in the Division elected or selected as follows:

(1) Athlete members shall be elected by the House of Delegates from a slate of eligible members presented by the Athletes Committee, in such numbers as to constitute twenty percent (20%) of the Division;

(2) The Board of Directors in its sole discretion may invite those organizations which directly or indirectly provide potential members of the Olympic Swimming Team to appoint members to the Division, the number representing Allied members to be determined by the Board. Such organizations must have joined United States Swimming as organizational members pursuant to 220.3;

(3) The President of the Corporation shall be a member of the Division;

(4) That number of members necessary to bring the Division membership to a total of fifty (50) shall be elected by the House of Delegates.

226.3. Organizations entitled to appoint members to the Division shall submit the names of their appointees in writing to the national office at least thirty (30) days prior to the annual meeting of the House of Delegates in which elections to the Division are held. A written list of those appointees approved by the Board of directors shall be distributed to the appointing organizations and to the House of Delegates no less than forty-eight (48) hours prior to that session of the House of Delegates in which the elections are held.

226.4. At the initial meeting of the Division, the Olympic International Vice President, a vice chairman, a secretary, assistant secretary, and a chairman of the National Steering Committee shall be elected by and from the Division. All officers of the Division and its committees shall serve for the life of that Division or until replaced.

226.5. The elected officers and one athlete member shall constitute the Executive Committee of the Division. The Executive Committee shall act for the Division in all matters wherein time does not permit full Division consideration, as determined by the Vice President.

226.6. It shall be the responsibility of the Division to select swimmers and staff members of all National Swimming Teams including Pan-American, Olympic and World Championships Teams; to arrange for and conduct development programs and pre-Games training; to approve invitations received from foreign countries or organizations to send teams or individuals to compete in competitions or exhibitions abroad; to develop and recommend international competitions to foreign

countries or organizations; to initiate or approve invitations to foreign countries or organizations to send teams or individuals to participate in exhibitions or competitions in the United States; and to develop a budget for these purposes to be submitted for approval to the Division and the House of Delegates.

226.7. Any member who fails to attend two meetings of the Division shall be dropped. Should a member elected by the House of Delegates or by the Division resign or be dropped from membership, the next ranking electee shall serve the remainder of his term. Should a member from another organization resign or be dropped from membership, that organization shall name a successor approved by the Board of Directors.

ARTICLE 27
RULES COMMITTEE

227.1. The Rules Committee shall consist of the following:

(1) The Senior Vice President, the Age Group Vice President, the Age Group Swimming Rules Chairman, the Officials Committee Chairman, and the USS representative to the FINA Technical Committee, or their respective designees;
(2) A sufficient number of active athletes appointed by the Athletes Committee so as to constitute twenty percent (20%) of the voting membership of the Committee;
(3) A representative, or his designee, from each Allied member, on condition that within thirty (30) days following the annual meeting of the Corporation in even-numbered years the member informs the Corporation in writing of its desire to appoint a representative;
(4) Up to sixteen (16) at large members appointed by the President; and
(5) The Executive Director, the Chairman of the Legislation Committee or his designee, and others appointed by the Rules Chairman, as ex-officio members with voice but not vote.

Each member shall serve for a term of two years, or until his successor is appointed or elected. All appointments to the committee shall be made following the annual meeting of the Corporation in even-numbered years.

227.2. The President shall appoint a chairman, with approval of the House of Delegates, to serve two years. The chairman shall appoint a secretary.

227.3. The Rules Committee may initiate and shall consider proposed amendments to any technical swimming rule and shall present them to the annual meeting of the House of Delegates with recommendations. The Rules Committee shall also receive from the Age Group Rules Committee proposed amendments to the rules affecting their activity and, provided there is otherwise no conflict with the United States Swimming Code, present them to the House of Delegates with recommendations at the annual meeting.

227.4. The Rules Committee shall have the sole authority to officially interpret the technical rules of this Code.

ARTICLE 28
ATHLETES COMMITTEE

228.1. The Athletes Committee shall be composed of the athlete members of the House of Delegates selected pursuant to Sections 221.2, 221.5, 228.3, and those athlete representatives elected to the Olympic International Division.

228.2. The Athletes Committee shall elect the following:

(1) In even-numbered years to serve two (2) year terms:
   (a) A chairman who shall serve on the USS Board of Directors;
   (b) A vice chairman who shall also serve on the USS Board of Directors;
   (c) Three Directors: the Technical Planning Director, the Olympic International Division Director, and the Administrative Director, who shall also be members of the U.S. Swimming Board of Directors.
   (d) Such additional numbers to the USS Board of Directors as may be necessary to bring the athlete representation on the Board of Directors to twenty percent (20%);
   (e) One athlete as chairman of the Athletes Assistance Committee;
   (f) One athlete as a liason to the Age Group Division.

(2) Quadrennially in the year of the Olympics:
   (a) A number of athletes equal to twenty percent (20%) of the Olympic International Division shall be elected by the House of Delegates from a slate of athletes submitted by the Athletes Executive Committee pursuant to 226.2.
   (b) Two alternates elected by the House of Delegates from a second slate of athletes submitted by the Athletes Executive Committee.

228.3. The Athletes Executive Committee shall be comprised of the chairman, vice chairman, and three directors (Technical Planning Director; Olympic International Division Director; and Administrative Director). Their individual responsibilities, and written criteria for the internal governance of the Committee, shall be established by the Athletes Committee and published in the USS Policy Manual.

228.4. Currently registered athletes attending the Athletes Committee meeting at the Long Course Senior National Championships shall elect a nominating committee of five athletes whose responsibility shall be to prepare two slates for the following elections:

(1) A slate of athletes who have within five (5) years of nomination been active in senior national competition; from the slate submitted, five (5) athletes will be elected to the Athletes Committee to take office immediately, each to serve a term of two (2) years.

(2) A second slate of athletes comprised of males eighteen (18) years of age or younger and/or females sixteen (16) years of age or younger who are currently active in senior national competition; from the slate submitted, three (3) athletes will be elected to the Athletes Committee to take office immediately, each to serve a term of two (2) years.

228.5. If a member of the Executive Committee cannot fulfill the requirements of his position, including attendance at the annual meeting, an alternate shall fill the vacancy for the remainder of the term, pursuant to procedures established by the Athletes Committee.

228.6. At the annual meeting, the Athletes Executive Committee shall select, from among the Athletes Committee, representatives to serve two (2) year terms on each committee of the Corporation except Investment and Elections.

228.7. Whenever, under this Code, the Athletes Executive Committee is empowered to elect or appoint one or more representatives, the Athletes Committee shall establish written criteria for eligibility for such representation, unless such criteria is otherwise set forth in the Code. The Athletes Committee may establish written criteria for the internal governance of the committee. Such criteria so established shall be published in the USS Policy Manual.

ARTICLE 29
FINANCIAL

229.1. The Corporation shall have a fiscal period for tax and accounting purposes commencing on the first day of January in each year.

229.2. There shall be a Finance Committee consisting of a chairman and three members appointed by the Board of Directors, and the Treasurer who may not serve as chairman.

229.3. Under the supervision of the Board of Directors and the Committee, the Treasurer shall prepare budgets. The Treasurer shall receive all moneys due the Corporation and deposit same to accounts in the name of the Corporation; pay any bill approved by a duly authorized officer or by the Board of Directors, provided it is within the authorized current budget of the Corporation; turn over to the Finance Committee or the Board of Directors, when requested, all money, accounts, books, papers, vouchers and records pertaining to the office of the Treasurer for audit or other purposes; and prepare an annual financial report to be presented to the House of Delegates at the annual meeting.

229.4. The financial records of the corporation shall be audited annually, by a CPA firm selected by the Board of Directors, showing the income and disbursements of the Corporation which shall be similar to those reports required of non-profit organizations by section 6056 of the

Internal Revenue Code of 1954 (or corresponding provision of any subsequent tax laws). Such annual financial reports shall be made available for inspection by members of the general public at the Corporation's principal office on request made within 180 days after notice of its availability.

229.5. There shall be an Investment Committee of three (3) persons appointed jointly by the President, Treasurer and Finance Chairman with the approval of the Board of Directors. One (1) member shall be appointed each year to serve a three-year term. The members shall annually elect a chairman from among themselves to serve one (1) year.

ARTICLE 30
LEGISLATION COMMITTEE

230.1. The Legislation Committee shall consist of the following members, each to serve for a term of two years following the annual meeting of the Corporation in even-numbered years, or until his successor is appointed: eight members to be appointed by the President; and two members to be appointed by the Athletes Committee. The Executive Director, the chairman of the Rules Committee or his designee, and others appointed by the Legislation Committee Chairman shall be ex-officio members of the Legislation Committee with voice but not vote. Vacancies occurring in membership shall be filled by those persons originally selecting the member.

230.2. The President shall appoint a chairman of the Committee. The chairman shall appoint a secretary.

230.3. The Legislation Committee may initiate and shall consider proposed amendments to all parts of the Code except those relating to technical rules, and shall present them to the annual meeting of the House of Delegates with recommendations. The Legislation Committee shall officially interpret all parts of the Code except those relating to technical rules.

230.4. The Legislation Committee shall hold an annual meeting of its members, at a time and place approved by the Committee, for consideration of amendments and interpretations of the code.

ARTICLE 31
INDEMNIFICATION

231.1. 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, or of any state in which the act or omission indemnified against occurred,

against any liability, cost or expense incurred by him in his capacity as director, officer, or employee, or arising out of his status as a director, officer, or employee (including serving at the request of the Corporation as a Director, trustee, officer, employee or agent of another corporation).

231.2. 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 this Article 31, references to "the Corporation" include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

ARTICLE 32
AMENDMENTS

232.1. This Code may be altered, amended or repealed at an annual meeting of the House of Delegates as follows:

(1) In odd-numbered years:
   (a) Part One: by a majority of the House members present and voting, except that the Rules Committee may alter, amend or repeal any portion of Part One at any time to conform to the rules of the Federation Internationale de Natation Amateur (FINA).
   (b) Part Two: by two-thirds (2/3) of the House members present and voting.
   (c) Parts Three, Four and Five: by a majority of the House members present and voting.

(2) In even-numbered years: all Parts of the Code, by nine-tenths (9/10) of the House members present and voting.

232.2. An amendment may be proposed only by an LSC, a duly constituted division or committee of the Corporation, a member of the House of Delegates, the Board of Directors, or any Allied or Affiliate member of the Corporation. All proposed amendments 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. All proposed amendments to the technical rules (Part One) shall be considered by the Rules Committee for report and recommendation to the House of Delegates. Proposed amendments to all other parts of the Code shall be considered by the Legislation Committee for report and recommendation to the House of Delegates.

232.3. All proposed amendments to the Code other than Part One (technical rules) shall be submitted to the chairman of the Legislation Committee not less than one hundred twenty (120) days prior to the first day of the annual meeting of the House of Delegates.

232.4. All proposed amendments to Part One shall be submitted to the chairman of the Rules Committee not less than one hundred eighty (180) days prior to the first day of the annual meeting of the House of Delegates in odd-numbered years.

232.5. All proposed amendments to all parts of the Code shall be published and mailed to all certified members of the House of Delegates not less than thirty (30) days prior to the annual meeting of the House of Delegates.

232.6. A proposed amendment may be modified in any manner by the House of Delegates while under consideration, but such modification must be germane to the subject matter of the proposed amendment. If more than one amendment has been proposed on the same subject matter, and there are substantive differences between such amendments, the House of Delegates may adopt a compromise of substance as well as form, and if the adoption of an amendment as proposed or amended or comprised is inconsistent or in conflict with other parts of the Code, the House of Delegates may adopt conforming amendments appropriate to the case.

232.7. After the deadline has expired for submission of legislation to the Rules and Legislation Committees, new and/or additional amendments may be proposed, but they may be adopted only by nine-tenths (9/10) of the members of the House of Delegates present and voting.

232.8. All amendments to Part One of this Code approved as prescribed shall become effective on May 15 of the year following their adoption, unless otherwise specified at the time of adoption. All other amendments to these Regulations approved as prescribed shall become effective on January 1 of the year following their adoption unless otherwise specified at the time of adoption.

ARTICLE 33
DISSOLUTION

233.1. If deemed advisable by the members, the Corporation may be dissolved pursuant to the applicable provisions of the corporation laws of the State of Ohio.

233.2. 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 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 THREE

ATHLETES AND ATHLETIC EVENTS

ARTICLE 40
MEMBERSHIP OF ATHLETES

340.1. All swimmers competing in events sanctioned by the Corporation must be registered as athlete members of the Corporation. Athlete members must meet the rules of eligibility contained in Article 43. No swimmer alleged to be ineligible shall be denied the right to register and compete without being afforded the opportunity to refute the allegations relating to his possible ineligibility, pursuant to Parts Four and/or Five.

340.2. Athlete membership is for a calendar year period. Non-members applying for membership on or after September 1 will be issued a membership card valid through December 31 of the following year.

340.3. APPLICATION—Athlete membership forms may be obtained from the LSC registration chairman. The form must be fully completed, signed, and in the case of a swimmer representing a club, endorsed by a club official. The form shall be submitted with the fee set forth in 340.5 to the registration chairman of the LSC, which shall issue a registration card upon approval.

340.4. RENEWAL APPLICATIONS—On individual renewal forms, the LSC may waive club endorsement if the swimmer applies directly to the committee. The swimmer's signature may be waived if the club completes and submits the applications for its member. When computerized printouts of club membership lists are used, the updated information on the printout for the renewal may be accepted upon certification of accuracy by an official of the club.

340.5. The annual athlete membership fee is composed of the following elements:

(1) A national fee established by the Board of Directors or the House of Delegates;
(2) A local fee established by the LSC.

ARTICLE 41
SANCTION/APPROVAL

341.1. JURISDICTION—All USS competitions, must be sanctioned through the LSC within whose geographical boundaries the event is held. This requirement includes events directly sponsored by the Corporation. An LSC may also approve competitions, benefits, exhibitions, clinics or entertainment held within its geographical boundaries, subject to the provisions of Section 341.4. Those events open only to members of a single group member of the Corporation (closed events) do not require sanction or approval, although they may be issued by the LSC.

341.2. REQUIREMENTS FOR SANCTION—Sanctions are issued, withheld or withdrawn in accordance with the following regulations:

(1) No sanction will 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 further promotion of swimming, for an approved charity, or for the general welfare of the promoting organization as a whole.

(2) Sanctions issued to one organization cannot be transferred to another. Any sanction so tranferred shall be void for all purposes, and the LSC is empowered to deny further sanctions to any organization violating this provision.

(3) No further sanction shall be given to any organization which has failed to satisfy expense obligations to athletes or to award prizes as stated on its entry blank until the obligations are satisfied or the prizes awarded.

(4) No sanction will be granted for any event for which the word "Olympic", or any derivative thereof, is used in any manner in connection with said event unless consent is obtained from the Corporation.

(5) All sanctions must be signed by a designated member of the LSC, and a record thereof must be retained in a book kept for such purpose.

(6) The following clause will appear on all sanction application forms and on all forms upon which official sanctions are granted: "In granting this sanction it is understood and agreed that the Corporation shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

(7) Application for sanction must be accompanied by a copy of complete meet information, including a statement of the nature of prizes to be awarded.

(8) The issuing LSC shall receive the following information regarding finances from every organization receiving a sanction (not applicable to events sponsored by the Corporation):

(a) Each organization shall, within ten (10) days after holding a sanctioned event, file with the issuing LSC an itemized statement listing the following items:

(i) The name, the LSC, and the club/organization membership, if applicable, of each swimmer and each representative of any swimmer to whom any payment of money or things of value was made.

(ii) The amount of money paid to each athlete for transportation.

(iii) The number of days and amounts of money each athlete was paid for meals and lodging.

The issuing LSC shall send a copy of the information required by this paragraph (a) to the home LSC of each swimmer to whom any payment was made.

(b) The LSC shall also require the organization to which a sanction has been granted to file, within 45 days after the event, a financial statement setting forth all receipts and disbursements in connection with the sanctioned event.

(c) The LSC may at any time require the organization to furnish, within 15 days after written request, all receipts and vouchers relating to the sanctioned event.

(d) No sanction to hold any athletic event of any kind shall thereafter be issued to an organization who has failed or refused to file with the LSC any statement or affidavit required under any subdivision of this section, until the statement or affidavit is filed, or until such time as the LSC may determine.

(e) Any athlete member of the Corporation, within 15 days after written request by any appropriate committee, shall file a sworn affidavit verifying or denying any item pertaining to him contained in 341.2(8)(a). He shall also furnish an itemized statement listing all monies or other things of value directly or indirectly received by him, or any member of his family, or any other person or organization, for expenses connected with or resulting from his entry, appearance, or participation in the event, together with receipts and vouchers for the same. Upon failure to furnish such affidavit, statement, receipts and vouchers, or satisfactorily to explain his inability to do so, the swimmer may be barred from further competition for such time as the LSC Review Section may determine.

(9) The sanction fee shall be as established by the LSC; those for national and international meets shall be established by the Board of Directors.

341.3. CONDITIONS OF SANCTION—Any event for which a sanction is required according to 341.1 is subject to the following conditions:

(1) No swimmer will be allowed to compete or participate unless he is a member as provided in Article 40.

(2) All meet directors, referees, starters, and stroke and turn judges, serving in an official capacity in the sanctioned event, must be members of United States Swimming.

(3) Announcements and entry blanks of sanctioned events must state that no entries will be accepted unless the entrant is a member as provided in Article 40. The announcements and entry blanks must state whether on-deck registration will be permitted and under what conditions.

(4) The membership (registration) number of each participant must be presented prior to, or at the time of, the event, and his affiliation must be printed before or after his name on the program.

(5) Entry blanks, advertising and the program must bear conspicuously the statement: "Held under the sanction of United States Swimming, Inc."

(6) Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of United States Swimming.

(7) All organizations which have received a sanction for any meet where prizes are stated on entry blanks shall be required to send to

the LSC, before the date of the meet, a copy of the entry blank, and must state the value of the prizes to be given for each event.

341.4. APPROVAL—REQUIREMENTS Approval is issued, withheld or withdrawn in accordance with the following regulations:

(1) No event may be approved by an LSC unless the conduct of the event conforms to all relevant USS rules, and no meet may be approved unless the conduct of competition conforms to all relevant USS technical and administrative rules and meet standards.

(2) No approval may be issued to any organization whose interest in sports and games is purely commercial, or where the event is to be promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from approved events must be used for the further promotion of swimming, for an approved charity, or for the general welfare of the promoting organization as a whole.

(3) Approvals issued to one organization cannot be transferred to another. Any approval so transferred shall be void for all purposes, and the LSC may deny further approval to any organization violating this provision.

(4) No further approval shall be given to any organization which has failed to satisfy expense obligations to athletes or to award prizes as stated on its entry blank or event information until the obligations are satisfied or the prizes awarded.

No approval will be granted for any event in which the word "Olympic", or any derivative thereof, is used in any manner in connection with the event unless consent is obtained from the Corporation.

All approvals must be signed by a designated member of the LSC and a record thereof kept for such purpose.

The following clause will appear on all approval application forms and on all forms upon which official approvals are granted: "In granting this approval it is understood and agreed that the Corporation shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event".

(8) Application for approval must be accompanied by a copy of complete meet or event information, a copy of the entry blank, and a statement of the nature and value of prizes to be awarded.

(9) The fee for issuance of approvals shall be established by the LSC.

341.5. INTERNATIONAL EVENTS

(1) **Within the United States**

(a) All international competitions within the United States sponsored by the Corporation or by a club of an LSC must be sanctioned through the LSC. All invitations to foreign athletes to compete in the United States must be extended by the Corporation.

(b) Any international competition within the United States sponsored by an amateur sports organization other than the

Corporation must be sanctioned by the Corporation and such sanction must be granted unless there is clear and convincing evidence that holding or sponsoring the event would be detrimental to the best interest of swimming.

(c) Sanctioning fees for international events shall be as established by the Board of Directors of the Corporation.

(2) **Outside the United States**

(a) All invitations for individual swimmers to compete abroad must be extended by the recognized governing body of the inviting country through the Corporation.

(b) All negotiations for individual swimmers or teams who are members of the Corporation must be through the Corporation and in compliance with procedures established by the Olympic International Division.

(c) Approval for teams sponsored by an amateur sports organization other than the Corporation is the responsibility of the Corporation and must be granted unless there is clear and convincing evidence that holding or sponsoring the event would be detrimental to the best interest of swimming. The Corporation shall advise any such organization requesting such foreign travel of the requirements for approval.

341.6. SWIM-A-THONS—All Swim-a-thon events are held under the exclusive jurisdiction of the Corporation, under rules and regulations established solely by the Corporation. The participants may or may not be members of the Corporation. Each LSC is responsible for the approval, conduct and monitoring of each Swim-a-thon event held within its geographic boundaries, including the taking of that action pursuant to the provisions of Article 71 as may be necessary to discipline any violation of USS rules and regulations.

ARTICLE 42
REPRESENTATION

342.1. In order for a swimmer to compete in USS competition as a representative of a club or educational institution, that organization must be a member in good standing of the LSC and the Corporation or of FINA.

342.2. A swimmer need not reside within the geographical boundaries of the LSC in which the USS club he represents is located, but he must be registered in that LSC; a swimmer who has been released by his club pursuant to 342.4 to represent a secondary school, college or university, wherever located, during the school season, may retain membership in the LSC in which the swimmer's club is located.

342.3. For a swimmer to represent a USS club in a competitive event, one hundred twenty (120) consecutive days must have elapsed without the swimmer having represented any other USS club in USS competition.

342.4. A swimmer registered with a USS non-school club who wishes to compete for a secondary school, college or university shall be automatically released without notice by his club upon commencement of his swimming season to compete for that school in school competition, and he shall similarly be automatically released without notice by such school immediately on termination of such school swimming season to represent the USS non-school club of his choice immediately (subject to the 120-day rule in 342.3.). Verification of school swimming season commencement/termination dates must be provided by the swimmer upon request of the LSC Registration Committee involved.

342.5. When transferring from one LSC to another, a swimmer shall present a transfer from his previous LSC indicating his last date of competition in an attached status and that he is a swimmer in good standing in that LSC in order to make such transfer. When transferring from one club to another within the same LSC, the procedural requirements established by the LSC Registration Committee shall be followed.

342.6. If a club/organization of an LSC has secured a court judgment against an athlete member of the Corporation, for non-payment of financial obligations the athlete shall be ineligible to participate in any event of the Corporation and from joining any other USS club/organization until the judgment is satisfied.

342.7. Any LSC club/organization shall place in contract form any financial obligation or waiver of said obligation on the part of the athlete. A copy of the contract shall be given to the athlete, with the original remaining with the club.

342.8. An unattached competitor is a registered swimmer who represents no club, educational institution or other organization.

342.9. An unattached swimmer shall be identified in competition with the LSC in which he is registered, his club, or his place of residence, as specified in the meet entry information.

342.10. All applications for changes of registration must be accompanied by a reasonable fee to be determined by the local registration committee in the LSC in which the swimmer will be registered after the change of registration.

342.11. A swimmer who is a member of another Federation may compete in the United States if he has the written permission of his Federation to do so. This includes swimming for a USS Club with the consent of his Federation. In these situations the athlete shall remain a member of his home Federation under its control and supervision. The athlete shall, however, register with United States Swimming, and he shall, at all times while competing in the United States, observe the Rules and Regulations of United States Swimming (including specifically Article 42 of this Code). Should he represent any club other than his USS club in any competition, 120 consecutive days must have elapsed before the swimmer can represent a USS club in competition (Section 342.3).

ARTICLE 43
ELIGIBILITY

343.1. An amateur swimmer is one who engages in swimming solely for pleasure and the physical, mental and social benefit derived therefrom, and to whom swimming is nothing more than recreation for which no remuneration is received.

343.2. A swimmer is no longer eligible for amateur swimming competition upon engaging in any of the activities proscribed in sections 343.3 through 343.8 unless such activity is specifically permitted under sections 343.9 and 343.11.

343.3. An amateur cannot compete, train, coach or give exhibitions for payment received, directly or indirectly, in money or in kind or for material advantage or benefit.

343.4. An amateur cannot take part in any competition or exhibition with anyone who, to his knowledge, is not an amateur swimmer, except:
(1) Approved life-saving activities;
(2) When in the armed services, and then only in armed services competition;
(3) In other team sports than in swimming; and
(4) Masters competition.

343.5. An amateur cannot accept reimbursement for board and traveling expenses in excess of the actual justifiable amount incurred by the swimmer.

343.6. An amateur cannot bet or wager on any swimming competition.

343.7. An amateur cannot convert into cash any award or prize won in swimming competition.

343.8. An amateur shall not capitalize on his athletic fame by:
(1) Engaging for pay or other financial benefit, directly, or indirectly, in any occupation wherein his usefulness or value arises chiefly from the publicity given to the reputation or fame he has achieved from his performance in swimming rather than from his ability to perform the usual acts and duties incidental to such occupation; and
(2) Attaching his name to press or literary contributions which he has not himself written.

343.9. The amateur status of a swimmer shall not be endangered in each of the following cases, provided that the subject contract or agreement is first approved by FINA or USS and the advertising or promotion clearly so indicates, and, provided further, that the monetary advantages inure to the benefit of FINA, USS, or an organization first approved by USS to receive them:
(1) Permitting his name, photograph, or performance in swimming to be used for advertising purposes or in the promotion of the sale of goods;

(2) Appearing on radio or television programs or in film productions referring to his ability or performance as a swimmer; and
(3) Wearing or using goods furnished to him by a manufacturer, or derived from any other source, which displays advertising in excess of that normally used commercially (provided it is not in conflict with current USS contractual agreements with other manufacturers and suppliers).

343.10. In every case involving a swimmer charged with violation of Sections 343.8, 343.9 and 343.11, or in every case in which an opinion is sought on whether the facts of a particular case would violate the section, the hearing shall be held or the opinion given by the National Board of Review, or by a special ad hoc committee appointed by the President, and not by an LSC.

343.11. The amateur status of a swimmer shall not be endangered:
(1) By being paid for teaching elementary swimming or being engaged in approved life saving activities. Being paid for coaching of swimmers is not permitted if coaching is the swimmer's primary vocation.
(2) By accepting monetary assistance during approved periods of training, including participation in competitions approved or sanctioned by the Corporation; limited, however, to Olympic Games, World Championships, regional games, continental championships and major international competitions. Such assistance may include payment for food, lodgings, transportation, his sports equipment, coaching, medical care and insurance, and a sum per day for the number of days related to an event as an indemnity against petty expenses.
(3) By accepting compensation, authorized by the Corporation to cover financial loss resulting from his or her absence from work or basic occupation, related to preparation for and participation in Olympic Games, World Championships, regional games, continental championships and major international competitions approved by the Corporation. Payment, however, shall not be in excess of the sum which the competitor would have earned in the same period of time.
(4) By accepting scholarships, if granted on the basis of academic and technical standards dependent on the fulfillment of scholastic obligations but not on athletic prowess.
(5) By accepting prizes other than medals and inscribed trophies, the commercial value of which shall not exceed $125.00.

343.12. A swimmer, shall cease to be eligible to compete in events conducted by the Corporation or its LSCs, or by any FINA Federation, while under suspension or if expelled by the Corporation for violations of this Part Three.

343.13. A swimmer who registers for Masters swimming may retain his unrestricted right to compete in open amateur competition if he

otherwise qualifies as an amateur in accordance with this Article 43 and with FINA GR1. He may be registered for both USS open competition and for Masters Swimming at the same time.

343.14. A club/organization may be awarded cash prizes, or other prizes of monetary value, in any exhibition, Swim-a-thon, or competitive event. Such prizes shall be used solely for furthering the purposes of amateur swimming.

343.15. A swimmer declared ineligible, for any reason, may be reinstated pursuant to the provisions of Article 50.

PART FOUR

HEARINGS, APPEALS, AND ATHLETES' RIGHTS

ARTICLE 50
HEARINGS AND APPEALS

450.1. GENERAL—As hereinafter set forth, the Corporation may censure, suspend for a definite or indefinite period of time with or without terms of probation, or expel any member of the Corporation, including any athlete, coach, manager, official, member of any committee, or any person participating in any capacity whatsoever in the affairs of the Corporation, who has violated any of its rules or regulations, or who aids, abets, and encourages another to violate any of its rules or regulations, or who has acted in a manner which brings disrepute upon the Corporation or upon the sport of swimming. The Corporation may also conduct hearings on any matter affecting the Corporation as the national governing body for swimming.

450.2. JURISDICTION OF THE LSC—For those matters requiring a hearing and arising solely within the geographical boundaries of an LSC and involving only members of the LSC, the procedure to be taken and the rules to be followed for hearing shall be as set forth in Part Five, Article 71. (For guide to hearings and appeals, and form for notice of hearing, see Appendix D.)

450.3. JURISDICTION OF THE CORPORATION—In those matters in which an athlete(s) or other member(s) of the Corporation from more than one LSC is involved, or in matters involving such persons during a national or international event, an investigation and report of the facts shall be made to a Screening Committee of the National Board of Review as hereinafter set forth. If in the opinion of the Screening Committee a hearing or further investigation is then warranted, the matter shall be submitted to a National Board of Review for hearing and decision.

(1) Where persons or entities from more than one LSC are involved, the investigation and report shall be made by the Executive Director or his designee.

(2) In those matters occurring during the course of a national, regional or zone event, the Vice Presidents of the Senior or Age Group Divisions, as the case may be, or their respective designees, shall make the investigation and report.

(3) In those matters occurring during the course of an international event, the Vice President of the Olympic International Division, or his designee, shall make the investigation and report.

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450.4. NATIONAL BOARD OF REVIEW—The Board shall be comprised of the General Counsel of the Corporation, all associate counsel, one (1) athlete representative from each of the four zones (appointed by the Chairman of the USS Athletes Committee), and such other members as may be recommended by the President and approved by the Board of Directors. The President shall appoint the chairman and shall designate a panel of no less than three members, one of whom shall be an athlete representative, to hear and decide any case before the Board of Review. The President shall appoint no less than three members of the National Board of Review to act as a Screening Committee to determine whether any matter submitted to it as provided in Section 450.3 warrants further investigation, and hearing and decision. The Chairman and members thereof shall serve at the pleasure of the President.

450.5. AUTHORITY OF NATIONAL BOARD OF REVIEW

The National Board of Review has the authority to:

(1) Impose and enforce penalties for any violation of the rules and regulations, administrative or technical, of the Corporation;
(2) Determine the eligibility and right to compete of any athlete;
(3) Vacate, modify, sustain, stay or reverse any decision or order properly submitted for review, or remand the matter for further action;
(4) Investigate any election impropriety or cause for removal of a national committeeman or national officer and take corrective action;
(5) Interpret any provision of the rules and regulations of the Corporation with the exception of the technical rules (Part One);
(6) Review any revocation, suspension or reinstatement of membership to assure due process; and
(7) Reinstate any athlete to amateur status. (Note: This relates only to USS domestic competition and NOT international competition. It must be read in light of FINA rules on requalification which read as follows:

GR3. A swimmer who has broken the amateur law knowingly and thereby is no longer an amateur, may not be requalified as an amateur, provided that:

GR3.1. When special reasons or extenuating circumstances exist, a swimmer can be requalified as an amateur, though not until two years have elapsed since the breaking of the amateur definition.

GR3.2. If such reinstated swimmer wishes to take part in international competition, the full facts surrounding the case may be presented to the Bureau for such action as the Bureau may deem necessary.)

450.6. PROCEDURE FOR REVIEW

(1) Every appeal to the Board of Review shall be instituted by a petition served upon the Executive Director and accompanied by a $50 filing fee payable to the Corporation. The fee shall be returned if the petition is upheld, but forfeited if it is rejected or abandoned. The Board of Review may assess costs against the losing party.

(2) The Executive Director shall send a copy of the petition for review to the respondent and chairman of the Board of Review immediately upon receipt. The respondent shall within 30 days following receipt of the petition file a written response with the Executive Director, the petitioner and the chairman. The petitioner may within 10 days following receipt of a copy of the response file a written rebuttal with the Executive Director, the respondent and the chairman. The chairman may decrease or increase the time limits for any of the foregoing upon request of either party and if circumstances should warrant it.

(3) A final and binding decision shall be rendered within 75 days from date of filing of the petition by a majority of the acting panel based on the record submitted for review and on evidence submitted at such hearing as may be required by the panel. A written decision shall be sent to all parties. Petitions once reviewed and decided shall not be reopened for consideration by the Board of Review, except by direction of the Board of Directors of the Corporation, or upon showing of sufficient cause to the chairman of the Board of Review.

450.7. APPEAL TO THE BOARD OF DIRECTORS—Any real party in interest may appeal to the Board of Directors for review of any decision of the National Board of Review within thirty (30) days of the date of decision. The Board of Directors may assess fees and costs against the losing party.

450.8. ORIGINAL JURISDICTION—Upon a majority vote of the officers, the Board of Directors or the National Board of Review may be assigned original jurisdiction at any stage of any matter within the purview of this Article 50 when the best interests of the Corporation will be served thereby. If original jurisdiction is so assigned compliance shall be made in every instance with all requirements of procedural due process as set forth in this Article 50. In either case the reviewing body may assess fees and costs against the losing party.

ARTICLE 51
ATHLETES' RIGHTS

451.1. Except as provided in 451.2, no individual or organizational member of the Corporation, nor any organization affiliated with the Corporation, may deny or threaten to deny any eligible amateur swimmer, coach, trainer, manager, official or administrator the opportunity to participate in any international swimming competition approved by the Corporation, if selected by the Corporation or one of its members. In addition, except as provided in 451.2, no individual or organizational member of the Corporation, nor any organization affiliated with the Corporation, may censor or otherwise penalize subsequent to the event any swimmer, coach, trainer, manager, official or administrator for having participated in any such international swimming competition approved by the Corporation.

451.2. An educational institution which a swimmer is attending at the time of such international competition may deny the swimmer the opportunity to participate only if said educational institution reasonably determines that such participation would either:

(1) Prevent the swimmer from meeting the academic requirements which are applicable to all students who participate in the swimmer's particular course of study.

(2) Jeopardize the swimmer's or the educational institution's performance in the established program in the particular sport in which the swimmer competes, provided that the international competition occurs during the scheduled competitive season of the educational institution.

451.3. Any amateur swimmer who alleges that he or she has been denied or is about to be denied, by a person or an organization affiliated with the Corporation, a right as set forth in 451.1, shall immediately inform the Executive Director, who shall promptly cause an investigation to be made and steps to be taken to settle the controversy without unnecessary delay. Such steps shall include, but not be limited to, advising the Executive Director of the U.S. Olympic Committee, and submitting the matter to the American Arbitration Association for binding arbitration.

451.4. Whenever a swimmer, or party acting on his behalf, informs the Executive Director of an alleged violation of the swimmer's right to participation as set forth in 451.1, the Executive Director shall review all the related evidence of the case and make a report, with a preliminary recommendation, to the National Board of Review within thirty (30) days, or sooner if the situation requires. The Board of Review shall review the case and preliminary recommendation of the Executive Director and take whatever action it deems appropriate. Any of the parties involved in the action who are dissatisfied with the decision of the National Board of Review may appeal said decision under the provisions set forth in 450.7.

PART FIVE

BYLAWS OF THE LOCAL SWIMMING COMMITTEE

Note: The form and content of these Bylaws are mandatory in their entirety for all LSCs, except that some sections may be modified within guidelines set forth in the Addendum to Part Five (see page 132). Sections which may be modified are marked with an asterisk (*).

Note: It is intended that the LSC shall have and continue to have the status of an organization which is exempt from federal income taxation under section 501(c)(3) of the Internal Revenue Code and to which contributions, bequests and gifts are deductible for federal income, estate and gift tax purposes under sections 170(c)(2), 2055(a)(2) and 2522(a)(2) thereof, respectively. The bylaws shall be construed and all powers and activities of the LSC shall be limited accordingly. Notwithstanding any provision of these bylaws, the LSC shall not carry on any activities not permitted to be carried on by an organization having such status. If incorporated, the Articles of Incorporation of the LSC shall also effect the purposes of this clause.

ARTICLE 61
OBJECTIVES, BOUNDARIES, JURISDICTION

561.1. OBJECTIVES—The objectives shall be to promote and develop swimming for the benefit of swimmers of all ages and abilities, in accordance with the standards and under the rules prescribed by the Federation Internationale de Natation Amateur (FINA), United States Swimming, Inc. (USS), and the LSC.

561.2. NAME AND BOUNDARIES—The geographic boundaries and name designation of the LSC shall be as set forth in Appendix C to this Code. The name of each LSC shall be designated as follows:

"(name) Swimming"; If incorporated, the LSC's name may include the abbreviation "Inc.'

561.3. JURISDICTION—The LSC has jurisdiction over the sport of swimming as has been delegated to it by USS.

ARTICLE 62
MEMBERSHIP

562.1. TYPES—The membership shall consist of the following:

*(1) **Group members**

(a) Those swim organizations which have joined and are in good standing as members of the LSC and who have athletes registered to represent said organization in the sport of swimming.

(b) Those organizations which conduct a program in swimming or are composed of persons joined together in support of swimming or some aspect of it.

(c) Each group member shall appoint a representative to the LSC. Such appointment will be in writing, duly certified by the chief executive officer or secretary of the appointing member. The appointing member may withdraw its representative by written notice, addressed to the secretary and signed by its chief executive or secretary, and substitute a new representative.

(2) **Individual members**

(a) Those individuals who are athletes, coaches, officials, administrators, or persons otherwise interested in the purposes and programs of the LSC, by joining USS or by joining as an athlete in the sport of swimming, will receive a membership card certifying their membership and may attend all meetings of the LSC with voice but not vote.

(b) Those individuals who reside in the LSC and who have contributed a designated amount to their LSC or USS are granted membership and are entitled to attend LSC and USS meetings with voice but not vote.

562.2. RESPONSIBILITIES

(1) **Income**—Any income derived from the promotion of swimming by members of USS must be used for further promotion of swimming or for the general welfare of the LSC as a whole.

(2) **Infractions**—A group member may be held responsible for infractions of rules and regulations committed by an athlete who is competing as a representative of such organization.

ARTICLE 63
MANAGEMENT

563.1. LSC HOUSE OF DELEGATES

*(1) **Appointment**—The LSC House of Delegates shall consist of the representatives appointed by each group member, athlete representative, coach representative, members of the Board of Directors, and at large members appointed by the general chairman with the concurrence of the Board. The maximum number of at large members will be ten (10). At large members shall serve until a new LSC House of Delegates is

appointed and shall have the same privileges as other members of the House. All other members shall hold office for one year, or until their successors are appointed.

(a) Two athlete representatives to the LSC House of Delegates are to be selected, one each annually for a two year term. The athlete representative senior in term should attend the USS annual meeting as a representative of the LSC. One of those so selected shall reside in the LSC throughout his respective term. Each must at the time of his selection be engaged in amateur swimming or have competed in LSC swimming within the three (3) years immediately preceding his selection.

(b) A coaches' representative and alternate to the LSC House of Delegates will be elected annually at the LSC long course swimming championships, or otherwise designated meet, by a majority of coaches in attendance at a meeting called for that purpose, or by a local coaches' organization if in existence.

(2) Eligibility — Only current members of USS are eligible to be members of the LSC House of Delegates.

*(3) **Duties and Powers**— The management of the business affairs of the LSC is the responsibility of the House of Delegates. In addition to the duties and powers prescribed in the Code of United States Swimming or in these bylaws, the House shall have power, and it shall be its duty:

(a) To elect the Board of Directors;
(b) To establish the Review Section;
(c) To establish joint administrative committees with an AAU Association where necessary;
(d) To review and adopt the annual budget of the LSC;
(e) To elect alternates to the USS House of Delegates in accordance with Article 21, Part Two, of the Code;
(f) To admit eligible members who have properly applied;
(g) To call regular and special meetings of the LSC;
(h) To ratify or rescind policy and program established by the Board of Directors; and
(i) To amend the By-Laws of the LSC.

563.2. LSC BOARD OF DIRECTORS

*(1) **Members**— The LSC Board of Directors shall consist of the officers, chairmen of all standing committees, coach representative, and athlete representative.

(2) **Duties and Powers**— The Board of Directors shall act for the LSC and LSC House of Delegates during the interval between its meetings, subject to approval and ratification of the House except that it cannot amend these By-Laws. The Board shall have power and it shall be its duty:

(a) To establish program and policy, subject to ratification by the LSC House of Delegates, and to lend direction thereto.

(b) To prepare and review the annual budget.
(c) To call regular or special meetings of the LSC Board of Directors.

ARTICLE 64
OFFICERS

*564.1. **TITLES**—The elected officers are General Chairman, Treasurer, Secretary, Administrative Division Vice-Chairman, Senior Division Vice-Chairman, and Age Group Division Vice-Chairman. Any office may be combined with another except with that of General Chairman.

564.2. **ELIGIBILITY**—Only current members of United States Swimming, Inc. are eligible to hold office.

*564.3. **TERM OF OFFICE**—Each officer serves until his successor is chosen, but he is not eligible for re-election to the same office if he has served four successive years therein, until the lapse of two years.

564.4. **NOMINATION**—The slate of officers to stand for election will be prepared by a nominations committee, with a minimum of three serving. The nominations committee will be elected by secret ballot at a meeting of either the LSC House of Delegates or Board of Directors held prior to the annual meeting. Nominations will be published fifteen (15) days in advance of the election, and additional nominations may come from the floor.

564.5. **DUTIES**—The duties of the officers and committee chairmen are as hereafter set forth, and such others as may be designated by the LSC House of Delegates and Board of Directors from time to time.

(1) **General Chairman**—The General Chairman calls meetings when and where deemed necessary, presides at all meetings, and appoints committee chairmen for certain standing committees, and such special committees as may be necessary to fill the duties and responsibilities of the LSC, with advice and consent of the Board of Directors.

(2) **Secretary**—The Secretary is responsible for keeping a record of all meetings, conducting official correspondence, issuing meeting notices and copies of the minutes to the Board of Directors, and making such reports to the national headquarters as required by Article 70.

(3) **Treasurer**—The Treasurer receives all the monies and pays all bills approved by the finance committee or Board of Directors, provided that necessary minor expenses, which may be paid by any committee, may be turned in to the treasurer as such if recorded in detail, duly attested by the committee and approved by the Board of Directors. The treasurer is responsible for maintaining all financial records, including bank and checking records, and for making timely reports to the Board of Directors.

(4) **Administrative Vice-Chairman**—The Administrative Vice-Chairman shall conduct meetings in the absence of the general chairman and shall chair the Division, which aids in the development of policy and coordination of those committees within his division.

(5) **Senior Vice-Chairman**—The Senior Vice-Chairman shall chair the Division, which develops and conducts a program for Senior Swimming in the LSC.

(6) **Age Group Vice-Chairman**—The Age Group Vice-Chairman shall chair the Division, which develops and conducts a program for Age Group Swimming in the LSC.

564.6. VACANCIES—Vacancies created for whatever reason in any office or elected committee chair may be filled by appointment of the General Chairman, with the advice and consent of the Board of Directors, until the next regularly scheduled meeting of the House of Delegates.

ARTICLE 65
MEETINGS

*__565.1. ANNUAL__—The annual meeting of the LSC House of Delegates shall be held no later than November 15 of each year, and when elections are held the new officers' terms shall commence no later than January 1 of the succeeding year.

565.2. SPECIAL—Should the chairman fail to call regular meetings or should special meetings be required, meetings may be called upon request of any three officers.

565.3. NOTICES

(1) **Time**—Not less than fifteen (15) days notice must be given by the secretary for any annual or special meetings of the LSC House of Delegates or the Board of Directors.

(2) **Information**—The notice of a meeting shall contain the time, date and site. For special meetings the purpose of such meeting shall be given.

(3) **Address**—The notice shall be sent to the address last given to the secretary of each member of the LSC House of Delegates or Board of Directors.

565.4. ORDER OF BUSINESS—At all meetings of the LSC House of Delegates or Board of Directors the following is the order of business:

(1) Roll Call
(2) Reading, correction and adoption of minutes
(3) Reports of Officers
(4) Reports of Committees
(5) Unfinished business
(6) Elections where appropriate
(7) New business
(8) Resolutions and Orders
(9) Adjournment

*565.5. **QUORUM**—A quorum at all meetings shall consist of those present and eligible to vote.

*565.6. **RULES OF ORDER**—At all meetings, the current Roberts Rules of Order are the procedural rules.

*ARTICLE 66
DIVISIONS AND COMMITTEES

566.1. TYPES

(1) **Divisions**

(a) Administrative Division
- (i) Officials Committee
- (ii) Records Committee
- (iii) O.V.C. Committee
- (iv) Equipment Committee
- (v) Publicity/Promotion Committee
- (vi) Survey Committee

(b) Senior Division
- (i) Rules Committee Chairman
- (ii) Technical Planning Committee Representative
- (iii) Coach Representative(s)
- (iv) Zone or Area Representatives
- (v) Long Distance Committee

(c) Age Group Division
- (i) Age Group Rules Chairman
- (ii) Technical Planning Committee Representative
- (iii) Coach Representative(s)
- (iv) Zone or Area Representatives.

(2) **Standing Committees**
(other than those within specified sections)
- (a) Finance
- (b) Legislation
- (c) Marketing
- (d) Membership
- (e) Registration
- (f) Technical Planning

566.2. CHAIRMEN

(1) The Registration Chairman shall be responsible for registration of swimmers. In addition, he shall aid in the development of procedures and policy for those committees for which he is responsible as assigned by the Board of Directors. The Registration Chairman shall be elected.

(2) The Technical Planning Chairman shall chair a committee which develops long range plans for the LSC swimming programs and makes suggestions for projects and priorities to the Board of Directors. The Technical Planning Chairman shall be elected.

(3) Chairmen of committees, except those of the Registration and Technical Planning Committees, are appointed by the General Chairman with the advice and consent of the Board of Directors.

(4) The duties of the chairmen of each division or committee are as follows:

(a) Presides at all meetings of the division or committee.

(b) Sees that all duties and responsibilities of the committee or sub-committee in his charge are properly and promptly carried out.

(c) Appoints such sub-committees as may be necessary to fulfill the duties and responsibilities of the division or committee.

(d) Communicates with the committee members to keep them fully informed.

(e) Keeps the general chairman and secretary informed of committee actions and recommendations.

(f) Forwards reports or minutes of all meetings to the general chairman and secretary.

(g) Performs such specific duties as outlined in LSC policy.

566.3. MEMBERSHIP—Members of all committees, other than those elected, athletes' and coaches' representatives, and division chairmen shall be appointed by the general chairman with the advice and consent of the chairmen thereof.

ARTICLE 67
CONDITIONS OF COMPETITION

567.1. GENERAL—The conditions of competition in any swimming event, and the rules governing it, shall be those established by USS, or by the LSC where its rules and regulations are not contrary to the rules of USS.

ARTICLE 68
CHAMPIONSHIPS

568.1. GENERAL—Swimming championships, when possible will be held in accordance with the rules of USS for conduct of championships as described in the Technical Rules for United States Swimming.

ARTICLE 69
DUES AND FEES

569.1. CLUB—Every active club member joins the LSC and USS by submitting an approved application and by paying an annual fee consisting of a national club fee established by USS and a local club fee if established by the LSC.

569.2. ATHLETE REGISTRATION—Each athlete member pays to the registration committee an annual fee established by the LSC and USS.

569.3. SANCTION FEES

(1) Each applicant for sanction shall submit at time of application such fees and documents as required by the LSC.

(2) In addition to, or in place of, a sanction fee, the LSC may establish a service charge consistent with the nature of the event and which may be a flat amount, a percentage of receipts, or a combination of both.

569.4. FAILURE TO PAY—The failure of a group member to pay dues or fees required by the LSC, or USS, within the time prescribed, as evidenced by a decision of the Review Section or by a court of law, prevents competition, representation, and vote by the delinquent member. Continued failure to pay such dues or fees, within a reasonable period of time as determined by the Board of Directors, is cause for termination of membership.

ARTICLE 70
REPORTS AND REMITTANCE

570.1. MINUTES—The secretary of the LSC shall, within twenty (20) days after each meeting of the LSC, mail a copy of the minutes of said meeting to USS National Headquarters.

570.2. NOTICES—The secretary shall forward to USS National Headquarters copies of all official notices issued by the LSC at the time of such issue, including all those sent to the members of the LSC House of Delegates and to the Board of Directors.

570.3. ANNUAL REPORTS—The secretary shall forward to USS National Headquarters a copy of the audit of the accounts of the LSC, along with a complete report on the proceedings of the annual meeting of the LSC, within thirty (30) days following the annual meeting. The audit of accounts is to be signed either by a certified public accountant, or at least three (3) members of the finance committee. The secretary shall forward to USS National Headquarters a copy of the Form 990 when filed.

570.4. MEMBERSHIP REPORTS—The registration chairman or his designee shall forward each month to the Executive Director of USS a report listing all athletes and clubs, with addresses, who have joined the LSC and USS within the prior month. This report shall be accompanied by the appropriate fees.

570.5. GENERAL—The LSC shall make such other reports and remittances to USS as specified in its Code or by the National Board of Directors or House of Delegates. The general chairman, secretary, and the treasurer are responsible for seeing that all required reports and remittances are made.

ARTICLE 71
HEARINGS, APPEALS, AND ATHLETES' RIGHTS

(**NOTE:** See Appendix D For Guide to Hearings and Appeals.)

571.1. ATHLETES' BILL OF RIGHTS—The LSC, in accordance with Article 51, shall respect and protect the right of every individual who is eligible under reasonable national and applicable international amateur athletic rules and regulations to participate if selected (or attempt to qualify for selection to participate) as an athlete, coach, trainer, manager, administrator or other official, representing the United States in any international amateur athletic competition, so long as such competition is conducted in compliance with reasonable national and applicable international requirements.

571.2. REVIEW SECTION—The LSC House of Delegates shall annually elect a Review Section comprised of no less than five (5) members. Its hearings may be conducted by an attorney at law retained by the Review Section for that purpose but who shall have no vote. The chairman of the Review Section shall be elected by its membership. A quorum for any hearing conducted by the Review Section shall be fifty percent (50%) of its membership, but in any event no less than three (3).

571.3. GENERAL JURISDICTION—The Review Section may conduct hearings on any matter affecting the Corporation and the LSC, and arising solely within the geographical boundaries of the LSC, and involving only members of the LSC.

571.4. DISCIPLINARY HEARINGS—The Review Section (or the LSC House of Delegates on original jurisdiction) may censure, suspend for a definite or indefinite period of time with or without terms of probation, or expel any member of the Corporation and the LSC, including any athlete, coach, manager, official, member of any committee, or any other person participating in any capacity whatsoever in the affairs of the LSC, who has violated any of the rules of the Corporation or the LSC, or who aids, abets, and encourages another to violate any of its rules or regulations, or who has acted in a manner which brings disrepute upon the Corporation, the LSC, or upon the sport of swimming. The LSC may also conduct hearings on any matter affecting the LSC as the local administrative governing body for swimming.

571.5. PROCEDURES—The procedures to be taken in reference to all hearings shall be as follows:

(1) **Formal Hearing**—The respondent shall be given notice in writing, sent to his last known address by certified mail, return receipt requested, or by personal service, of the charges against him in detail, or of the circumstances which are believed to require answers, explanation or clarification.

The written statement of charges shall also set out the penalties which may ensue if such charges are proved; shall contain a date at which time a hearing will be had with the request that the person charged shall appear before the Review Section with the right to have counsel of his own choice to represent him at the hearing; shall set a date of hearing not less than thirty (30) days nor more

than sixty (60) days after the date of mailing of such notification; and shall request the person charged to answer, in writing, to the chairman of the Review Section, all the charges set forth in such written statement. This answer shall be delivered to the chairman by either certified mail or registered mail, return receipt requested, no later than ten (10) days prior to the date of hearing. The statement shall also set forth the right of appellate review in the event the decision is rendered against the person or entity charged.

The decision shall be rendered at the time of the hearing, or within twenty-four (24) hours thereafter.

(2) **Emergency Hearing**—When compliance with regular procedures would not be likely to produce a sufficiently early decision to do justice to the affected parties, the Review Section, or its duly authorized agent(s) or representative(s), is authorized to summarily hear and decide a matter relating to a scheduled amateur athletic competition. The individual or entity charged may be suspended from participating in any activities of the sport of swimming whatsoever after being given such notice and hearing as time and circumstances may reasonably dictate. The hearing may be conducted at the site of athletic competition or by telephone conference if necessary, but in any event under such circumstances as to fully protect rights of procedural due process of the individual or entity charged.

The notice to be given to the individual or entity charged may be oral, or in writing, and, if oral, shall be reduced to writing within twenty four (24) hours, and shall in every instance contain all notice requirements set forth in sub-paragraph (1) of this Section 571.5.

If an aggrieved party shall demand further hearing, such hearing shall be held in accordance with the provisions set forth in sub-paragraph (1) of this Section 571.5.

571.6. APPEAL—The decision of the Review Section will be final in all cases, subject only to appeal to the LSC House of Delegates or Board of Directors at the option of the appellant, and thereafter to the National Board of Review. An appeal to the LSC House of Delegates or Board of Directors must be taken within ten days after receipt of written notice of the decision of the Review Section. The Secretary or General Chairman shall set a date for appellate hearing not less than thirty (30) days nor more than sixty (60) days after receipt of notice of appeal, and the decision shall be reduced to writing and mailed by certified or registered mail to all parties within ten (10) days of hearing. A petition to the National Board of Review must be filed with the National Executive Director within thirty (30) days after receipt of written notice of the decision of the LSC House of Delegates or Board of Directors. Any person representing a real party in interest in the case may appeal. Upon timely petition to the chairman of the National Board of Review, and upon showing of good cause therefor, the time for appeal from the decision of the Review Section may be extended.

571.7. NOTICE TO ATHLETES—In each case, where notice is mailed to a registered athlete, it is sufficient to mail the notice addressed to him at the residence given in his application for registration; or, if he has filed with the registration committee a written notice of change of residence, then at such changed address.

ARTICLE 72
MISCELLANEOUS

572.1. AMENDMENTS—Any provision of these bylaws not proscribed by USS may be amended at any meeting of the House of Delegates by a two-thirds vote of the members voting. At least thirty (30) days notice must be given to every member of the House of any proposed amendment.

572.2. FISCAL YEAR—The fiscal year of the LSC shall correspond to the calendar year.

572.3. MAILING ADDRESS—All LSCs must submit a permanent mailing address for use by the national headquarters.

*__572.4. MAIL VOTE__—Any action which may be taken at any regular or special meeting of members of either the House of Delegates or the Board of Directors, except elections and amendment of these bylaws, may be taken without a meeting. If an action is taken without a meeting, the Secretary shall distribute a written ballot to every member entitled to vote on the matter. The ballot shall set forth the proposed action, provide an opportunity to specify approval or disapproval of any proposal, and provide a reasonable time within which to return the ballot to the Secretary. Approval by written ballot shall be valid only when the number of votes cast in favor of the proposed action within the time period specified constitutes a majority of the votes entitled to be cast.

572.5. AAU ASSOCIATIONS—Some or all of the administrative functions which are the responsibility of the LSC may be assigned to the local AAU Association under agreement between the LSC and the Association outlining the nature of the services and the fees to be paid therefor. Such an agreement shall be in accord with general policies and guidelines established by United States Swimming, Inc., and the National AAU.

572.6. DISSOLUTION—Upon dissolution, the net assets of the LSC will not inure to the benefit of any private individual or corporation, but will be distributed to United States Swimming, Inc., to be used exclusively for educational or charitable purposes, or, if United States Swimming, Inc. is not then in existence, or is not then a corporation which is exempt under section 501(c)(3) of the Internal Revenue Code and to which contributions, bequests and gifts are deductible under sections 170(c)(2), 2055(a)(2) and 2522(a)(2) thereof, such assets shall be distributed to such a corporation, to be used exclusively for educational or charitable purposes.

ADDENDUM TO PART FIVE

The following Sections of Part Five are not mandatory and may be modified by each LSC within the following guidelines:

562.1.

Types—An LSC may add additional membership classes, including individual members, or it may impose additional restrictions. Examples: no proxy voting; a person may represent no more than one group member; a weighted voting system by size of group members, etc.

563.1(a) LSC HOUSE OF DELEGATES

Appointment—An LSC may have additional members on its LSC House of Delegates, including individual members.

563.2(1) Board of Directors

Members—An LSC House of Delegates may elect at large members to the Board of Directors.

564.1. TITLES—Those listed must be elected. In addition, there may be provisions for electing at large members to the Board of Directors. Any office may be combined with another, except that of general chairman.

564.3. TERM OF OFFICE—Terms may be for one, two or four years, except that there need not be limitation on terms of registration chairman, treasurer, secretary/treasurer (if combined), or technical planning chairman. The technical planning chairman's position may be eliminated if LSC does not think it necessary to have the position.

565.1. MEETINGS—The LSC annual meeting may be held at any time prior to November 15, with new officers taking office no later than January 1 of the following year, keeping in mind that delegates to the USS House of Delegates must be certified by July 15. The LSC may establish a specific date for the annual meeting or set a time between two dates, e.g., held between June 1 and June 15.

565.5. QUORUM—An LSC may establish what constitutes a quorum depending on local needs.

ARTICLE 66. DIVISIONS AND COMMITTEES—This entire article is intended as a guideline. The names of divisions and committees must remain as set forth in Article, but the internal make-up of divisions and committees, and additional committees as desired, may be independently determined by an LSC. Division titles and responsibilities, and those of the key committees listed, should remain the same in all LSCs to ensure nationwide uniformity and continuity of communication and administration.

566.2(1) Registration chairman may appoint deputy registrars and may assign authority to issue sanctions and approvals to an administrative division within the LSC for efficiency and convenience.

572.4. MAIL VOTE—The provision for mail vote is optional.

Note: An LSC may establish an Executive Committee of whatever make-up it chooses to act in behalf of the Board of Directors, subject to approval and ratification by the Board, except that it may not amend the bylaws.

Note: Election of officers is intended to be flexible enough to give each LSC the right to determine whether old or new officers attend the annual meeting of the USS House of Delegates. Notification to the national secretary must be made by July 15. If an LSC chooses to send its new officers, elections must be held prior to July 15 of that year.

WORLD SWIMMING RECORDS
MEN

FREESTYLE

100m....	49.36	Ambrose Gaines IV.....	USA	Austin.....	4-03-81
200m....	1:47.44	Michael Gross	FRG	Los Angeles	7-29-84
400m....	3:48.32	Vladimir Salnikov.....	URS	Moscow	2-19-83
800m....	7:52.33	Vladimir Salnikov.....	URS	Los Angeles	7-14-83
1500m....	14:54.75	Vladimir Salnikov.....	URS	Moscow	2-22-83

BACKSTROKE

100m....	55.19	Rick Carey	USA	Caracas	8-21-83
200m....	1:58.41	Sergey Zabalotnov	URS	Moscow	8-21-84

BREASTSTROKE

100m....	1:01.65	Steve Lundquist.....	USA	Los Angeles	7-29-84
200m.....	2:13.34	Victor Davis.....	Canada.....	Los Angeles	8-02-84

BUTTERFLY

100m....	53.08	Michael Gross	FRG	Los Angeles	7-30-84
200m....	1:57.04	Jon Seiben	AUS	Los Angeles	8-03-84

INDIVIDUAL MEDLEY

200m....	2:01.42	Alex Baumann	Canada.....	Los Angeles	8-04-84
400m....	4:17.41	Alex Baumann	Canada.....	Los Angeles	7-30-84

FREESTYLE RELAY

400m....	3:19.03	USA National Team	Los Angeles	8-02-84
		(Chris Cavanaugh, Mike Heath, Matt Biondi, Rowdy Gaines)		
800m....	7:15.69	USA National Team	Los Angeles	7-30-84
		(Mike Heath, David Larson, Jeff Float, Bruce Hayes)		

MEDLEY RELAY

400m....	3:39.30	USA National Team	Los Angeles	8-04-84
		(Rick Carey, Steve Lundquist, Pablo Morales, Rowdy Gaines)		

WORLD SWIMMING RECORDS
WOMEN

FREESTYLE

100m....	54.79	Barbara Krause	GDR	Moscow	7-21-80
200m....	1:57.75	Kristin Otto	GDR	Magdeburg	5-23-84
400m....	4:06.28	Tracey Wickham	AUS	W. Berlin	8-24-78
800m....	8:24.62	Tracey Wickham	AUS	Edmonton	8-05-78
1500m....	16:04.49	Kimberly Linehan	USA	Ft. Lauderdale	8-19-79

BACKSTROKE

100m....	1:00.59	Ina Kleber	GDR	Moscow	8-24-84
200m....	2:09.91	Cornelia Sirch	GDR	Guayaquil	8-07-82

BREASTSTROKE

100m....	1:08.29	Sylvia Gerasch	GDR	Moscow	8-22-84
200m....	2:28.36	Lina Kachushite.....	URS	Potsdam.....	4-06-79

BUTTERFLY

100m....	57.93	Mary T. Meagher	USA	Brown Deer.....	8-16-81
200m....	2:05.96	Mary T. Meagher	USA	Brown Deer.....	8-13-81

INDIVIDUAL MEDLEY

200m....	2:11.73	Ute Geweniger	GDR	E. Berlin	7-04-81
400m....	4:36.10	Petra Schneider	GDR	Guayaquil	8-01-82

FREESTYLE RELAY

400m....	3:42.41	GDR National Team	Moscow	8-21-84
		(Kristin Otto, Heike Friedrich, Karen Koenig, Birgit Meineke)		
800m....	8:02.27	GDR National Team	Rome	8-22-83
		(Kristin Otto, Astrid Strauss, Cornelia Sirch, Birgit Meineke)		

MEDLEY RELAY

400m....	4:03.69	GDR National Team	Moscow	8-24-84
		(Kristin Otto, Sylvia Gerasch, Ines Geissler, Birgit Meineke)		

AMERICAN RECORDS
MEN'S SHORT COURSE (yards)

United States Swimming recognizes swimming records in accordance with Article 8 of these Rules and Regulations.

FREESTYLE

50y	19.36	Robin John Leamy	UCLA	Austin, TX	3-26-81
100y	42.38	Ambrose Gaines	Auburn Univ.	Austin, TX	3-28-81
200y	1:33.80	Ambrose Gaines	Auburn Univ.	Gainesville, FL	3-06-81
500y	4:15.36	George DiCarlo	Univ. of Arizona....	Cleveland, OH	3-22-84
1000y	8:48.57	Jeff Kostoff	Industry Hills	Indianapolis, IN	4-06-83
1650y	14:38.22	Jeff Kostoff	Stanford Univ.	Cleveland, OH	3-24-84

BACKSTROKE

100y	48.25	Rick Carey	Univ. of Texas	Indianapolis, IN	3-25-83
200y	1:44.43	Rick Carey	Badger S.C.	Indianapolis, IN	4-06-83

BREASTSTROKE

100y	52.48	Steve Lundquist.....	SMU	Indianapolis, IN	3-25-83
200y	1:55.01	Steve Lundquist.....	SMU	Austin, TX	3-28-81

BUTTERFLY

100y	47.02	Pablo Morales	Stanford Univ.	Cleveland, OH	3-23-84
200y	1:43.81	Craig Beardsley	Florida Aquatic.....	Gainesville, FL	4-07-82

INDIVIDUAL MEDLEY

200y	1:45.00	William Barrett	UCLA	Brown Deer, WI	3-25-82
400y	3:47.79	Patrick Kennedy	Univ. of Florida	Cleveland, OH	3-23-84

FREESTYLE RELAY

200y	1:18.55	Mission Viejo Nadadores	Cambridge, MA	4-10-81
		(Arthur E. Griffith, Jerry Spencer, Brad Hering, Robin Leamy)		
400y	2:53.15	UCLA	Brown Deer, WI	3-27-82
		(William Barrett, Christopher Silva, Stuart MacDonald, Robin Leamy)		
800y	6:25.42	Florida Aquatics.....	Los Angeles, CA	4-13-79
		(Rowdy Gaines, David Larson, David McCagg, Keith Dickson)		

MEDLEY RELAY

200y	1:28.95	Mission Viejo Nadadores	Cambridge, MA	4-09-81
		(Jesse Vassallo, William Barrett, David McCagg, Robin Leamy)		
400y	3:12.63	Southern Methodist Univ.	Indianapolis, IN	3-24-83
		(Mark Rhodenbaugh, Steve Lundquist, Bob Patten, John Spaulding)		

AMERICAN RECORDS
WOMEN'S SHORT COURSE (yards)

FREESTYLE

50y	22.13	Tammy Thomas.....	Univ. of Kansas	Indianapolis, IN	4-08-83
100y	48.40	Tammy Thomas.....	Univ. of Kansas	Lincoln, NE	3-19-83
200y	1:44.10	Cynthia Woodhead	Riverside A.A.....	Monterey Park, CA ...	4-12-79
500y	4:36.25	Tracy Caulkins.....	Nashville Aquatic...	Monterey Park, CA ...	4-11-79
1000y	9:29.97	Kim Linehan	Longhorn Aquatic ..	Cambridge, MA	4-08-81
1650y	15:46.54	Tiffany Cohen	Mission Viejo	Indianapolis, IN	4-09-83

BACKSTROKE

100y	54.74	Sue Walsh	U. of N. Carolina ...	Indianapolis, IN	4-09-83
200y	1:57.02	Tracy Caulkins.....	Nashville Aquatic...	Cambridge, MA	4-08-81

BREASTSTROKE

100y	1:01.13	Tracy Caulkins.....	Nashville Aquatic...	Cambridge, MA	4-11-81
200y	2:11.46	Tracy Caulkins.....	Nashville Aquatic...	Nashville, TN	1-13-80

BUTTERFLY

100y	52.99	Jill Sterkel	Longhorn Aquatic ..	Cambridge, MA	4-11-81
200y	1:52.99	Mary T. Meagher.....	Lakeside	Cambridge, MA	4-08-81

INDIVIDUAL MEDLEY

200y	1:57.06	Tracy Caulkins.....	Univ. of Florida	Indianapolis, IN	3-15-84
400y	4:04.63	Tracy Caulkins.....	Nashville Aquatic...	Cambridge, MA	4-09-81

FREESTYLE RELAY

200y	1:31.12	Stanford University		Columbia, SC	3-18-81
		(Krissie Bush, Carol Proctor, Kelly Asplund, Barbara Major)			
400y	3:18.52	Univ. of Florida		Indianapolis, IN	3-17-84
		(Tracy Caulkins, Kathy Treible, Lauren Welting, Mary Wayte)			
800y	7:06.98	Univ. of Florida		Indianapolis, IN	3-15-84
		(Tracy Caulkins, Mary Wayte, Kathy Treible, Lauren Welting)			

MEDLEY RELAY

200y	1:42.10	Univ. of Florida		Gainesville, FL	3-18-82
		(Theresa Andrews, Kathy Treible, Amy Caulkins, Andrea Cross)			
400y	3:40.99	Univ. of Florida		Gainesville, FL	3-19-82
		(Theresa Andrews, Kathy Treible, Tracy Caulkins, Michele Kurtzman)			

UNITED STATES OPEN RECORDS
MEN'S SHORT COURSE (yards)

FREESTYLE

50y	19.36	Robin John Leamy	UCLA	Austin, TX	3-26-81
100y	42.38	Ambrose Gaines	Auburn Univ.	Austin, TX	3-28-81
200y	1:33.80	Ambrose Gaines	Auburn Univ.	Gainesville, FL	3-06-81
500y	4:15.36	George DiCarlo	Univ. of Arizona...	Cleveland OH	3-22-84
1000y	8:48.57	Jeff Kostoff	Industry Hills	Indianapolis, IN	4-06-83
1650y	14:38.22	Jeff Kostoff	Stanford Univ.	Cleveland, OH	3-24-84

BACKSTROKE

100y	48.25	Rick Carey	Univ. of Texas	Indianapolis, IN	3-25-83
200y	1:44.43	Rick Carey	Badger S.C.	Indianapolis, IN	4-06-83

BREASTSTROKE

100y	52.48	Steve Lundquist.....	SMU	Indianapolis, IN	3-25-83
200y	1:55.01	Steve Lundquist.....	SMU	Austin, TX	3-28-81

BUTTERFLY

100y	47.02	Pablo Morales	Stanford Univ.	Cleveland, OH	3-23-84
200y	1:43.81	Craig Beardsley	Florida Aquatics....	Gainesville, FL	4-07-82

INDIVIDUAL MEDLEY

200y	1:45.00	William Barrett	UCLA	Brown Deer, WI	3-25-82
400y	3:46.30	Ricardo Prado	SMU	Austin, TX	3-02-84

FREESTYLE RELAY

200y	1:18.55	Mission Viejo Nadadores	Cambridge, MA	4-10-81
		(Arthur E. Griffith, Jerry Spencer, Brad Hering, Robin Leamy)		
400y	2:53.15	UCLA	Brown Deer, WI	3-27-82
		(William Barrett, Christopher Silva, Stuart MacDonald, Robin Leamy)		
800y	6:21.29	Univ. of Florida	Cleveland, OH	3-22-84
		(Geoff Gaberino, Albert Mestre, Duffy Dillon, Mike Heath)		

MEDLEY RELAY

200y	1:28.95	Mission Viejo Nadadores	Cambridge, MA	4-09-81
		(Jesse Vassallo, William Barrett, David McCagg, Robin Leamy)		
400y	3:12.63	Southern Methodist Univ.	Indianapolis, IN	3-24-83
		(Mark Rhodenbaugh, Steve Lundquist, Bob Patten, John Spaulding)		

UNITED STATES OPEN RECORDS
WOMEN'S SHORT COURSE (yards)

FREESTYLE

50y	22.13	Tammy Thomas.....	Univ. of Kansas	Indianapolis, IN	4-08-83
100y	48.40	Tammy Thomas.....	Univ. of Kansas	Lincoln, NE.....	3-19-83
200y	1:44.10	Cynthia Woodhead	Riverside A.A.....	Monterey Park, CA....	4-12-79
500y	4:36.25	Tracy Caulkins.....	Nashville Aquatic...	Monterey Park, CA ...	4-11-79
1000y	9:29.97	Kim Linehan	Longhorn Aquatic ..	Cambridge, MA	4-08-81
1650y	15:46.54	Tiffany Cohen	Mission Viejo	Indianapolis, IN	4-09-83

BACKSTROKE

100y	54.74	Sue Walsh	U. of N. Carolina ...	Indianapolis, IN	4-09-83
200y	1:57.02	Tracy Caulkins.....	Nashville Aquatic...	Cambridge, MA	4-08-81

BREASTSTROKE

200y	1:57.06	Tracy Caulkins.....	Univ. of Florida	Indianapolis, IN	3-15-84
200y	2:11.46	Tracy Caulkins.....	Nashville Aquatic...	Nashville, TN	1-13-80

BUTTERFLY

100y	52.99	Jill Sterkel	Longhorn Aquatic ..	Cambridge, MA	4-11-81
200y	1:52.99	Mary T. Meagher.....	Lakeside	Cambridge, MA	4-08-81

INDIVIDUAL MEDLEY

200y	1:59.06	Tracy Caulkins.....	Univ. of Florida	Indianapolis, IN	3-15-84
400y	4:04.63	Tracy Caulkins.....	Nashville Aquatic...	Cambridge, MA	4-09-81

FREESTYLE RELAY

200y	1:31.12	Stanford Univ.	Columbia, SC	3-18-81
		(Krissie Bush, Carol Proctor, Kelly Asplund, Barbara Major)		
400y	3:18.52	Univ. of Florida	Indianapolis, IN	3-12.84
		(Tracy Caulkins, Kathy Treible, Lauren Welting, Mary Wayte)		
800y	7:06.98	Univ. of Florida	Indianapolis, IN	3-15-84
		(Tracy Caulkins, Mary Wayte, Kathy Treible, Lauren Welting)		

MEDLEY RELAY

200y	1:42.10	Univ. of Florida		Gainesville, FL	3-18-82
		(Theresa Andrews, Kathy Treible, Amy Caulkins, Andrea Cross)			
400y	3:40.99	Univ. of Florida		Gainesville, FL	3-19-82
		(Theresa Andrews, Kathy Treible, Tracy Caulkins, Michele Kurtzman)			

WORLD SWIMMING BESTS
MEN'S SHORT COURSE (meters)

FREESTYLE

50m	22.09	Jorg Woithe	GDR	Gainesville, FL	1-04-81
100m	48.52	David McCagg	USA	Austin, TX	4-15-78
200m	1:44.50	Michael Gross	FRG	West Germany	11-27-82
400m	3:42.96	Vladimir Salnikov	URS	Gotheburg, SWE	12-18-82
800m	7:44.53	Jeff Kostoff	USA	Indianapolis, IN	1-07-83
1500m	14:37.60	Vladimir Salnikov	URS	Gotheburg, SWE	12-19-82

BACKSTROKE

100m	54.55	Bengt Baron	SWE	Linkoping, SWE	4-03-81
200m	1:57.90	Mike West	CAN	Winnipeg	1-28-84

BREASTSTROKE

100m	1:00.61	Victor Davis	CAN	Winnipeg	1-26-84
200m	2:09.81	Victor Davis	CAN	Winnipeg	1-28-84

BUTTERFLY

100m	53.17	Par Arvidsson	SWE	Linkoping, SWE	4-08-81
	53.17	Dan Thompson	CAN	New Westminster	3-19-83
200m	1:56.07	Michael Gross	FRG	Ankara, Turkey	12-17-83

INDIVIDUAL MEDLEY

200m	1:58.51	Alex Baumann	CAN	Winnipeg	1-28-84
400m	4:10.67	Alex Baumann	CAN	Winnipeg	1-27-84

FREESTYLE RELAY

400m	3:16.11	USA		Austin, TX	4-16-78
		(David McCagg, Scott Findorf, Andy Veris, Andy Coan)			
800m	7:14.34	USA		Austin, TX	4-15-78
		(Andy Veris, John Hillencamp, David McCagg, David Larson)			

MEDLEY RELAY

400m	3:39.82	URS		Gotheburg, SWE	12-17-82
		(Yuri Shapovalov, Robertas Zhulpa, Alexei Markovsky, Sergey Krasiuk)			

WORLD SWIMMING BESTS
WOMEN'S SHORT COURSE (meters)

FREESTYLE

50m	25.28	Caren Metschuck	GDR	Gainesville, FL	1-09-82
100m	53.99	Birgit Meineke	GDR	Indianapolis, IN	1-09-83
200m	1:56.35	Birgit Meineke	GDR	Indianapolis, IN	1-07-83
400m	4:02.59	Cynthia Woodhead	USA	Austin, TX	4-16-78
800m	8:17.32	Petra Schneider	GDR	Gainesville, FL	1-08-82
1500m	15:43.31	Petra Schneider	GDR	Gainesville, FL	1-10-82

BACKSTROKE

100m	59.97	Kristin Otto	GDR	Indianapolis, IN	1-08-83
200m	2:07.74	Cornelia Sirch	GDR	Indianapolis, IN	1-09-83

BREASTSTROKE

100m	1:07.47	Tracy Caulkins	USA	Gainesville, FL	1-02-81
200m	2:26.17	Ute Geweniger	GDR	Gainesville, FL	1-09-82

BUTTERFLY

100m	58.91	Mary T. Meagher	USA	Gainesville, FL	1-03-81
200m	2:05.65	Mary T. Meagher	USA	Gainesville, FL	1-02-81

INDIVIDUAL MEDLEY

200m	2:10.60	Petra Schneider	GDR	Gainesville, FL	1-08-82
400m	4:33.44	Tracy Caulkins	USA	Gainesville, FL	1-03-81

FREESTYLE RELAY

400m	3:41.74	GDR	Indianapolis, IN	1-09-83
		(Kristin Otto, Camela Schmidt, Cornelia Sirch, Birgit Meineke)		
800m	7:58.74	USA	Gainesville, FL	1-03-81
		(Tracy Caulkins, Nancy Hogshead, Mary T. Meagher, Cynthia Woodhead)		

MEDLEY RELAY

400m	4:02.85	GDR	Indianapolis, IN	1-08-83
		(Kristin Otto, Ute Geweniger, Ines Geissler, Birgit Meineke)		

AMERICAN RECORDS
MEN'S SHORT COURSE (meters)

FREESTYLE

50m	22.21	Bruce Stahl	Paris, FRA	2-05-82
100m	48.52	David McCagg	Austin, TX	4-15-78
200m	1:47.29	David Larson	Austin, TX	4-16-78
400m	3:46.95	John Hillencamp	Austin, TX	4-15-78
800m	7:44.53	Jeff Kostoff	Indianapolis, IN	1-07-83
1500m	14:50.37	Jeff Kostoff	Indianapolis, IN	1-09-83

BACKSTROKE

100m	55.29	Rick Carey	Gainesville, FL	1-04-81
200m	1:59.49	Rick Carey	Gainesville, FL	1-02-81

BREASTSTROKE

100m	1:01.26	Scott Spann	Austin, TX	4-15-78
200m	2:13.86	Scott Spann	Austin, TX	4-16-78

BUTTERFLY

100m	53.29	Scott Spann	Austin, TX	4-15-78
200m	1:56.42	Craig Beardsley	Gainesville, FL	1-10-82

INDIVIDUAL MEDLEY

200m	2:00.59	Scott Spann	Austin, TX	4-16-78
400m	4:17.81	Jesse Vassallo	Austin, TX	4-15-78

FREESTYLE RELAY

200m	1:32.56	Univ. of Arkansas	Ft. Worth. TX	11-5-82
(Club)		(Chris Cantwell, Randall Ensminger, Jeff Fagler, Don St. Denis)		
400m	3:16.11	USA National Team	Austin, TX	4-16-78
		(David McCagg, Scott Findorff, Andy Veris, Andy Coan)		
400m	3:22.81	University of Florida	Gainesville, FL	1-02-81
(Club)		(Geoff Gaberino, Mike St. Denis, David Zubero, David Larson)		

800m....	7:14.34	USA National Team	Austin, TX	4-15-78
		(Andy Veris, John Hillencamp, David McCagg, David Larson)		
800m....	7:23.50	University of Florida	Gainesville, FL	1-03-81
(Club)		(Geoff Gaberino, David Larson, David Zubero, Glynn Perry)		

MEDLEY RELAY

200m....	1:44.38	Southern Meth. Univ.	Ft. Worth, TX	11-5-82
		(Jay Yarrid, Steve Lundquist, Bobby Patten, Jack Oppel)		
400m....	3:39.96	USA National Team	Gainesville, FL	1-09-82
		(Jesse Vassallo, William Barrett, Matt Gribble, Robin Leamy)		

AMERICAN RECORDS
WOMEN'S SHORT COURSE (meters)

WOMEN

FREESTYLE

50m ...	25.37	Dara Torres	Indianapolis, IN	1-08-83
100m....	54.88	Cynthia Woodhead	Paris, FRA	2-10-80
200m....	1:56.87	Cynthia Woodhead	Austin, TX	4-15-78
400m....	4:02.59	Cynthia Woodhead	Austin, TX	4-16-78
800m....	8:18.77	Cynthia Woodhead	Paris, FRA	2-08-80
1500m....	15:50.96	Kim Linehan	Indianapolis, IN	1-09-83

BACKSTROKE

100m....	1:01.11	Tracy Caulkins	Gainesville, FL	1-04-81
200m....	2:11.02	Linda Jezek	Austin, TX	4-15-78

BREASTSTROKE

100m....	1:07.47	Tracy Caulkins	Gainesville, FL	1-02-81
200m....	2:27.32	Tracy Caulkins	Paris, FRA	2-07-81

BUTTERFLY

100m....	58.91	Mary T. Meagher	Gainesville, FL	1-03-81
200m....	2:05.65	Mary T. Meagher	Gainesville, FL	1-02-81

INDIVIDUAL MEDLEY

200m....	2:10.80	Tracy Caulkins	Gainesville, FL	1-04-81
400m....	4:33.44	Tracy Caulkins	Gainesville, FL	1-03-81

FREESTYLE RELAY

200m....	1:53.45	St. Petersburg Rec. Dept.	Sarasota, FL	7-7-74
		(Mignon-Loy, Jacobs, Bajus, Merrill)		
400m....	3:42.80	USA National Team	Indianapolis, IN	1-09-83
		(Tracy Caulkins, Jill Sterkel, Kim Linehan, Marybeth Linzmeier)		
400m....	3:51.15	Auburn University	Gainesville, FL	1-10-82
(Club)		(Sandy McIntyre, Carolyn Goodley, Mary Holmes, Annie Lett)		
800m....	7:58.74	USA National Team	Gainesville, FL	1-03-81
		(Tracy Caulkins, Nancy Hogshead, Mary T. Meagher, Cynthia Woodhead)		
800m....	8:13.25	Ft. Lauderdale Swim Team	Gainesville, FL	1-8-82
(Club)		(Stephanie Mason, Beth Gardner, Christi Woolger, Paige Zemina)		

MEDLEY RELAY

200m....	2:03.00	USA National Team	Port au Spain, WI	9-1-73
		(James, Grant, Wright, Gentes)		
400m....	4:06.43	USA National Team	Gainesville, FL	1-09-82
		(Sue Walsh, Tracy Caulkins, Melanie Buddemeyer, Jill Sterkel)		
400m....	4:20.21	Fla. Aquatic Swim Team	Gainesville, FL	1-4-81
(Club)		(Susan Hagberg, Tori Blazey, Holly Green, Kathy Treible)		

UNITED STATES OPEN RECORDS
MEN'S SHORT COURSE (meters)

FREESTYLE

50m ...	22.09	Jorg Woithe	GDR	Gainesville FL	1-04-81
100m	48.52	David McCagg	USA	Austin, TX	4-15-78
200m	1:47.29	David Larson	USA	Austin, TX	4-16-78
400m	3:46.41	Vladimir Salnikov	URS	Gainesville, FL	1-03-81
800m	7:44.53	Jeff Kostoff	USA	Indianapolis, IN	1-07-83
1500m	14:50.37	Jeff Kostoff	USA	Indianapolis, IN	1-09-83

BACKSTROKE

100m	55.29	Rick Carey	USA	Gainesville, FL	1-04-81
200m	1:59.47	Frank Baltrusch	GDR	Indianapolis, IN	1-09-83

BREASTSTROKE

100m	1:01.26	Scott Spann	USA	Austin, TX	4-15-78
200m	2:11.54	Victor Davis	CAN	Gainesville, FL	1-09-82

BUTTERFLY

100m	53.29	Scott Spann	USA	Austin, TX	4-15-78
200m	1:56.42	Craig Beardsley	USA	Gainesville, FL	1-10-82

INDIVIDUAL MEDLEY

200m	2:00.59	Scott Spann	USA	Austin, TX	4-16-78
400m	4:15.11	Alex Baumann	CAN	Gainesville, FL	1-03-81

FREESTYLE RELAY

200m	1:32.56	University of Arkansas	Ft. Worth, TX	11-5-82
(Club)		(Chris Cantwell, Randall Ensminger, Jeff Fagler, Don St. Denis)		
400m	3:16.11	USA National Team	Austin, TX	4-16-78
		(David McCagg, Scott Findorff, Andy Veris, Andy Coan)		
400m	3:20.07	University of Arkansas Swim Club	Indianapolis, IN	1-9-83
(Club)		(Art Griffith, Jerry Spencer, Larry Craft, Neil Brooks)		
800m	7:14.34	USA National Team	Austin, TX	4-15-78
		(Andy Veris, John Hillencamp, David McCagg, David Larson)		
800m	7:23.50	University of Florida	Gainesville, FL	1-03-81
(Club)		(Geoff Gaberino, David Larson, David Zubero, Glynn Perry)		

MEDLEY RELAY

200m	1:44.38	Southern Meth. Univ.	Ft. Worth, TX	11-5-82
		(Jay Yarrid, Steve Lundquist, Bobby Patten, Jack Oppel)		
200m	1:50.30	Colo. Rapids Swim Team	Aurora, CO	3-21-82
(Club)		(Todd McMurdo, Scott Brackett, Frank Orten, Steve Witherington)		
400m	3:39.96	USA	Gainesville, FL	1-09-82
		(Jesse Vassallo, Bill Barrett, Matt Gribble, Robin Leamy)		
400m	3:46.85	University of Arkansas	Gainesville, FL	1-09-82
(Club)		(Randall Ensminger, John Ulibarri, Scott Bergen, Neil Brooks)		

UNITED STATES OPEN RECORDS
WOMEN'S SHORT COURSE (meters)

FREESTYLE

50m ...	25.28	Caren Metschuck	GDR	Gainesville, FL	1-09-82
100m	53.99	Birgit Meineke	GDR	Indianapolis, IN	1-09-83
200m	1:56.35	Birgit Meineke	GDR	Indianapolis, IN	1-07-83
400m	4:02.59	Cynthia Woodhead	USA	Austin, TX	4-16-78
800m	8:17.32	Petra Schneider	GDR	Gainesville, FL	1-08-82
1500m	15:43.31	Petra Schneider	GDR	Gainesville, FL	1-10-82

BACKSTROKE

100m....	59.97	Kristin Otto	GDR	Indianapolis, IN	1-08-83
200m....	2:07.74	Cornelia Sirch	GDR	Indianapolis, IN	1-09-83

BREASTSTROKE

100m....	1:07.47	Tracy Caulkins	USA	Gainesville, FL	1-02-81
200m....	2:26.17	Ute Geweniger	GDR	Gainesville, FL	1-09-82

BUTTERFLY

100m....	58.91	Mary T. Meagher	USA	Gainesville, FL	1-03-81
200m....	2:05.65	Mary T. Meagher	USA	Gainesville, FL	1-02-81

INDIVIDUAL MEDLEY

200m....	2:10.60	Petra Schneider	GDR	Gainesville, FL	1-08-82
400m....	4:33.44	Tracy Caulkins	USA	Gainesville, FL	1-03-81

FREESTYLE RELAY

200m....	1:53.45	St. Petersburg Rec. Dept.		Port au Spain, WI	9-01-73
	(Dea Mignon Loy, Kimberly Jacobs, Jacqueline Bajjus, Judith Ann Merrill)				
400m....	3:41.74	GDR National Team		Indianapolis, IN	1-09-83
	(Kristin Otto, Carmela Schmidt, Cornelia Sirch, Birgit Meineke)				
400m....	3:51.15	Auburn Univ.		Gainesville, FL	1-10-82
(Club)	(Sandy McIntyre, Carolyn Goodley, Mary Holmes, Annie Lett)				
800m....	7:58.74	USA National Team		Gainesville, FL	1-03-81
	(Tracy Caulkins, Nancy Hogshead, Mary T. Meagher, Cynthia Woodhead)				
800m....	8:11.86	Univ. of Florida		Gainesville, FL	1-08-82
(Club)					

MEDLEY RELAY

200m....	2:03.00	USA National Team		Port au Spain, WI	9-01-73
	(Sara James, Allison Grant, Camille Wright, Diane Gentes)				
200m....	2:08.90	St. Petersburg Rec. Dept.		Sarasota, FL	7-06-74
(Club)	(Jacqueline Bajus, Maureen Morrissey, Kimberly Jacobs, Marguerite McCully)				
400m....	4:02.85	GDR		Indianapolis, IN	1-08-83
	(K. Otto, U. Geweniger, I. Geissler, B. Meineke)				
400m....	4:15.88	Williams Wasps (Great Britain)		Gainesville, FL	1-09-82
(Club)	(A. L. Mason, Gaynor Stanley, Ann Osgerby, June Croft)				

AMERICAN RECORDS
MEN'S LONG COURSE (meters)

FREESTYLE

50m ...	22.54	Robin Leamy	Mission Viejo	Brown Deer, WI	8-15-81
100m....	49.36	Ambrose Gaines IV	Auburn Univ.	Austin, TX	4-03-81
200m....	1:47.92	Mike Heath	Holmes Lmbr Gtrs	Indianapolis, IN	6-25-84
400m....	3:51.03	George DiCarlo	Tucson Fr John	Indianapolis, IN	6-27-84
800m....	7:58.24	John Mykkanen	Irvine Novaquat....	Ft. Lauderdale, FL	8-14-84
1500m....	15:01.01	George DiCarlo	Tucson Fr John	Indianapolis, IN	6-30-84

BACKSTROKE

100m....	55.19	Rick Carey	USA	Caracas, VEN	8-21-83
200m....	1:58.86	Rick Carey	Badger S. C.....	Indianapolis, IN	6-27-84

BREASTSTROKE

100m....	1:01.65	Steve Lundquist	USA	Los Angeles, CA	7-29-84
200m....	2:15.38	Steve Lundquist	Mustang S.C.	Clovis, CA	8-03-83

BUTTERFLY

100m....	53.23	Pablo Morales	USA	Los Angeles, CA	7-30-84
200m....	1:57.75	Pablo Morales	USA	Los Angeles, CA	8-03-84

INDIVIDUAL MEDLEY

200m....	2:02.68	William Barrett	USA	Tokyo, JPN.	8-28-83
400m....	4:20.05	Jesse Vassallo	USA	W. Berlin, FRG	8-22-78

FREESTYLE RELAY

200m....	1:29.37	USA National Team	Austin, TX	4-12-80
		(Kirchner, Stahl, Gaines, Schatz)		
200m....	1:34.17	Ft. Lauderdale Swim Team	Ft. Lauderdale, FL	7-26-78
(Club)		(S. Allbritton, b. Rindahl, T. Makeon, A. Coan)		
400m....	3:19.03	USA National Team	Los Angeles, CA	8-02-84
		(Chris Cavanaugh, Mike Heath, Matt Biondi, Rowdy Gaines)		
400m....	3:21.80	Florida Aquatics	Clovis, CA	8-05-83
(Club)		(D. McCagg, G. Gaberino, D. Larson, D. Gibb)		
800m....	7:15.69	USA National Team	Los Angeles, CA	7-30-84
		(Mike Heath, David Larson, Jeff Float, Bruce Hayes)		
800m....	7:26.26	Holmes Lumber Gators	Ft. Lauderdale, FL	8-15-84
(Club)		(Matt Cetlinski, Duffy Dillon, Keith Switzer, Geoff Gaberino)		

MEDLEY RELAY

200m....	1:41.07	USA National Team	Mission Viejo, CA	7-21-84
		(Rick Carey, Steve Lundquist, Pablo Morales, Rowdy Gaines)		
200m....	1:47.42	Univ. of Arkansas	Ft. Lauderdale, FL ...	12-28-83
(Club)		(Larry Craft, John Ulibarri, David Gean, Norman Wyatt)		
400m....	3:39.30	USA National Team	Los Angeles, CA	8-04-84
		(Rick Carey, Steve Lundquist, Pablo Morales, Rowdy Gaines)		
400m....	3:45.66	Longhorn Aquatics	Clovis, CA	8-06-83
(Club)		(Nathan Breazeale, Andy Bauer, Chris Rives, Ambrose Gaines)		

AMERICAN RECORDS
WOMEN'S LONG COURSE (meters)

FREESTYLE

50m ...	25.61	Dara Torres.....	USA	Mission, Viejo, CA	7-21-84
100m....	55.63	Cynthia Woodhead	USA	Tokyo, JPN	9-04-79
200m....	1:58.23	Cynthia Woodhead	USA	Tokyo, JPN	9-03-79
400m....	4:07.10	Tiffany Cohen	USA	Los Angeles, CA	7-31-84
800m....	8:24.70	Kim Linehan	Longhorn A.C.	Ft. Lauderdale, FL	8-16-79
1500m....	16:04.49	Kim Linehan	Longhorn A.C.	Ft. Lauderdale, FL	8-19-79

BACKSTROKE

100m....	1:02.48	Sue Walsh	U. of N. Carolina ...	Indianapolis, IN	8-21-82
	1:02.48	Sue Walsh	USA	Caracas, VEN	8-19-83
200m....	2:11.93	Linda Jezek.....	USA	W. Berlin, FRG	8-24-78

BREASTSTROKE

100m....	1:09.53	Tracy Caulkins	Nashville A.C.....	Tuscaloosa, AL	7-24-81
200m....	2:31.15	Susan Rapp	Stanford Univ.	Indianapolis, IN	6-26-84

BUTTERFLY

100m....	57.93	Mary T. Meagher	Lakeside S.C.	Brown Deer, WI	8-16-81
200m....	2:05.96	Mary T. Meagher	Lakeside S.C.	Brown Deer, WI	8-13-81

INDIVIDUAL MEDLEY

200m....	2:12.64	Tracy Caulkins	USA	Los Angeles, CA	8-03-84
400m....	4:39.24	Tracy Caulkins	USA	Los Angeles, CA	7-29-84

FREESTYLE RELAY

200m....	1:43.25	USA National Team	Mission Viejo, CA	7-21-84
	(Dara Torres, Carrie Steinseifer, Jenna Johnson, Jill Sterkel)			
200m....	1:44.64	Starlit Aquatic Club	Indianapolis, IN	8-21-82
(Club)	(Susan Tietjen, Krissie Bush, Heather Strang, Barb Major)			
400m....	3:43.43	USA National Team	W. Berlin, FRG	8-26-78
	(Tracy Caulkins, Stephanie Elkins, Jill Sterkel, Cynthia Woodhead)			
	3:43.43	USA National Team	Los Angeles, CA	7-31-84
	(Jenna Johnson, Carrie Steinseifer, Dara Torres, Nancy Hogshead)			
400m....	3:45.68	Mission Viejo Nadadores	Brown Deer, WI	8-15-81
(Club)	(S. Habernigg, B. Major, C. Woodhead, J. Williams)			
800m....	8:07.44	Mission Viejo Nadadores	Brown Deer, WI	8-14-81
	(Marybeth Linzmeier, Sue Habernigg, Tiffany Cohen, Cynthia Woodhead)			
800m....	8:07.44	Mission Viejo Nadadores	Brown Deer, WI	8-14-81
(Club)	(Marybeth Linzmeier, Sue Habernigg, Tiffany Cohen, Cynthia Woodhead)			

MEDLEY RELAY

200m....	1:55.00	USA National Team	Mission Viejo, CA	7-21-84
	(Betsy Mitchell, Tracy Caulkins, Jenna Johnson, Jill Sterkel)			
200m....	1:58.99	Nashville Aquatic Club...	Carbondale, IL	7-12-81
(Club)	(Amy Caulkins, Tracy Caulkins, Patty King, Lisa Brown)			
400m....	4:08.12	USA National Team	Guayaquil, ECU	8-06-82
	(Sue Walsh, Kim Rhodenbaugh, Mary T. Meagher, Jill Sterkel)			
400m....	4:11.59	Cincinnati Pepsi Marlins	Austin, TX	4-12-80
(Club)	(Kim Carlisle, Kim Rhodenbaugh, Mary T. Meagher, Stephanie Elkins)			

UNITED STATES OPEN RECORDS
MEN'S LONG COURSE (meters)

FREESTYLE

50m ...	22.54	Robin Leamy	Mission Viejo	Brown Deer, WI	8-15-81
100m....	49.36	Ambrose Gaines IV.....	Auburn Univ.	Austin, TX	4-03-81
200m....	1:47.44	Michael Gross	FRG	Los Angeles, CA	7-29-84
400m....	3:50.91	Thomas Fahrner	FRG	Los Angeles, CA	8-02-84
800m....	7:52.33	Vladimir Salnikov.....	URS	Los Angeles, CA	7-14-83
1500m....	15:01.01	George DiCarlo	Tucson Fr John	Indianapolis, IN	6-30-84

BACKSTROKE

100m....	55.19	Rick Carey	USA	Caracas, VEN	8-21-83
200m....	1:58.86	Rick Carey	Badger S. C.....	Indianapolis, IN	6-27-84

BREASTSTROKE

100m....	1:01.65	Steve Lundquist.....	USA	Los Angeles, CA	7-29-84
200m....	2:13.34	Victor Davis.....	CAN	Los Angeles, CA	8-02-84

BUTTERFLY

100m....	53.08	Michael Gross	FRG	Los Angeles, CA	7-30-84
200m....	1:57.04	Jon Sieben	AUS	Los Angeles, CA	8-03-84

INDIVIDUAL MEDLEY

200m....	2:01.42	Alex Baumann	CAN	Los Angeles, CA	8-04-84
400m....	4:17.41	Alex Baumann	CAN	Los Angeles, CA	7-30-84

FREESTYLE RELAY

200m....	1:29.37	USA National Team	Austin, TX	4-12-80
	(Kris Kirchner, Bruce Stahl, Ambrose Gaines, Gary Schatz)			
200m....	1:34.17	Ft. Lauderdale Team.....	Ft. Lauderdale, FL	7-26-78
(Club)	(Scott Allbritton, Bruce Rindahl, Tim McKeon, Andy Coan)			
400m....	3:19.03	USA National Team	Los Angeles, CA	8-02-84
	(Chris Cavanaugh, Mike Heath, Matt Biondi, Rowdy Gaines)			
400m....	3:21.80	Fla. Aquatic Swim Team	Clovis, CA	8-05-83
(Club)	(D. McCagg, Gaberino, D. Larson, D. Gibb)			
800m....	7:15.69	USA National Team	Los Angeles, CA	7-30-84
	(Mike Heath, David Larson, Jeff Float, Bruce Hayes)			
800m....	7:26.26	Holmes Lmbr Gators	Ft. Lauderdale, FL	8-15-84
(Club)	(Matt Cetlinski, Duffy Dillon, Keith Switzer, Geoff Gaberino)			

MEDLEY RELAY

200m....	1:41.07	USA National Team	Mission Viejo, CA	7-21-84
	(Rick Carey, Steve Lundquist, Pablo Morales, Rowdy Gaines)			
200m....	1:47.42	Univ. of Arkansas	Ft. Lauderdale, FL	12-28-83
(Club)	(Larry Craft, John Ulibarri, David Gean, Norman Wyatt)			
400m....	3:39.30	USA National Team	Los Angeles, CA	8-04-84
	(Rick Carey, Steve Lundquist, Pablo Morales, Rowdy Gaines)			
400m....	3:45.66	Longhorn Aquatic Club	Clovis, CA	8-06-83
(Club)	(Nathan Breazeale, Andy Bauer, Chris Rives, Ambrose Gaines)			

UNITED STATES OPEN RECORDS
WOMEN'S LONG COURSE (meters)

FREESTYLE

50m ...	25.61	Dara Torres.....	USA	Mission Viejo, CA	7-21-84
100m....	55.51	Kristin Otto	GDR	Austin, TX	3-06-84
200m....	1:58.23	Cynthia Woodhead	USA	Tokyo, JPN	9-03-79
400m....	4:07.10	Tiffany Cohen	USA	Los Angeles, CA	7-31-84
800m....	8:24.70	Kim Linehan	Longhorn A.C.	Ft. Lauderdale, FL	8-16-79
1500m....	16:04.49	Kim Linehan	Longhorn A.C.	Ft. Lauderdale, FL	8-19-79

BACKSTROKE

100m....	1:02.48	Sue Walsh	U. of N. Carolina ...	Indianapolis, IN	8-21-82
	1:02.48	Sue Walsh	USA	Caracas, VEN	8-19-83
200m....	2:11.93	Linda Jezek.....	USA	W. Berlin, FRG	8-24-78

BREASTSTROKE

100m....	1:09.53	Tracy Caulkins.....	Nashville A.C.....	Tuscaloosa, AL	7-24-81
200m....	2:29.91	Hiroko Nagasaki	JAP	Los Angeles, CA	7-14-83

BUTTERFLY

100m....	57.93	Mary T. Meagher.....	Lakeside S.C.	Brown Deer, WI	8-16-81
200m....	2:05.96	Mary T. Meagher.....	Lakeside S.C.	Brown Deer, WI	8-13-81

INDIVIDUAL MEDLEY

200m....	2:12.64	Tracy Caulkins.....	USA	Los Angeles, CA	8-03-84
400m....	4:39.24	Tracy Caulkins.....	USA	Los Angeles, CA	7-29-84

FREESTYLE RELAY

200m....	1:43.25	USA National Team	Mission, Viejo, CA	7-21-84
	(Dara Torres, Carrie Steinseifer, Jenna Johnson, Jill Sterkel)			
200m....	1:44.64	Starlit Aquatic Club	Indianapolis, IN	8-21-82
(Club)	(S. Tietjen, K. Bush, H. Strang, B. Major)			
400m....	3:43.43	USA National Team	W. Berlin, FRG	8-26-78
	(Tracy Caulkins, Stephanie Elkins, Jill Sterkel, Cynthia Woodhead)			
400m....	3:43.43	USA National Team	Los Angeles, CA	8-02-84
	(Jenna Johnson, Carrie Steinseifer, Dara Torres, Nancy Hogshead)			
400m....	3:45.68	Mission Viejo Nadadores	Brown Deer, WI	8-15-81
(Club)	(S. Habernigg, B. Major, C. Woodhead, J. Williams)			
800m....	8:07.44	Mission Viejo Nadadores	Brown Deer, WI	8-14-81
	(M. Linzmeier, S. Habernigg, T. Cohen, C. Woodhead)			
800m....	8:07.44	Mission Viejo Nadadores	Brown Deer, WI	8-14-81
(Club)	(M. Linzmeier, S. Habernigg, T. Cohen, C. Woodhead)			

MEDLEY RELAY

200m....	1:55.00	USA National Team	Mission Viejo, CA	7-21-84
	(Betsy Mitchell, Tracy Caulkins, Jenna Johnson, Jill Sterkel)			
200m....	1:58.99	Nashville Aquatic Club...	Carbondale, IL	7-12-81
(Club)	(A. Caulkins, T. Caulkins, P. King. L. Brown)			
400m....	4:08.12	USA National Team	Guayaquil, ECU	8-06-82
	(Sue Walsh, Kim Rhodenbaugh, Mary T. Meagher, Jill Sterkel)			
400m....	4:11.59	Cincinnati Pepsi Marlins	Austin, TX	4-12-80
(Club)	(K. Carlisl, K. Rhodenbaugh, M. T. Meagher, S. Elkins)			

APPENDIX A

UNITED STATES MASTERS SWIMMING, INC.

Note: This appendix is the responsibility of the United States Masters Swimming Committee, and is inserted in this Code by agreement between United States Swimming and United States Masters Swimming.

DEFINITIONS

Association—a group of athletic clubs in a certain geographic area which has been recognized as an affiliated subsidiary member of USMS (Appendix C).

Club—any organization or group of permanent character that actively promotes and/or participates in sports or games.

District — the geographic territory of an Association.

Zone — a geographic section of the country that includes all Associations within the area. There are seven zones divided as follows:

Colonies—Adirondack, Connecticut, Maine, Maryland, Metropolitan, Mid-Atlantic, New England, New Jersey, Niagara, Potomac Valley, Virginia

Cow & Oil — Arkansas, Border, Gulf, Oklahoma, South Texas, Southwestern, West Texas

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

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

Heartland — Allegheny Mountain, Central, Indiana, Kentucky, Lake Erie, Michigan, Ohio, West Virginia, Wisconsin

Continental Divide — Arizona, Colorado, Montana, New Mexico, Utah, Wyoming

Oceana — Alaska, Central California, Hawaiian Island Empire, Oregon, Pacific, Pacific NW, Snake River, Southern Pacific, Pacific SW

LSC—Local Swimming Committee; a division of United States Swimming, Inc., with supervisory responsibilities within the geographic territory of an Association.

LMSC—Local Masters Swimming Committee; a division of United States Masters Swimming, Inc., with supervisory responsibilities within the geographic territory of an Association.

LDMSC—Long Distance Masters Swimming Committee, the Masters section of the Long Distance Committee of USS.

USMS — United States Masters Swimming, Inc., the entire national organization.

MSI — Masters Swimming International

USS — United States Swimming, Inc., the entire national organization.

FINA—Federation Internationale de Natation Amateur, the world governing body for swimming, diving, water polo and synchronized swimming.

Closed Competition—Competition open only to the members of one organization or group.
Event—Any race or series of races in a given stroke and distance.
Heats—a division of an event in which there are too many swimmers to compete at one time.
Meet—a series of events held under a single sanction within ten consecutive days.
Open Competition—Competition which any qualified club, organization or individual may enter.
Timed Finals—Competition in which only heats are swum and final placings are determined by the times performed in the heats.
Registration—refers to the registration of an individual member of the Corporation deemed eligible for competition in Masters swimming (25 years of age and older).
Sanction—the written approval of an LMSC to authorize registered Masters swimmers to participate in a specific competition, demonstration, clinic, exhibition or Swim-A-Thon.

I. OBJECTIVES OF UNITED STATES MASTERS SWIMMING PROGRAMS

(A) To offer the opportunity to continue conditioning or reinstitute conditioning in those adults who were formerly athletes or swimming enthusiasts.
(B) To encourage and promote physical fitness and improvements in health in those older individuals not previously involved in competitive or recreational programs.
(C) To offer encouragement to individuals, clubs, organizations, and communities, medical societies, and higher educational institutions.
(D) To enhance fellowship amongst participants in masters programs.
(E) To stimulate interest in masters programs at all levels of involvement — physical educators, clubs, organizations, recreation directors, communities medical societies, and higher educational institutions.
(F) To stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.

II. GOALS OF UNITED STATES MASTERS SWIMMING PROGRAMS

(A) To outline safe masters programs in swimming for individuals 25 years of age or over, taking cognizance of previous swimming prowess or participation, non-participation, gradual programming, physical condition, and "medical wellness" of proposed participants.
(B) To propose proper swim training for older age groups.
(C) To consider programs which will provide goals toward which older participants can work, and motivation for continuing exercise regimens in spite of the inconveniences and the stresses of adult life.
(D) To set up proper age and ability groupings in the establishment of masters swimming programs, with well-planned balancing of events, and limitation of duration and stresses of competitive programs with relation to these factors.

(E) To promote adequate medical examination, and certification of participants for masters programs, and suggest minimal requirements (standardized otherwise).

(F) To seek assistance for research programs in the medical aspects of masters programs, and coordinate, if possible, present programs in these areas.

III. CODE OF REGULATIONS OF THE UNITED STATES MASTERS SWIMMING COMMITTEE

(A) **Membership**

(1) The membership of the United States Masters Swimming Committee, hereinafter sometimes referred to as the Corporation, shall consist of two classes: group members and individual members.

(2) Group members are swimming clubs with master swimmers, and any other organizations interested in masters swimming. Every swimming club which competes in masters swimming competition sponsored by the Corporation shall be members of the respective Local Masters Swimming Committee (LMSC) and/or the Corporation.

(3) Individual members are those individuals who register with the Corporation.

(4) All members of the Board of Governors and Board of Directors, and all members of any committee of the Corporation must hold an individual membership in the Corporation.

(B) **Board of Governors**

(1) The Board of Governors of the Corporation shall consist of the following:

(a) Each LMSC is entitled to one member, and if the LMSC has a registration of over 300 swimmers in masters swimming it is entitled to one additional member, and for each additional 500 registered swimmers, one or more member. Figures shall be determined by the records of the Registrar for the previous year or June 15th of the current year, whichever is the greater.

(b) All members of the Rules Committee and the chairman of any other committee appointed by the President shall be at-large members if not already members.

(c) The President of the Corporation shall be empowered to appoint up to ten percent of the total membership of the Board of Governors as at-large members of the Board of Governors.

(d) All members of the Board of Governors shall remain until their successors are selected, except that membership may be terminated by resignation filed with the Secretary.

(2) The powers of the Board of Governors shall be as follows:

(a) To admit to group membership or individual membership any organization or person eligible under this code and who applies.

(b) To prescribe and amend the code for the government of the Corporation.

(c) To impose and enforce penalties for any violation of the code of the Corporation.
(d) 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.
(e) To collect the dues and/or funds of the Corporation and to expend the same.
(f) To institute, locate, conduct and manage all national championships.
(g) To explain, define, and interpret any provisions of this code or other rules of the Corporation, including the rules of competition.

(C) **Meetings of the Board of Governors**

(1) The annual meeting of the Board of Governors shall be held at such time and place, within or without the State of Ohio, as may be fixed in the notice of such meeting.
(2) Special meetings of the Board of Governors may be held at any time, pursuant to a resolution of either the Board of Directors or the Board of Governors.
(3) A written notice of all annual and special meetings of the Board of Governors, stating the time, place and preliminary agenda, shall be given to each member of the Board of Governors by mailing the same to each member's last known address at least three (3) weeks prior to the meeting date.
(4) Each member of the Board of Governors shall have one vote on each matter submitted to the Board of Governors of the Corporation for his vote, consent, waiver, release or other action. There shall be no voting by proxy.
(5) A quorum shall consist of those members of the Board of Governors present and voting.

(D) **Officers**

(1) The elected officers of the Corporation shall be a President, a Vice-President, a Secretary and a Treasurer. No person may concurrently hold more than one of such offices.
(2) All officers of the Corporation shall be elected by the members of the Board of Governors at annual meetings held in odd numbered years. Elected officers shall hold office for two years, or until their successors are elected and qualified.
(3) Vacancies in any office of the Corporation may be filled for the expired term by the Board of Directors at any meeting of the Board of Directors.
(4) The duties of the officers shall be as follows:
(a) The President orders meetings of the Corporation as provided in the Code and presides at all meetings of the Corporation. He has the right to exercise all the duties pertaining to this office in accordance with the Code. He is an ex-officio member of all committees.

(b) The Vice-President has duties as assigned to him by the President and has all the powers and performs the duties of the President if he is unable or incapable of performing such duties.

(c) The Secretary shall make proper arrangements for:
  (i) Keeping the records of the Corporation and the Board of Governors.
  (ii) Conducting all official correspondence of the Corporation.
  (iii) Issuing all official notices of all meetings of the Board of Governors and Board of Directors.
  (iv) Shall serve as Secretary of the Board of Governors and the Board of Directors.

(d) The Treasurer shall:
  (i) Receive all moneys of the Corporation and deposit same to accounts in the name of the Corporation.
  (ii) Pay all bills approved by a duly authorized officer or by the Board of Governors, provided same is within the authorized current budget of the Corporation.
  (iii) Turn over to the Finance Committee or Board of Governors when requested all money, accounts, books, papers, vouchers and records pertaining to his office for audit or other purposes.
  (iv) Prepare an annual financial report to be presented to the Board of Governors at the annual meeting.
  (v) Receive monthly moneys and statements.

(E) **Board of Directors**

(1) The Board of Directors of this Corporation shall consist of:
  (a) The President, the Vice-President, the Secretary and the Treasurer.
  (b) Each member of the Zone Committee.
  (c) Past Presidents not already on the Board.
  (d) The Chairman of the following committees: Historian, Membership/Registration, Medicine, Rules, Records, Tabulation, Legislation, Planning, International Masters Swimming, Long Distance Swimming and Championship.
  (e) The Legal advisor.
  (f) An ex-officio member from U.S. Swimming.

(2) Directors shall be elected or appointed for a two year term.

(3) The Board of Directors of the Corporation shall at all times be composed of individuals at least 80% of whom are at the time of their election active masters swimmers in the United States.

(4) Any vacancies that may occur on the Board of Directors caused by death, resignation or otherwise, shall be filled by a majority vote of the remaining members thereof, from among the members of the Board of Governors for the unexpired term.

(5) The Board of Directors shall have the authority to act for the Corporation between meetings of the Board of Governors.

(6) Meetings of the Board of Directors shall be held at any time or place, within or without the State of Ohio, pursuant to resolution of the Board of Directors or to a call signed by the President or any three Directors. Two (2) weeks written notice of such meeting shall be given to each Director. Notice of any meeting may be waived in writing either before or after 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.

(7) The presence of a majority of the Directors shall constitute a quorum at any meeting of the Board of Directors.

(8) Each member of the Board of Directors shall have one vote with the exception of the Past Presidents. The immediate Past President shall have one vote and all other Past Presidents shall be ex-officio members. Ex-officio members shall have voice but no vote.

(F) **Executive Committee**

(1) The Executive Committee of this Corporation shall consist of:
   (a) The President, Vice President, Secretary and Treasurer
   (b) Zone Chairman
   (c) The Legal Advisor
   (d) The immediate Past President

(2) The Executive Committee shall have the authority to act for the Corporation between meetings of the Board of Directors.

(G) **Committees**

(1) The Finance Committee shall consist of the Treasurer, who shall serve as an ex-officio member, and members including a chair appointed by the President for two-year terms. With the approval of the Board of Governors and under the supervision of the Board of Directors, the Finance Committee shall prepare the annual budget, invest assets of the Corporation and seek sources of revenue.

(2) The Sports Medicine Committee shall consist of the chairman appointed by the President for a two-year term, and others who can stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.

(3) The Rules Committee chairman shall be appointed by the President for a two-year term. The chairman shall choose from the Board of Governors 10 members with at least 1 member from each Zone. The Rules committee recommends to the Board of Governors at its Annual Meeting rule changes for the improvement of the sport. Such recommendations shall be based on proposals submitted to the Rules Committee in writing and in the proper form by the deadline established by

the chairman of the Rules Committee. The committee's recommendations shall require majority approval by the Board of Governors members present and voting at the Annual Meeting in order to be adopted. Any rule proposals not submitted and recommended in this way must be passed by a two-thirds vote of the Board of Governors at the annual meeting.

(4) The Records Committee shall consist of the chairman, appointed by the President for a two-year term, and as many members as necessary to carry out the duties of the committee appointed by the Chairman. The duties of this committee are to establish a standardized process of recording and verifying times. Records shall be kept in the following categories.
   (a) American USMS Records
   (b) Open USMS Records
   (c) USMS National Championship Meet Records

(5) The Tabulation committee shall consist of the chairman, appointed by the President for a two-year term, and as many members as necessary to carry out the duties of the committees appointed by the chairmen. The ten best times in each event shall be published annually.

(6) The Championship Committee shall consist of the chairman, appointed by the President for a two-year term, and one member from each of the zones, a representative of the Sports Medicine Committee, and any other members the chairman shall deem necessary to carry out the work of the committee. Duties of the committee include receiving bid proposals for national championships, coordinating the date and site with other national swimming championships, and reviewing the bids and making recommendations for the award to the Board of Directors. In addition the Championship Committee shall serve in an advisory capacity to the winners of the bids for each championship and shall endeavor to maintain a consistent approach to the running of all national championships, including the production of pre-meet and post-meet literature and results.

(7) The Nominating Committee shall be the Zone Committee. They will a) canvas qualified and interested persons, b) present a slate at least one month before the Annual Meeting. Additional nominees will be accepted at the Annual Meeting upon nomination of a person by two (2) delegates to the Board of Governors and with the written consent of the nominee(s).

(8) The Membership/Registration committee shall consist of the chairman appointed by the President for a two year term and one member from each of the zones. Duties of the committee include preparing regulations and fees for Membership and Registration to present to the Board of Governors.

(9) The Legislation Committee shall consist of the chairman, appointed by the president for a two-year term. The chairman

shall choose from the Board of Governors 14 members, with 2 members from each zone. The Legislation Committee may initiate and shall consider proposed amendments to all parts of the Code except those relating to Section V, Masters Swimming Rules, and shall present them to the annual meeting of the Board of Governors with recommendations.

(10) The Planning Committee shall consist of the chairman, appointed by the president for a two-year term, one member from each of the zones, and the other members as may be appropriate. The committee will prepare and revise an appropriate and long range plan including short and long range objectives dealing with the vitality and quality of the organization, meet promotion, sponsorship and other concerns of interest to Masters Swimming. Such a plan would include guidelines and/or criteria that would be used in improving the administrative organization; organizing and conducting national and regional meets; soliciting, administering and evaluating the sources and uses of extramural support; and other appropriate matters.

(11) The International Swimming Committee shall consist of the Chairman, appointed by the president for a two-year term, and other members as may be appropriate. The committee will encourage, promote and coordinate Masters swimming on an international basis, and shall be empowered to bid for MSI Championship Meets.

(12) The Long Distance Masters Swimming Committee shall consist of a chairman appointed by the president for a 2 year term, plus one representative from each USMS zone and three at-large members. The chairman will be the USMS representative to the USS Long Distance Swimming Committee. Each LMSC is entitled to membership on the USS Long Distance Swimming Committee.

(13) The Zone Committee shall consist of a representative from each zone elected by the members of the Board of Governors of each LMSC in each zone at the Annual Meeting for a two-year term. Zone representatives shall be a resident of their zone and a change of residency by a Zone Representative out of the Zone shall cause a vacancy. In the event a vacancy exists, the President shall appoint a member of the Zone to fill the unexpired term. The Zone Representatives shall select the chairman of the committee from within or without the committee. The committee shall carry out the responsibilities assigned to it by the 1) Policies of the Board of Governors, 2) the President, 3) the Code of USMS, and 4) the stated need of the LMSC's.

(14) The President may establish any other committees which are deemed necessary to carry out the duties of the President.

(H) **Financial**

(1) The Corporation shall have a fiscal period for tax and accounting purposes commencing on the first day of September in each year.

(2) The Treasurer shall prepare annual financial reports showing the income and disbursements of the Corporation which shall be similar to those reports required of nonprofit organizations by section 6056 of the Internal Revenue Code of 1954 (or corresponding provision of any subsequent tax laws). Such annual financial reports shall be made available for inspection by members of the general public at the Corporation's principal office on request made within 180 days after notice of its availability.

(3) Fees shall be as established by the Board of Governors.

(I) **Indemnification**

(1) Each person who is or was a director, officer, or employee of the Corporation (including the heirs, executors, administrators, or estate of such person) shall be indemnified by the Corporation to the full extent permitted by the Nonprofit Corporation Law of the State of Ohio against any liability cost or expense incurred by him in his capacity as director, officer, or employee, or arising out of his status as a director, officer or employee (including serving at the request of the Corporation as a director, trustee, officer, employee or agent of another corporation).

(2) The Corporation may maintain insurance, at its expense, to protect itself and any such person against any such liability, cost or expense. For the purpose of the Article X, references to "the Corporation" include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

(J) **Dissolution**

(1) If deemed advisable by the members, the Corporation may be dissolved pursuant to the applicable provision of the Corporation laws of the State of Ohio.

(2) Upon the dissolution of the Corporation, the Board of Directors shall, after paying or making provision for the payment of all the liabilities of the Corporation, dispose of all the assets of the Corporation exclusively for the purposes of the Corporation or to such organization or organizations organized and operated exclusively for charitable, educational, religious, literary or scientific purposes as shall at Section 501(c)(3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law).

(K) **Appeals**

(1) Review Section - The Review Section of United States Masters Swimming shall consist of the following:

(a) Registration chairman and each zone representative

(2) Procedure - The Review Section shall follow the rules of due process as defined in the United States Swimming Code (Appendix D) and its actions shall be binding.
(3) Appeal from Review Section - The appeal may be made to the Board of Directors of USMS.

(L) **Amendments**

(1) These regulations may be adopted only by the affirmative majority vote of the members of the Board of Governors present and voting at the Annual Meeting after being submitted to the Board of Governors in writing by any one of the standing committees, or provided notice of any such change is submitted by the Board of Directors at least fifteen (15) days prior to such meeting. A two-thirds vote of the present and voting members of the Board of Governors shall be necessary for passage if the proposed regulation was not submitted in one of these ways.
(2) An amendment may be proposed only by a local Masters Swimming Committee, a duly constituted committee or the board of Directors. All proposed amendments to Rules for Masters Swimming (Part V) shall be considered by the Rules Committee for report and recommendation to the Board of Governors, and all other proposed amendments to the Code shall be considered by the Legislation Committee for report and recommendation to the Board of Governors, in such form as to show the entire section as it will read if adopted, with any changes in language underlined if new and lined out if deleted.
(3) All proposed amendments to the Code other than Part V (Rules for Masters Swimming) shall be submitted to the chairman of the Legislation Committee not less than 75 days prior to the first day of the annual meeting of the Board of Governors.
(4) All proposed amendments to Part V shall be submitted to the Rules Chairman not less than 90 days prior to the first day of the annual meeting of the Board of Governors.
(5) A proposed amendment may be modified in any manner by the Board of Governors while under consideration, but such modification must be germane to the subject matter of the proposed amendment.
(6) All proposed amendments to the United States Masters Swimming Code of Regulations and Rules for Masters Swimming shall be published and mailed to all members of the Board of Governors not less than one month prior to the annual meeting of the Board of Governors.
(7) A majority of the members of the Board of Governors present at a legal meeting can alter, amend, or repeal the technical rules for Masters Swimming in Section V.
(8) All amendments approved as prescribed shall become effective on January 1 of the year following their adoption unless otherwise specified at time of adoption.

IV. ATHLETES AND ATHLETIC EVENTS

Refer to Appendix C for LMSC Territories and registration codes.

(A) **Membership of athletes**—all swimmers competing in events sanctioned by Masters swimming must be registered.
  (1) Athlete registration is for a calendar year period. Swimmers applying for registration on or after Nov. 1 will be issued a registration card valid through Dec. 31 of the following year.
  (2) Athlete registration forms may be obtained from the registration chairman of the LMSC. The form, fully completed, shall be submitted with the applicable fee to the registration chairman of the LMSC, who shall issue a registration card.
  (3) The annual registration fee is composed of the following elements:
    (a) A national fee established by the Board of Directors or the Board of Governors.
    (b) A local fee established by the LMSC.

(B) **Sanctions**—All Masters Swimming and Long Distance Masters Swimming competition must be sanctioned by the LMSC within whose territorial limits the event is held.
  (1) Requirements
    (a) No sanction of any event will be granted with the word "Olympic", or any derivative thereof, is used in any manner in connection with said event unless consent is obtained from USS.
    (b) All sanctions must be signed by the LMSC's registration chairman or his designee, and a record thereof must be retained in a book kept for such purpose.
    (c) The following clause will appear on all sanction application forms and on all forms upon which official sanctions are granted: "The undersigned agrees to hold United States Masters Swimming and the Local Masters Swimming Committee free and harmless from any and all damages, claims, demands and legal action arising by reason of injury to anyone during the conduct of the event, including all attorney fees and court costs."
    (d) Application for sanctions must be accompanied by a copy of the entry blank and applicable fee.
    (e) The sanction fee shall be as established by the LMSC.
    (f) No further sanction will be given to any organization which has failed to conduct said meet as stated on the entry blank.

(C) **Conditions**—All sanctioned events are subject to the following conditions:
  (1) No swimmer's entry will be accepted unless he is registered.
  (2) The registration number of each swimmer must accompany the entry blank and his affiliation must be displayed after his name on the heat sheet or in the program.

(3) Entry blanks and programs must bear the statement: "Held under the sanction of United States Masters Swimming, Inc.", and include an appropriate address for the LMSC.

(D) **Competition Outside the United States**

(1) A current USMS registration card shall serve as a valid travel permit.

(2) Any competitor touring in a foreign country may also obtain from the national Masters Swimming registration chairman or his designee, a written authoritative permission to compete in such country.

(E) **Representation**

(1) In order for a swimmer to compete as a representative of a club or other organization, that organization must be a member in good standing of the LMSC and United States Masters Swimming, Inc.

(2) A swimmer need not reside in the LMSC territory in which the club he represents is located but must be registered in that LMSC.

(3) To transfer representation from one club/organization to another, a swimmer must serve sixty (60) consecutive days without having represented any club/organization in competition, regardless of his residency.

(4) When transferring from one LMSC to another, a swimmer shall present a transfer from his previous LMSC indicating his last date of competition.

(5) An unattached competitor is a registered swimmer who represents no club or other organization.

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

(7) There shall be one registration per individual swimmer permitted at any one time.

V. RULES FOR MASTERS SWIMMING

(A) **Eligibility**

(1) Masters competition is open to all USMS registered athletes 25 years of age and older.

(2) Those swimmers registered for Masters meets may participate in non-USMS aquatic activities, meetings, exhibitions, demonstrations, etc., without jeopardy to their eligibility to swim in USMS competition. However, any times achieved in non-sanctioned or non-approved activities will not be recorded for official purposes and cannot be used for association rankings or national top ten, All-American status, or qualification times for USMS National meets if qualification times become necessary in the future.

(B) **Age Groups**—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 for individual events; Relays, 25 and over, 35 and over, 45 and over, 55 and over, 65 and over, 75 and over.

Note: A 20-24 age group will be added at such time as this category is accepted by FINA.

(C) **Age Determining Date**—The eligibility of a participant for a particular age group will be determined by his age as of the last day of the meet.

(D) **Entry Fees**—Entry fees for local Masters events shall be set by the LMSC. Entry fees for regional championships cannot exceed fees specified for national championships in Section (H)(7). A surcharge of up to $2.00 per swimmer may be charged to help defray costs when automatic timing is being used.

(E) **Swimming Rules**—Articles 1, 2, and 3 of U.S. Swimming Technical Rules as amended to govern all Masters competitions with the following exceptions:

(1) Times shall not be subject to the provisions of Article 8, as it concerns placement in such race.
(2) Times may be submitted for Masters records only.
(3) The breaststroke kick or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race.
(4) Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.
(5) The forward start may be taken from the starting block, the pool deck or a push from the wall.
(6) Competitors shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay per meet.
(7) All masters events shall be conducted on a timed final basis.
(8) Any swimmer or relay team not reporting for or competing in an event shall not be penalized.
(9) Willing competitors may be swum two (2) in a lane in the 1650 yard and the 1500 meter freestyle. Such heats will be seeded by time, fastest first and these heats completed before the heats with a single competitor per lane. Separate timing will be required for each swimmer.
(10) It is recommended that when swimmers are seeded by time and not by age groups, the fastest two swimmers in each age group shall not be seeded into outside lanes. They shall be moved in one lane, or given the center lane in the next slowest heat, whichever is the most appropriate placement.

(F) **Times**—The ten best times nationally in each division shall be published annually for the events listed under Section G below:

(1) All times must be made in actual sanctioned USMS approved competitive meets or events.

(2) Times to be considered for records and Top Ten listing must be made on or before the last day of the National Championship for that course and forwarded to the Masters Records Chairman within 35 days from the date of the last day of the National Championship for that course.

(a) Exception: If the national long course championship ends before Aug. 31, times to be considered for records and Top Ten listing for long course will be extended to and include the date of Aug. 31.

(3) Each Association is responsible for reporting the top ten times in each event made in its association area only, even though the times were made by swimmers from other Associations.

(4) To be considered for Top Ten (National) or for Records (National): all relays must include the name of the registered swim club and the full name and age of each swimmer. For all individual events eligibility is based on current registered USMS swimmers as noted on the entry card and the results must contain the full name and age of each swimmer.

(5) National records shall be published in the 1983 USS Rules and Regulations, and all subsequent USS rulebooks.

(G) **Events**—The following events may be conducted for each age group Short Course (25 yards)

50-100-200-500-1000-1650 yards Freestyle
50-100-200 yards Backstroke
50-100-200 yards Breaststroke
50-100-200 yards Butterfly
100-200-400 yards Individual Medley
200 yards Medley Relay
200 yards Freestyle Relay
200 yards Mixed Freestyle Relay (2 female and 2 male)
200 yards Mixed Medley Relay (2 female and 2 male)

Long Course (50 meters)

50-100-200-400-800-1500 meters Freestyle
50-100-200 meters Backstroke
50-100-200 meters Breaststroke

50-100-200 meters Butterfly
200-400 meters Individual Medley
200 meters Medley Relay
200 meters Freestyle Relay
200 meters Mixed Freestyle Relay (2 female and 2 male)
200 meters Mixed Medley Relay (2 female and 2 male)

Note: It is not necessary to conduct all of the above events in meets. However, each age division should include the shorter distances (freestyle, backstroke, breaststroke and butterfly event plus the individual medley and relays).

(H) **National Championship Meets**

(Recommended for all Championship Meets when possible)

(1) USMS Championships shall be awarded in the following categories:
   (a) Men's and women's short course swimming championships, which shall be held between April 15 and May 31.
   (a) Men's and women's long course swimming championships, which shall be held between August 1 and September 15.

   Note: Check national junior and senior dates for conflict.

(2) The official name shall be ____(insert year)____ United States Masters Swimming National _____(insert Short or Long)_____ Course Championships.

(3) Awarding of a Championship Meet.
   (a) The USMS Championship Committee shall be responsible for the solicitation of bids in accordance with the zone rotation system hereinafter set forth, and shall present to the Board of Governors at the annual meeting held at least two years prior to the date being awarded a list of all approved bidders for each short and long course championship.
   (b) Awarding of a Championship Meet.
      (i) A National Championship shall be awarded only to an LMSC, or a team with the endorsement of the LMSC, which is in current good standing in USMS, Inc. In either event the facility to be used must be in accordance with the facility standards which have been adopted by USMS, Inc.
      (ii) 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 Championship Meet.

(iii) All bids for a Championship Meet shall be returned to the chairperson of the Championship Committee no less than 30 days prior to the annual meeting.

(iv) Prior to the annual meeting, the Championship Committee shall certify each bid for compliance with its policies and procedures, including facility standards.

(v) At the annual meeting of the Board of Governors, those bids which are certified shall be presented. The awarding of the bid shall be made by majority vote of the Board of Governors.

(vi) In the event that suitable bids are not received from the designated zone 30 days prior to the annual meeting, then the chairperson of the Championship Committee shall notify all Zone Chairmen that bidding is open to all zones, provided the bids comply with paragraphs (i) and (ii) above, and are received prior to the start of the annual meeting of USMS, Inc.

(vii) Failure of the Championship Committee to receive a suitable bid from the proper zone shall negate the rotation system for that meet only, and shall not affect the future normal rotation.

(viii) While the procedures for awarding National Championships need to be clarified and followed whenever possible, it is in the best interest of Masters Swimming to rotate the awarding of National Championships. The Championship Committee shall have the right to override the procedures set forth above with the concurrence of the Board of Governors.

(ix) The Championship Committee shall provide such assistance and guidance necessary to provide for uniformity in Championship Meet production. Out of pocket expenses for services shall be reimbursed by the recipient of the bid.

(x) Successful bidders of National Championships will pay to United States Masters Swimming, Inc., prior to the beginning of the meet, a fee of $2.00 per individual entrant in the meet. Upon compliance with the conditions set forth in the Meet Award, the sum of $1.00 per entrant shall be returned. Non-compliance with said conditions, as determined by the championship committee within 60 days of the last day of the meet, shall result in forfeiture of part or all of this amount.

(4) National Championships shall be awarded using the three zone system as set forth in Article 5, Section 105.6 of the Technical Rules of USS.

YEAR	ZONE I -WEST	ZONE II - CENTRAL	ZONE III -EAST
1985	—	SC	LC
1986	LC	—	SC
1987	SC	LC	—
1988	—	SC	LC
1989	LC	—	SC
1990	SC	LC	—
1991	—	SC	LC

(5) Conduct of National Championships will be governed under the technical rules of USMS, Inc.

(a) A general meeting of the Board of Governors, 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. The meeting date, time, and location shall be included in the official meet information. The Chairman of this meeting shall be the President of USMS, Inc. or his designee, and the governing body shall be the USMS, Inc. Board of Governors. Business pertinent to the operation of the championships 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. Since changes can be made, it is the obligation of every swimmer or his representative to arrive with enough time to complete his registration and to appraise himself of any changes which have been made. It shall be the Meet Director's responsibility to post in conspicuous places at the pool, registration area, and headquarter's area notices of changes prior to the start of the first days' competition.

(b) Meet Director—shall follow the technical rules of USMS, Inc. and the policies and procedures established by the Championship Committee with regard to the planning for and executing the requirements of a Championship Meet.

(c) The entry form for both individual and relay events and meet information shall be prepared according to the direction of, and approved in advance of printing by, the Championship Committee. No other form may be used.

(d) Computerization—it is suggested that the organization conducting the championship shall compile entry lists, heat sheets, entry cards, and final results, by computer.

(e) Heat Sheets—listing heat and lane assignments for preseeded events and entry list by time (fastest to slowest) for deck-seeded events shall be made available to all swimmers at the time of registration.

(f) Warm-up Schedule—a list of times when the competition pool, and other facilities will be available for warm-up, will be provided in the pre-meet information.

(g) Protest Procedure

(i) Protests against judgment decisions of starters, stroke, turn, and relay takeoff judges, may only be considered by the referee of the meet.

(ii) Protests affecting the eligibility of an individual or a team to compete, or protests arising from the competition itself, shall be handled by a panel of five persons comprised of one representative each from the Championship Committee, Registration Committee, and

Rules Committee, plus two swimmers selected from other than the host team by the other three panel members. This panel shall be chaired by the representative from the Championship Committee. Protests shall be submitted in writing, heard by the panel, and decisions rendered, no later than the last day of competition. Opportunity shall be afforded both the party lodging the protest and the party charged a chance to be heard. The decision of the panel shall be final.

(iii) Any protests made following the close of competition shall be directed to the chairperson of the Championship Committee for resolution.

(h) The deadline for receipt of entries for National Championship Meets shall be not more than 30 days prior to the first day of competition.

(i) Competitors may enter and swim in a maximum of 6 individual events in a four-day National Meet, with a maximum of 3 individual events per day. Competitors shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay per meet. Each team shall be limited to no more than three relays in each event in each age group. All competitors including members of relay teams must fill out and sign the appropriate entry form.

(j) Seeding

(i) All events 200 yards/meters or less shall be pre-seeded, with fastest heats swum first within each age group.

(ii) If, in any group, there are not enough swimmers for a complete heat, all swimmers in that age group shall be seeded in adjacent lanes for pre-seeded events.

(iii) Events over 200 yards/meters except for the 1650 yards/1500 meters may be pre-seeded as in (i) above, or may be deck-seeded on time only, with the fastest times in the first heat, the second fastest times in the second heat, etc.

(iv) The 1650 yards/1500 meters freestyle shall be deck-seeded. On those occasions when only one pool is used for both men's and women's events, heats shall be apportioned and alternated by sex. Willing competitors shall be swum two to a lane when only one course (7, 8, 9, or 10 lanes) is available for the event. Such heats will be seeded by time, fastest first, and these heats completed before the heats with a single competitor per lane.

(v) At the option of the Meet Director, relays may be deck seeded.

(vi) All information regarding seeding must be stated on the entry form.

(k) If more than one course is to be used in a National Championship Meet, then each course must have its own automatic timing system. When the depth of the course(s) varies, then male and female contestants shall share equal time in the deep end of the pool. Commencing with year 1983, women's events shall be scheduled in the deeper course on days one and three in odd years, and alternate every year thereafter. In the event that both courses are the same, then it shall not affect the rotation.

(l) Entry fees for National Championships shall be $3.00 for individual events and $8.00 for relays. A $10.00 surcharge may be charged to be used by the meet sponsor to help pay meet expenses. A banquet or social event may be conducted for an additional fee. Participation in this event is optional.

(m) Four day program for Championship Meets (Women's events shall precede Men's events).

Short Course	**Long Course**
1st Day	
200 yd Back	200 mtr Back
100 yd Breast	100 mtr Breast
50 yd Free	50 mtr Free
200 yd Fly	200 mtr Fly
100 yd IM	200 mtr Med Relay
200 yd Med Relay	400 mtr Free
500 yd Free	
2nd Day	
200 yd Breast	200 mtr Breast
100 yd Fly	100 mtr Fly
50 yd Back	50 mtr Back
100 yd Free	100 mtr Free
200 yd IM	200 mtr IM
200 yd Free Relay	200 mtr Free Relay
200 yd Mixed Med Relay	200 mtr Mixed Med Relay
3rd Day	
200 yd Free	200 mtr Free
50 yd Breast	50 mtr Breast
100 yd Back	100 mtr Back
50 yd Fly	50 mtr Fly
400 yd IM	400 mtr IM
200 yd Mixed Free Relay	200 mtr Mixed Free Relay
4th Day	
1650 yd Free	1500 mtr Free

(n) 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. The number of awards given will be determined by the number of lanes used in the pool. Medal awards will be awarded one through six, and appropriate awards will be awarded seven and beyond.

(o) Each individual who wins a short course or long course individual or relay championship shall be awarded a USMS Championship patch. Swimmers winning more than one championship may purchase additional patches for each additional championship won.

(p) Team scoring will be tabulated in three categories: 1) WOMEN'S—women's individual and women's relay events; 2) MEN'S—men's individual and men's relay events; and 3) COMBINED—women's, men's and mixed relay events. USMS will provide team awards to the winners of the categories scored above. Meet results and team scores shall be published within thirty days of the last day of the meet, and distributed to members of the USMS Board of Directors, representatives of participating teams, and USMS top ten national recorders.

(q) There will be no splitting of age groups into AM and PM sessions. However, at the meet director's discretion, swimmers whose seed times will inordinately delay the progress of the meet may be seeded individually in an outside lane with mechanical timing, thus allowing the continued sequence of the regularly scheduled heats.

(r) 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.

(s) National Championship Meets will include and welcome foreign swimmers on the same basis as U.S. swimmers except that they may not qualify for USMS top ten and All-American awards.

(t) The Meet Director of each National Championship Meet shall submit a written evaluation to the chairperson of the Championship Committee within 90 days of the end of competition. This evaluation shall include a complete financial report, copies of meet information, entry forms, heat sheets, and final results, and any other information which may be helpful to future Meet Directors.

(l) **Swimming Records**

(1) Classification

(a) American USMS Record—The fastest time by a USMS registered swimmer in each event in USMS sanctioned or approved competition.

(b) Open USMS Record—The fastest time by any swimmer in each event in USMS sanctioned competition.
(c) USMS National Championship Meet Record—The fastest time in each event at the SC and LC National Championship meets.

(2) Recognized distances and strokes as listed in Section V (G).

(3) Requirements
(a) Records must be made in accordance with all pertinent rules of Masters Swimming.
(b) A record can only be made in still water.
(c) Records established by a swimmer in the first leg of a relay race shall be acceptable as individual performances provided that all applicable rules have been complied with.
(d) Records set outside the United States shall be applied for on official record application forms and are subject to all pertinent requirements.
(e) Record must be achieved in the relevant stroke/event, i.e., a backstroke record must be set in a backstroke event, etc. Records set in freestyle events can be submitted only as freestyle records regardless of the stroke or strokes used.
(f) Split times recorded by completely automatic officiating equipment shall be official for all purposes provided the swimmer completes the full scheduled distance of the event.
(g) Record times registered by automatic equipment shall be submitted in hundredths of a second (two decimal places). If times are tied to 100ths seconds, the results shall be declared a tie and records shared by each swimmer thus tied.
(h) 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 a copy of the entry card with the timers' signatures to the national records chairman. Responsibility for this lies with either the records chairman, the recorder of records or the official scorer of the meet.

(J) **MSI Championship Meets**—(long course only)
(1) U.S.M.S. affiliate fee to M.S.I. is due each January 1 (for calendar year).
(2) MSI Records — Details of U.S.M.S. long course National Meet results shall be supplied to MSI.

(K) **National Recognition of Achievement**—The registered USMS swimmer with the fastest listed time for an individual event for that season that is listed in the National Top Ten Times shall be declared the All-American in that event for the year. All top ten times, as well as national record times should be in the hands of the National USMS Records Chairman within 35 days from the date of the last day of the championship for that course.

(L) **Medical Examination**—Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters training. In addition, it is also recommended that each competitor have a physical check-up immediately prior to Masters competition in order to insure his physical readiness for participation. Medical evaluation forms are available upon request by writing to the National AAU Aquatics Office.

(M) **Medical Equipment**—Meet directors are encouraged to investigate the use of appropriate EMT equipment and personnel for all meets.

APPENDIX B

LONG DISTANCE SWIMMING COMMITTEE OF UNITED STATES SWIMMING

I. ADMINISTRATION

(A) **Organization**

The chairman shall be appointed by the president. The committee shall recommend its choice for this position to the president for consideration. The committee is responsible to the Senior Division Vice President for the conduct and administration of the USS Long Distance Swimming Program.

The membership of the Long Distance Swimming Committee of United States Swimming shall consist of the following:

A. One member from each of the Local Swimming Committees (LSC)
B. One member from each Local Masters Swimming Committee (LMSC)
C. One member appointed by the president of USS
D. One member appointed by the president of USMS to coordinate Masters activities
E. Past chairmen
F. Members-at-large selected by the Committee

(B) **Registration and Sanctions**

(1) All Long Distance swimming athletes will be required to register with USS or USMS, and to conform to their respective codes, rules and regulations prior to competing.

(2) Sanctions will be required for all Long Distance swimming events. LSCs are responsible for issuing sanctions for events involving USS athletes. Similarly, LMSCs are the responsible agents for issuing sanctions for events involving USMS athletes. If a Long Distance swimming event will have both USS and USMS sections, two sanctions must be obtained, 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. Under no circumstances will a USS athlete and a USMS athlete be considered part of the same competition.

II. DEFINITION

Long distance swimming shall be defined as any freestyle swimming event over 1500 meters, normally conducted in a natural body of water; i.e., a lake, river, or ocean, although man-made pools, quarries and reservoirs may be used.

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 open water and shall be a quarter of a mile (440 yards) straightaway using a cable with floats stretched between two pylons or platforms fixed stationary 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 pylons. 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 will not restart the race if ½ mile has been completed. The last recorded ½ mile time for each swimmer will be used to place finishers.

(B) **Open water distance events (includes rough water)**—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) **Marathon-Type Events (Over Six Miles)**—The same considerations as stated in the above apply, except the event will be a greater distance in this type of event. The meet managers are encouraged to establish entry requirements that ensure contestants will have a reasonable chance of completing the events. Time limits for completion may be set. When the time limit expires, all swimmers in the water will be required to retire from the race.

(D) **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. When the event is contested as a postal meet, the results are sent to a central location for tabulation. Each entrant will be responsible for the validity of the figures and the distance submitted. 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 shall be used to time the event.

(E) **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. All information relative to the swim shall be made public and available to any interested person at least three days before the event. If the event is to be swum in more than one LSC, the LSC where the attempt will start will have jurisdiction in issuing the sanction. This does not prohibit the other LSC from issuing a sanction for the event. If more than one swimmer is attempting to swim, only one sanction need be issued. All times achieved in long distance individual attempts shall be duly certified and made a matter of record by the appropriate governing body or its representatives. Further, a copy of the above should be sent to the National Long Distance Chairman who will be responsible for maintaining 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 distance.
(4) Verifications and documentation that all rules were observed and the swimmer(s) either completed or failed to complete or attain the distance.

All safety requirements must be observed and qualified medical assistance should be readily available during the attempt.

(F) **Team Events**

A team event may be contested on a total time or point-system basis.

(1) Three contestants on each team shall be considered in the computations for team scoring. The team whose top three 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 the first five 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 clubs and signed by an authorized official of the club making the entry.

(4) Mixed sex teams, with a minimum of two women per team, may be contested.

(G) **Relays**—Relay teams shall consist of six swimmers. The team members shall rotate in the same order throughout the event. The time each swimmer is required to spend in the water shall be specified on the entry form. The changeover to the new swimmer will be made as soon as is practically possible after the previous swimmer has completed his respective leg. In the exchange, physical contact must be made between the two swimmers.

IV. SAFETY PRECAUTIONS

(A) Each competitor is strongly encouraged to have a complete medical evaluation before competing in any long distance swimming event.

(B) As courses and conditions vary from location to location, the meet director will be responsible for establishing and enforcing safety standards necessary to ensure the safety of all competitors. Some considerations which *must* be explained and accompany a sanction request are: a) sample entry form, b) course maps, c) approvals of local jurisdictions (coast guard, park, county, etc.), d) plan for medical evacuation of swimmers, e) number, assignment and location of rescue/aid personnel and craft, f) rules for accompanying craft — if allowed, g) provisions for controlling other craft and swimmers on course, h) dayglow swim cap requirement, and i) safety briefing of all contestants.

Other considerations for event safety are: a) use of medical forms with entries, b) qualifying swims and times, especially in longer events, and c) use of two-way radio communications.

(C) A plan must be available for the event's cancellation because of safety factors. This plan must authorize the meet manager the authority to cancel, postpone, or impose other safety requirements as are deemed necessary. The meet manager's authority in this matter will not be contested.

V. CONDUCT OF THE COMPETITION

(A) **Starts**

(1) Types

(a) Stationary—Swimmers will start from a platform, or if none is available, swimmers will start in the water from a dead still 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, or if necessary by voice.

(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 twenty swimmers 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) Entrants are to be visibly marked with their seed numbers on both upper arms and their back.

(4) Events for different age groups and sexes may be combined to allow the swimmers to compete at the same time; however, separate starts are preferable.

(C) **Finishes**

(1) In the water—Swimmers shall touch a vertical surface, or if none is available, they shall swim across an imaginary 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, scorer, announcer, clerk of course, starter, and a sufficient number of judges, inspectors, timers, and medical personnel.

(2) The clerk of course shall ensure all entrants are visibly marked with seed numbers on both their upper arms and on their back.

(3) Official craft shall be placed in a position to best observe and still not hinder the race.

(4) Timers 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.

(3) Fail to swim the prescribed course.

(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.

VI. NATIONAL CHAMPIONSHIPS—Senior and junior national championship meets shall be awarded by the Long Distance Swimming Committee.

(A) **Eligibility**

(1) Senior championship meets will be open to any senior classification swimmer (See Article 1).

(2) Junior championship meets will be open to any senior classification swimmer who has not previously won either a National USS Long Distance senior or junior individual championship. Members of championship teams will be eligible for both individual and team competition unless they have won an individual Long Distance Swimming Championship.

(3) USS Long Distance Swimming Championships are open to foreign swimmers under the provision of 341.4(1). Foreign Clubs, but not national teams, may compete for team championships.

(B) **Events**—The National USS Long Distance Swimming Committee shall award National USS Long Distance Swimming Championships for senior and junior men and women, individual and team in the following events:

(1) One mile.

(2) Quarter-mile Straightaway Long Distance Championships—four miles

(3) Open Water Long Distance Championships (1.5-3 mile)

(4) Open Water Long Distance Championships (3.5-5 mile)

(5) Marathon Type Long Distance Championships (Over six mile)

(6) National Long Distance Team Championships (Approximately 6000 Yards)

(C) **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 USS Championship awards (medals and patches) and other supplemental awards.

(D) **Entry Fees**—The entry fees for national championship Long Distance Swimming meets shall not exceed $5.00 for individual events and $5.00 per team member in team events.

(E) Meet invitation and entry blanks shall be sent to the national Long Distance Swimming chairman, LSC chairman, as listed in the USS Directory, and the USS national headquarters.

(F) Qualifying times and/or qualifying criteria shall be established by the meet manager.

(G) Individual and team results and records shall be kept and submitted to the national Long Distance Swimming chairman. Records will not be submitted for open water swims. Results shall also be mailed to the coaches who had entries at the championship meet and shall include the following information: swimmers' names, ages, times, places, team points and scores.

(H) Team Scoring—Three swimmers on each team shall be considered in the computations for team scoring. The team whose top

three swimmers have the lowest cumulative time or the greatest cumulative total yards shall be determined 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. The time system will be used for all championships except for the National Long Distance Team Championships where a point system will be used. (See Team Events.)

(I) **Awards**

(1) USS championship medals shall be awarded to the first through tenth place winners of individual junior and senior championships as follows: 1st place, gold; 2nd place, silver; 3rd through 10th places, bronze regulation individual championship medals.

(2) All contestants on the winning team shall receive a regulation national USS team championship medal, and all contestants on the team awarded second and third place shall receive regulation silver and bronze team championship medals, respectively.

(3) Trophies may be awarded to individuals and teams at the discretion of the meet director.

VII. ALL-AMERICAN—The National USS Long Distance Swimming Committee shall select candidates for All-American honors. These names shall be sent to the Men's and Women's All-American selections subcommittee.

VIII. Regional and Association championships may have Long Distance individual and team events for men and women in the senior classification.

IX. AGE GROUP

(A) Eligibility—Age group competition is open to all registered USS athletes 18 years of age and under.

(B) Age Groups—The age groups shall usually be those listed in Article 6. Age groups and sexes may be combined in one race with separate tabulations.

(C) Entry Fees—Shall be set by the meet sponsor but shall not be in excess of $5 for individual events and $10 for teams as they are defined in paragraph III F.

(D) Events

(1) Quarter-mile straightaway—individual/team events, 1, 2, 3 or 4 miles.

(2) Open water—individual/team events, usually one mile or more.

(3) Time/distance events—individual team events, thirty-minute or one hour swim for distance.

(4) Pool Events as determined by Age Group Division.

(E) Team Events—May be conducted as in paragraph III F. with swimmers of the same age and sex composing the team. The meet

director may also devise a point system as used in regular swimming to determine overall club winners.

(F) Awards—The meet director will determine the awards to be presented. In addition to individual awards, team awards, and high point trophies, an outstanding swimmer may be awarded.

X. MASTERS

(A) The objectives, goals and rules in Appendix A, Master's Swimming, will apply. The age classification for team competition will correspond to that of the relays found in Appendix A. The age of the youngest swimmer shall determine the age group of the team.

(B) All information previously mentioned in Appendix A will apply to Masters Long Distance Swimming, except the quarter-mile straightaway event shall be two (2) miles in length.

(C) Masters age group and sexes may be combined into one race with separate tabulations.

(D) National Championships—National USMS Long Distance Championships for men and women; individual and team shall be awarded by the Long Distance Swimming Committee in the following events:

(1) One mile.
(2) Quarter-mile Straightaway Long Distance Swimming (2 miles)
(3) Open Water Long Distance Swimming (1.5-3.0 Mile)
(4) Open Water Long Distance Swimming (3.5-5.0 Mile)
(5) Long Distance Team Event (Approximately 6000 Yards.) This is a team event only. Point system will be used to score event. A mixed team competition with at least two female contestants is authorized.
(6) Marathon Type Long Distance Swimming (Over 6 Mile)
(7) Postal One Hour Swim For Distance
(8) Postal 10 Kilometer
(9) Awards
    (a) Master's individual medals will be awarded to the first three finishers in each age group in national USMS Long Distance Championship events. Additional medals may be awarded at the discretion of the meet manager.
    (b) A national Master's team medal will be awarded to each member of the first three teams in each age group in national USMS Distance Swimming Championships.
    (c) A national USMS championship patch will be awarded to the individual champions and each member of the championship team. An individual will receive only one patch per meet.

(E) An All-American team shall be selected each year based on the result of the national USMS Championship meets.

XI. POSTAL MEETS

(A) A postal meet 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) National Postal Meets will be awarded by the Long Distance Committee in the following events:
(1) One Hour Swim for Distance (Age Group, Senior)
(2) Ten Kilometer Swim (Age Group starting with the 13-14 group, Seniors)
These meets may be held in conjunction with LSC, regional and zone meets and also as part of Swim-a-thon.

(C) United States Swimming Postal Meet Medals will be awarded as indicated below but the meet managers may offer additional awards at their discretion:
(1) Age Group—first six places
(2) Seniors—first ten places
(3) Teams—first three places
(4) Masters—first three places

XII. RECORDS

(A) National records will be maintained in the quartermile straightaway events and Time/Distance events conducted in a pool.

(B) Records will also be maintained for pool events in five-mile increments (5, 10, 15, etc.) and the marathon distance (26 miles, 385 yards) in the 25-yard course; and in 5 kilometer increments (5, 10, 15, etc.) in a 50-meter course. Split times or time swam en route to a greater distance will be considered for records.

(C) Record time must be swum in a sanctioned event (or sanctioned individual Long Distance Swim) and should be routed through the sanctioning body to the USS Long Distance Swimming Chairman.

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

(E) Age-group Long Distance records will be kept as indicated.

APPENDIX C

LSC REGISTRATION CODES AND GEOGRAPHIC BOUNDARIES

AD	Adirondack	LE	Lake Erie	OZ	Ozark
AK	Alaska	ME	Maine	PC	Pacific
AM	Allegheny Mtn.	MD	Maryland	PN	Pacific Northwest
AZ	Arizona	MR	Metropolitan	PV	Potomac Valley
AR	Arkansas	MI	Michigan	SI	San Diego-Imperial
BD	Border	MA	Middle Atlantic	SR	Snake River
CC	Central Calif.	MW	Midwestern	SC	South Carolina
CO	Colorado	MN	Minnesota	SD	South Dakota
CT	Connecticut	MV	Missouri Valley	ST	South Texas
FL	Florida	MT	Montana	SE	Southeastern
FG	Fl. Gold Coast	NE	New England	SO	Southern
GA	Georgia	NJ	New Jersey	CA	Southern Calif.
GU	Gulf	NM	New Mexico	SW	Southwestern
HI	Hawaiian	NI	Niagara	UT	Utah
IL	Illinois	NC	North Carolina	VA	Virginia
IN	Indiana	ND	North Dakota	WT	West Texas
IE	Inland Empire	OH	Ohio	WV	West Virginia
IA	Iowa	OK	Oklahoma	WI	Wisconsin
KY	Kentucky	OR	Oregon	WY	Wyoming

DESCRIPTION OF LSC BOUNDARIES

Adirondack—That portion of New York east and north of Oswego, Onondaga, Cortland, Broome, Sullivan, Orange and Dutchess counties.
Alaska—State of Alaska.
Allegheny Mountain—All counties in Pennsylvania west of Potter, Clinton, Center, Huntingdon and Bedford Counties; Counties of Marshall, Brook, Ohio and Hancock in West Virginia and Counties of Columbiana, Belmont and Jefferson in Ohio.
Arkansas—State of Arkansas, and Bowie County, Texas.
Arizona—State of Arizona.
Border—The Counties of El Paso, Hudspeth, Culberson, Jeff Davis, Presidio, Brewster, Terrell and Crockett in the State of Texas.
Central California—Counties of Mariposa, Madera, Fresno, Kings, Tulare, Inyo, Mono, Kern and Merced in the State of California.
Colorado—State of Colorado.
Connecticut—State of Connecticut.
Florida—Florida, except Palm Beach, Broward, Dade and Monroe Counties and that part of Hendry County West of Route 833, Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington and Bay Counties and that part of Calhoun and Jackson Counties west of the Apalachicola River.

Florida Gold Coast—Counties of Palm Beach, Broward, Dade and Monroe and that part of Hendry County East of Route 833 in the State of Florida.

Georgia—State of Georgia and the Counties of Chambers and Russell, Alabama.

Gulf—That part of the State of Texas bounded on the North and including the counties of Robertson, Leon, Houston, Angelina, Nacogdoches and Shelby; on the East by the state of Louisiana; on the South by the Gulf of Mexico and on the West by including the counties of Fort Bend, Wharton, Colorado, Waller, Grimes, Robertson, Brazos and Matagorda.

Hawaiian—State of Hawaii, the five islands, Oahu, Hawaii, Maui, Kauai, and Molokai.

Illinois—Illinois, except St. Clair, Calhoun, Greene, Jersey, Monroe and Madison Counties.

Indiana—All of State of Indiana except Floyd, Clark and Dearborn Counties.

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

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

Kentucky—The State of Kentucky (except Campbell, Kenton, Boone and Boyd Counties) and Floyd and Clark County, Indiana.

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

Maine—State of Maine.

Maryland—State of Maryland (except the counties of Montgomery and Prince Georges).

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

Michigan—State of Michigan.

Middle Atlantic—New Jersey, south of Trenton and Mercer County; all of the State of Delaware, and Pennsylvania, east of and including Potter, Clinton, Center, Huntingdon and Bedford Counties.

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

Minnesota—State of Minnesota and Counties of St. Croix, Dunn and Pierce in Wisconsin.
Missouri Valley—All of Kansas, and that portion of the western part of the state of Missouri including and bounded by Schuyler, Adair, Macon, Randolph, Audrain, Callaway, Cole, Moniteau, Morgan, Benton, Hickory, Polk, Greene, Christian, and Taney Counties.
Montana—State of Montana.
New England—New Hampshire, Vermont, Massachusetts, and Rhode Island.
New Jersey—New Jersey, north of and including Mercer and Monmouth Counties.
New Mexico—State of New Mexico.
Niagara—That portion of New York State west of and including Oswego, Onondaga, Cortland and Broome Counties.
North Carolina—State of North Carolina.
North Dakota—State of North Dakota.
Ohio—State of Ohio (except the counties of Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Lake, Geauga, Portage, Stark, Ashtabula, Trumbull, Mahoning, Summit, Wayne, Belmont, Lawrence, Washington, Jefferson and Tuscarawus); Campbell, Kenton and Boone Counties of Kentucky, and Dearborn County of Indiana.
Oklahoma—State of Oklahoma.
Oregon—State of Oregon, except Malhuer County, and the following counties of Washington: Cowlitz, Clark, Skamania and the Portion of Klickitat County west of Highway 97.
Ozark—Missouri east of and including the following counties: Scotland, Knox, Shelby, Monroe, Pike, Montgomery, Osage, Miller, Camden, Dallas, Webster, Douglas and Ozark, Counties of Calhoun, Greene, Jersey, Madison, St. Clair and Monroe in Illinois.
Pacific—The State of California, north of but not including the counties of San Luis Obispo, Mariposa, Madera, Fresno, Mono and Merced and the Counties of Humboldt, Washoe, Lyon, Storey, Mineral, Douglas, Churchill, Pershing, Ormsby and Lander in the State of Nevada.
Pacific Northwest—Washington, west of but not including Okahogan, Chelan, Kittitas and Yakima Counties and north of but not including Cowlitz, Skamania and Klickitat Counties.
Potomac Valley—All territory within the District of Columbia, counties of Montgomery and Prince Georges in the State of Maryland, and counties of Arlington and Farifax and cities of Alexandria and Falls Church in the Commonwealth of Virginia.
San Diego-Imperial—San Diego and Imperial Counties, California.
Snake River—All of Idaho, except the counties of Boundary, Banner, Kotenai, Shoshone, Benewah, Latah, Clearwater, Nez Perce, Lewis & Idaho, and in the State of Nevada the counties of Elko, White Pine and Eureka; and in the State of Oregon the County of Malhuer.
South Carolina—State of South Carolina.
South Dakota—State of South Dakota.

South Texas—That part of the State of Texas bounded on the East by and including the counties of Milam, Burleson, Washington, Austin, Fayette, Lavaca and Jackson; on the South by the Gulf of Mexico and the Republic of Mexico; on the West by and including the counties of Val Verde, Sutton, and Schleicher and on the North by and including the counties of Menard, Mason, Llano, Burnett, Lampasas and Bell.

Southeastern—All of the State of Alabama, except the counties of Chambers and Russell; the State of Tennessee; the Florida counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, Bay and that portion of Jackson and Calhoun counties west of the Apalachicola River.

Southern—All of the States of Louisiana and Mississippi.

Southern California—Including the counties of San Luis Obispo, Ventura, Los Angeles, San Bernardino, Orange, Riverside and Santa Barbara, all within the State of California, and the counties of Clark, Esmeralda, Lincoln and Nye, all within the State of Nevada.

Southwestern—That part of the State of Texas bounded on the South but not including the counties of Callahan, Brown, Mills, Lampasas, Bell, Milan, Robertson, Lean, Houston, Angelina, Nacogdoches and Shelby; on the East by the State of Louisiana, State of Arkansas and the County of Bowie, Texas; on the North by the State of Oklahoma and the county of Bowie, Texas and on the West by the counties of, but not including Hardeman, Foard, Knox, Haskill and Jones in the State of Texas.

Utah—State of Utah.

Virginia—State of Virginia (except the Counties of Arlington and Fairfax and cities of Alexandria and Falls Church).

West Texas—All that part of the State of Texas bounded on the South side and including the counties of Reeves, Pecos, Upton, Regan, Irion, Tom Green, Concho, McCulloch and San Saba; on the West by the State of New Mexico; on the North by the State of Oklahoma; on the East by the State of Oklahoma and by and including the counties of Hardeman, Foard, Knox, Haskell, Jones, Callahan, Brown, Mills and San Saba in the State of Texas.

West Virginia—All of the State of West Virginia except the Counties of Hancock, Brook, Ohio and Marshall; also Lawrence and Washington Counties in Ohio; and Boyd County in Kentucky.

Wisconsin—State of Wisconsin, except Counties of St. Croix, Dunn and Pierce.

Wyoming—State of Wyoming.

APPENDIX D

PROTECTION OF ATHLETE'S RIGHTS: HEARINGS AND APPEALS

Following are two documents. The first is a guide explaining simply the procedures for expeditious handling of complaints and/or disciplinary hearings.

The second document is a proposed form for Notice of Hearing designed to ensure minimal due process.

Note that the system is designed to handle matters involving any individual and any entity participating in any activity of United States Swimming, Inc. (USS)—not just athletes, but coaches, managers, officers, club members, and all classes of members of USS or the LSC.

All such procedures should provide:

1) A swift and effective remedy for both complainant and respondent.

2) A hearing by an objective body. Initially, this body is the Review Section of the LSC with no less than five elected members. (Section 571.2).

3) A several-step format (from the Review Section to the House of Delegates or the Board of Directors to the National Board of Review) which takes care of the vast majority of such cases at the local level, reducing the likelihood of time-consuming and expensive procedures at the national level (the importance of this will become more and more evident as athletes take advantage of streamlined processes under the Code and the USOC Constitution, to find remedy for their complaints). Article IX of the USOC Constitution provides an immediate remedy for the aggrieved athlete denied the right or opportunity to participate in international competition. He may bring his grievance directly to the Executive Director of the USOC who makes an immediate investigation of the matter. If the controversy is not then settled to the athlete's satisfaction he may take the matter to binding arbitration.

GUIDE FOR HEARINGS AND APPEALS

1. **Due Process**

   What is it?

   If **you** were charged with an offense you would want:

   (a) Notice, preferably in writing, of those specific offenses with which you are charged;

   (b) An opportunity to defend yourself and a reasonable time within which to prepare your defense;

   (c) The right to have counsel represent you if you wish;

(d) A hearing before a disinterested, objective body at a specific time under such circumstances as to give you full opportunity to present your defense; and

(e) Notice of how to appeal the decision if it is against you.

It is as simple as that.

2. **Jurisdiction of the Corporation**

Part Four of the Code (Section 450.3) provides that in those matters where athletes or other members of United States Swimming from more than one LSC are involved, or in matters involving such persons during a regional, or national or international athletic event, they will be handled at the national level. The officers assign the matter for investigation and report depending upon its nature. Each matter is assigned for investigation and report depending upon its nature.

3. **Jurisdiction of the Local Swimming Committee**

Part Five provides for two separate procedures:

(a) Section 571.5 (1): Formal hearing.

(b) Section 571.5 (2): Emergency hearing.

In both cases the Review Section of the LSC is responsible for initial procedure, unless the House of Delegates takes original jurisdiction for some reason.

4. **Section 571.5 (1) Formal Hearing**

Read the section. Note that it provides for all the elements discussed in Paragraph 1 above on Due Process. It applies to **any** individual and **any** entity participating in **any** activities whatever of the LSC or United States Swimming—not just athletes, but coaches, officers, committee chairmen, clubs and all classes of members as well.

(a) **Review Section.** The Section can have investigation made by an individual or special committee appointed by the Chairman for that purpose.

In the notice (sent by certified mail or personally served) set the hearing date for **not less** than thirty (30) days and **not more** than sixty (60) days.

If a disciplinary hearing, the notice should list the possible penalties that can be assessed (censure, probation, suspension for definite period of time, suspension with probation, suspension for life).

Request the respondent to answer the notice in writing to the Chairman, to be received by that officer no later than ten (10) days prior to the date set for hearing.

Decision must be made at the time of hearing or within twenty-four (24) hours thereafter.

Immediately send written notice of decision (by certified mail) to all parties concerned, including the complainant, together with a statement of facts as determined by the Review Section.

In the notice notify the parties that either may within ten (10) days appeal the decision to the LSC House of Delegates or to the Board of Directors and then to the National Board of Review.

You need not worry about strict court rules of evidence. Hearsay, letters, affidavits, new articles, and the like, as well as direct testimony from witnesses, is admissible so long as relevant to the issues and if not repetitive.

Use your common sense. Give proper weight to the type of evidence offered and consider the source from which it comes.

(b) **Appeal.** If an appeal is filed by either the respondent or the complainant, send out written notice at once to both parties containing exactly the same elements as required in Paragraph 1 above. The Board or House can act on the report of the Review Section as to its findings, **or**

The Board or House can have a **whole new hearing** if either feels the report of the Review Section is inadequate.

In most cases this **is advisable and strongly recommended.**

The same rules of evidence apply.

The House or Board can reverse, affirm, or completely modify the decision of the Review Section.

Once the decision is made send it out to all the parties concerned, notifying them of right of appeal within thirty (30) days to the National Board of Review.

The petition to the National Board of Review requires a filing fee of $50.00. It must be addressed to the National Executive Director. (See Section 571.6 for procedure.)

5. **Section 571.5 (2) Emergency Hearing**

This Section tries to take care of the situation usually involving an athlete in which an immediate decision must be made. Notice may be oral or in writing, but, if oral, reduced to writing as soon as possible.

The Federal law states that an athlete cannot be suspended from competition, **even temporarily,** without a hearing.

For example, suppose a complaint is made at the site of an event that a particular athlete is ineligible to participate.

You should be prepared in advance to have one or more representatives, preferably three (e.g., the meet director, referee, and another official) conduct an immediate hearing, at the site of competition if necessary.

The decision can then be made regarding the eligibility of the athlete to compete, even if under protest.

If any one affected wishes a formal hearing later on, the matter can then be referred to the Review Section for full hearing under the provisions of Section 571.5(1).

Use your common sense in such situations. **Give the athlete the benefit of the doubt.**

SAMPLE NOTICE OF HEARING FOLLOWS

The following is a suggested form to use when serving notice, on the person or entity charged. Serve personally or by certified mail.
(Revise as appropriate for type of hearing)

NOTICE OF HEARING

1) **TO:** (1) _____

_____

_____

2) **SUBJECT:** You are charged with having violated the following sections of the Code of United States Swimming, Inc. and/or the bylaws of the Local Swimming Committee:

(2) _____

_____. Specifically you are charged with having committed the following acts, which are detrimental to the objectives, programs or ideals of United States Swimming and which tend to bring disrepute upon the sport of swimming:

(3) _____

_____

_____

3) **PETITIONER.** This complaint or request for hearing was made by

(4) _____

4) **REPLY:** You are requested to file a written reply to these charges with the Chairman of the Review Section within ten (10) days prior to the date of hearing. The hearing will proceed whether or not you file this reply.

5) **HEARING DATE, TIME AND PLACE:** The hearing on these charges will be held (5) _____

6) **HEARING BODY:** Review Section, Swimming Committee

(6) _____

7) **POSSIBLE PENALTIES:** If you are found guilty of one or more of the offenses charged, the Review Section has the power to censure,

suspend for a definite or indefinite period of time with or without terms of probation, or expel you from membership in both the LSC and USS.

8) **APPEAL:** Either the complainant or the respondent may appeal the decision of the Review Section to the House of Delegates or to the Board of Directors of this LSC within ten (10) days from the date the written notice of decision is received.

9) **GENERAL INFORMATION:** You are entitled to be represented by counsel, or by such other representative as you may choose, to have witnesses testify in your behalf, and to submit any and all evidence in your defense, including hearsay and documentary evidence, so long as it is relevant to the issues.

Dated: _____

_____ (7)
Chairman, Review Section
Address: _____

_____

Phone: ( ) _____

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(1) Fill in name of individual or entity charged, including any other name by which he or it is known, with the address given in the registration files or at the LSC office, or such other address as is likely to give notice.
(2) Fill in specific Code sections and/or LSC By-Law sections.
(3) Fill in the specific acts of conduct (or inaction); be brief but complete and accurate.
(4) Fill in name and address of complainant or petitioner.
(5) Specify exact time, date and place, giving directions if necessary; the date must be not less than 30 days after date of this notice nor more than 60 days.
(6) Name of LSC.
(7) Fill in name, address and phone number of Chairman of Review Section.

APPENDIX E
REDISTRICTING PROCEDURE

1. **Change in LSC Club Affiliation.** If a club wishes to change from one LSC to another LSC which is contiguous and where no other club geographically intervenes, and if by two-thirds (2/3) vote the House of Delegates of each LSC approves, such transfer shall be effective ninety (90) days after receipt of written notice by the national headquarters.
2. **Change in LSC Territory.** If the majority of a substantial number of clubs in a contiguous area within an LSC wish to affiliate with a neighboring and contiguous LSC, and should the House of Delegates of each LSC by a two-thirds (2/3) vote of those members present and voting in a regular or special meeting of each, or by mail vote by a majority of those members of each House of Delegates eligible to vote, approve the change, the change in territorial jurisdiction shall include all clubs in the area and shall become effective at commencement of the next succeeding fiscal year of the Corporation.
3. **Formation of a new LSC.** If a substantial number of clubs in a contiguous area within an LSC wish to form a new and independent LSC, and should the House of Delegates of the LSC, by a two-thirds (2/3) vote of those members present and voting in a regular or special meeting or by mail vote by a majority of those members eligible to vote, approve the change, the proposed formation of the new LSC shall be submitted to the Chairman of the Redistricting Committee. Such request must be received by the chairman prior to April 1. The committee shall make a recommendation in the form of legislation, if appropriate, and submit to the Legislation Committee for publication and submission to the House of Delegates for its approval or disapproval. Should approval be granted, the formation of the new LSC shall become effective at the commencement of the month following the meeting or October 1, whichever is earlier.
4. **Change in Zone Affiliation.** If an LSC by a two-thirds (2/3) vote of those members present and voting at a regular or special meeting of the House of Delegates or by mail vote of a majority of those members eligible to vote, approves a change moving the LSC from one Zone to another, that change shall become effective at the close of the next USS annual meeting unless that change is rejected by either of the two Zones involved, or the Redistricting committee. Such rejection may be appealed at a public hearing of the Redistricting Committee. It shall be the responsibility of the Redistricting Committee to submit such legislation necessary to implement the change.
5. **Application.** For each category of change listed above, the proponents must request an application for change from the national office. The application shall contain the name of the proponent, the name(s) of the club(s) involved, a record of the vote(s) of the LSC(s) and the

signature(s) of the general chairmen involved. The application will include a summary of the rationale for the proposed changes. The completed application should be forward to the Redistricting Committee. If a majority of the committees approves the application, the matter will proceed as in 1, 2, and 3 above. If the majority disapproves, proponents will be notified and the matter will be brought to public hearing at the next annual meeting. A recommendation will be forwarded to the Legislation Committee for presentation to the House of Delegates for final approval or disapproval.

6. **Review.** Should the House of Delegates of any LSC mentioned in subsections (1), (2) or (3) above disapprove of the proposed changes the proponents may submit the matter to the Redistricting Committee of the Corporation at least one hundred (100) days prior to the next regular or special meeting of the Corporation. The Redistricting Committee shall study the proposal and make recommendations in the form of legislation for submission to the USS House of Delegates at its next regular or special meeting where a final determination will be made.

1985 NATIONAL AGE-GROUP TIME STANDARDS
Short Course - Yards

B Min	A Min	AA Min	AAA Min	AAAA Min			AAAA Min	AAA Min	AA Min	A Min	B Min
	GIRLS 10 & U							**BOYS 10 & U**			
35.99	32.29	31.09	29.79	28.59	50 Y	Freestyle	28.39	29.59	30.79	31.99	35.69
1:20.09	1:11.19	1:08.29	1:05.29	1:02.29	100 Y	Freestyle	1:01.39	1:04.29	1:07.19	1:10.19	1:18.89
2:53.79	2:33.79	2:27.19	2:20.49	2:13.79	200 Y	Freestyle	2:13.29	2:19.89	2:26.59	2:33.19	2:53.09
43.69	38.59	36.99	35.29	33.59	50 Y	Backstroke	33.39	35.09	36.69	38.39	43.39
1:34.99	1:24.09	1:20.49	1:16.79	1:13.19	100 Y	Backstroke	1:12.89	1:16.59	1:20.19	1:23.89	1:34.79
48.19	42.69	40.79	38.99	37.09	50 Y	Breaststroke	36.59	38.49	40.29	42.09	47.59
1:46.09	1:33.89	1:29.89	1:25.79	1:21.69	100 Y	Breaststroke	1:20.89	1:24.99	1:28.99	1:33.09	1:45.19
42.29	36.99	35.19	33.39	31.59	50 Y	Butterfly	31.59	33.29	35.09	36.89	42.29
1:38.99	1:24.99	1:20.39	1:15.69	1:11.09	100 Y	Butterfly	1:10.59	1:15.19	1:19.79	1:24.39	1:38.29
1:32.49	1:22.29	1:18.79	1:15.39	1:11.99	100 Y	Ind. Medley	1:11.79	1:15.19	1:18.59	1:22.09	1:32.29
3:20.59	2:57.49	2:49.79	2:42.09	2:34.39	200 Y	Ind. Medley	2:32.49	2:40.09	2:47.69	2:55.29	3:18.09
	GIRLS 11-12							**BOYS 11-12**			
32.59	30.09	28.79	27.59	26.29	50 Y	Freestyle	25.29	26.49	27.69	28.89	31.29
1:10.79	1:05.29	1:02.59	59.89	57.19	100 Y	Freestyle	55.29	57.99	1:00.59	1:03.19	1:08.49
2:31.79	2:20.19	2:14.29	2:08.49	2:02.59	200 Y	Freestyle	2:00.19	2:05.89	2:11.59	2:17.29	2:28.79
6:40.09	6:09.29	5:53.89	5:38.49	5:23.19	500 Y	Freestyle	5:20.29	5:35.49	5:50.79	6:05.99	6:36.49
38.19	35.29	33.79	32.29	30.89	50 Y	Backstroke	29.59	30.99	32.39	33.79	36.59
1:22.09	1:15.79	1:12.69	1:09.49	1:06.29	100 Y	Backstroke	1:03.89	1:06.99	1:09.99	1:12.99	1:19.09
42.49	39.19	37.59	35.89	34.29	50 Y	Breaststroke	32.79	34.39	35.89	37.49	40.59
1:31.59	1:24.59	1:20.99	1:17.49	1:13.99	100 Y	Breaststroke	1:11.09	1:14.49	1:17.89	1:21.19	1:27.99
35.79	32.99	31.69	30.29	28.89	50 Y	Butterfly	27.59	28.89	30.19	31.49	34.09
1:17.99	1:11.99	1:08.99	1:05.99	1:02.99	100 Y	Butterfly	1:01.19	1:04.09	1:06.99	1:09.89	1:15.69
1:21.69	1:15.39	1:12.19	1:09.09	1:05.99	100 Y	Ind. Medley	1:03.69	1:06.79	1:09.79	1:12.79	1:18.89
2:54.59	2:41.19	2:34.49	2:27.69	2:20.99	200 Y	Ind. Medley	2:16.79	2:23.29	2:29.79	2:36.29	2:49.29

1985 NATIONAL AGE-GROUP TIME STANDARDS
Short Course - Yards

B Min	A Min	AA Min	AAA Min	AAAA Min			AAAA Min	AAA Min	AA Min	A Min	B Min
		GIRLS 13-14							**BOYS 13-14**		
31.29	28.89	27.69	26.49	25.29	50 Y	Freestyle	23.49	24.59	25.69	26.79	28.99
1:07.79	1:02.59	59.99	57.39	54.79	100 Y	Freestyle	51.29	53.79	56.19	58.59	1:03.49
2:25.39	2:14.19	2:08.59	2:02.99	1:57.49	200 Y	Freestyle	1:50.99	1:56.19	2:01.49	2:06.79	2:17.39
6:22.39	5:52.99	5:38.29	5:23.59	5:08.79	500 Y	Freestyle	4:58.59	5:12.79	5:26.99	5:41.19	6:09.59
13:08.29	12:07.69	11:37.29	11:06.99	10:36.69	1000 Y	Freestyle	10:16.59	10:45.89	11:15.29	11:44.69	12:43.39
21:53.19	20:12.19	19:21.69	18:31.19	17:40.69	1650 Y	Freestyle	17:11.99	18:01.19	18:50.29	19:39.49	21:17.79
1:16.99	1:11.09	1:08.09	1:05.19	1:02.19	100 Y	Backstroke	58.49	1:01.19	1:03.99	1:06.79	1:12.39
2:44.39	2:31.69	2:25.39	2:19.09	2:12.79	200 Y	Backstroke	2:06.59	2:12.59	2:18.59	2:24.69	2:36.69
1:26.59	1:19.89	1:16.59	1:13.29	1:09.89	100 Y	Breaststroke	1:05.09	1:08.19	1:11.29	1:14.39	1:20.59
3:06.49	2:52.09	2:44.99	2:37.79	2:30.59	200 Y	Breaststroke	2:21.99	2:28.79	2:35.49	2:42.29	2:55.79
1:14.09	1:08.39	1:05.59	1:02.69	58.89	100 Y	Butterfly	56.39	58.99	1:01.69	1:04.39	1:09.79
2:40.99	2:28.59	2:22.39	2:16.29	2:10.09	200 Y	Butterfly	2:04.99	2:10.89	2:16.89	2:22.79	2:34.69
2:46.59	2:33.79	2:27.39	2:20.99	2:14.59	200 Y	Ind. Medley	2:05.09	2:11.09	2:16.99	2:22.99	2:34.89
5:51.29	5:24.29	5:10.79	4:57.29	4:43.79	400 Y	Ind. Medley	4:27.99	4:40.79	4:53.49	5:06.29	5:31.79
		GIRLS 15-16							**BOYS 15-16**		
30.69	28.39	27.19	25.99	24.79	50 Y	Freestyle	22.49	23.59	24.59	25.69	27.79
1:06.89	1:01.69	59.09	56.59	53.99	100 Y	Freestyle	48.99	51.29	53.69	55.99	1:00.59
2:23.49	2:12.49	2:06.99	2:01.49	1:55.89	200 Y	Freestyle	1:46.09	1:51.09	1:56.19	2:01.19	2:11.29
6:19.09	5:49.99	5:35.39	5:20.79	5:06.19	500 Y	Freestyle	4:44.59	4:58.19	5:11.69	5:25.29	5:52.39
12:55.49	11:55.89	11:26.09	10:56.19	10:26.39	1000 Y	Freestyle	9:48.19	10:16.19	10:44.19	11:12.19	12:08.19
21:40.19	20:00.19	19:10.19	18:20.19	17:30.19	1650 Y	Freestyle	16:26.99	17:13.99	16:00.19	18:47.99	20:21.99
1:15.99	1:10.09	1:07.19	1:04.29	1:01.39	100 Y	Backstroke	55.59	58.19	1:00.89	1:03.49	1:08.79
2:43.89	2:31.29	2:24.99	2:18.69	2:12.39	200 Y	Backstroke	2:00.19	2:05.89	2:11.59	2:17.39	2:28.79
1:25.29	1:18.79	1:15.49	1:12.19	1:08.89	100 Y	Breaststroke	1:02.09	1:04.99	1:07.99	1:10.89	1:16.79
3:02.99	2:48.89	2:41.89	2:34.89	2:27.79	200 Y	Breaststroke	2:14.29	2:20.69	2:27.09	2:33.49	2:46.29
1:13.29	1:07.59	1:04.79	1:01.99	59.19	100 Y	Butterfly	53.59	56.19	58.69	1:01.29	1:06.39
2:39.59	2:27.29	2:21.19	2:14.99	2:08.89	200 Y	Butterfly	1:58.09	2:03.69	2:09.29	2:14.99	2:26.19
2:43.69	2:31.09	2:24.79	2:18.49	2:12.19	200 Y	Ind. Medley	2:00.49	2:06.29	2:11.99	2:17.79	2:29.19
5:45.79	5:19.19	5:05.89	4:52.59	4:39.29	400 Y	Ind. Medley	4:16.59	4:28.79	4:40.99	4:53.19	5:17.69

1985 NATIONAL AGE-GROUP TIME STANDARDS

Short Course - Yards

B Min	A Min	AA Min	AAA Min	AAAA Min			AAAA Min	AAA Min	AA Min	A Min	B Min
	GIRLS 17-18								BOYS 17-18		
30.89	28.59	27.39	26.19	24.99	50 Y	Freestyle	21.89	22.99	23.99	25.09	27.09
1:05.79	1:00.79	58.19	55.69	53.19	100 Y	Freestyle	47.69	49.89	52.19	54.49	58.99
2:21.79	2:10.89	2:05.49	1:59.99	1:54.59	200 Y	Freestyle	1:43.49	1:48.49	1:53.39	1:58.29	2:08.19
6:15.29	5:46.49	5:31.99	5:17.59	5:03.19	500 Y	Freestyle	4:37.99	4:51.19	5:04.49	5:17.69	5:44.19
12:53.19	11:53.69	11:23.99	10:54.29	10:24.49	1000 Y	Freestyle	9:40.89	10:08.49	10:36.19	11:03.89	11:59.19
21:27.19	19:48.19	18:58.69	18:09.19	17:19.69	1650 Y	Freestyle	16:08.79	16:54.89	17:41.09	18:27.19	19:59.49
1:15.19	1:09.39	1:06.49	1:03.59	1:00.79	100 Y	Backstroke	53.89	56.39	58.99	1:01.59	1:06.69
2:40.19	2:27.89	2:21.69	2:15.49	2:09.39	200 Y	Backstroke	1:56.29	2:01.79	2:07.39	2:12.89	2:23.99
1:23.79	1:17.39	1:14.09	1:10.89	1:07.69	100 Y	Breaststroke	1:00.19	1:02.99	1:05.89	1:08.69	1:14.49
2:59.69	2:45.89	2:38.89	2:31.99	2:25.09	200 Y	Breaststroke	2:11.29	2:17.59	2:23.79	2:30.09	2:42.59
1:12.99	1:07.39	1:04.49	1:01.69	58.89	100 Y	Butterfly	51.99	54.39	56.89	59.39	1:04.29
2:36.19	2:24.19	2:18.19	2:12.19	2:06.19	200 Y	Butterfly	1:53.39	1:58.79	2:04.19	2:09.59	2:20.39
2:42.09	2:29.69	2:23.39	2:17.19	2:10.99	200 Y	Ind. Medley	1:56.19	2:01.69	2:07.19	2:12.69	2:23.79
5:43.09	5:16.69	5:03.49	4:50.29	4:37.09	400 Y	Ind. Medley	4:07.69	4:19.49	4:31.29	4:43.09	5:06.69

1985 NATIONAL AGE-GROUP TIME STANDARDS

Short Course - Meters

B Min	A Min	AA Min	AAA Min	AAAA Min			AAAA Min	AAA Min	AA Min	A Min	B Min
	GIRLS 10 & U								**BOYS 10 & U**		
39.79	35.69	34.29	32.99	31.59	50 M	Freestyle	31.39	32.69	34.09	35.39	39.39
1:28.49	1:18.69	1:15.39	1:12.09	1:08.89	100 M	Freestyle	1:07.79	1:11.09	1:14.29	1:17.49	1:27.19
3:12.09	2:49.99	2:42.59	2:35.19	2:27.89	200 M	Freestyle	2:27.29	2:34.59	2:41.89	2:49.29	3:11.29
48.19	42.69	40.79	38.99	37.09	50 M	Backstroke	36.89	38.69	40.59	42.39	47.89
1:44.99	1:32.89	1:28.89	1:24.89	1:20.79	100 M	Backstroke	1:20.59	1:24.59	1:28.59	1:32.69	1:44.69
53.29	47.09	45.09	43.09	40.99	50 M	Breaststroke	40.49	42.49	44.49	46.49	52.59
1:57.29	1:43.79	1:39.29	1:34.79	1:30.29	100 M	Breaststroke	1:29.39	1:33.89	1:38.39	1:42.79	1:56.19
46.79	40.89	38.89	36.89	34.89	50 M	Butterfly	34.89	36.79	38.79	40.79	46.69
1:49.29	1:33.89	1:28.79	1:23.69	1:18.49	100 M	Butterfly	1:17.99	1:23.09	1:28.19	1:33.29	1:48.59
1:42.19	1:30.89	1:27.09	1:23.29	1:19.49	100 M	Ind. Medley	1:19.29	1:23.09	1:26.89	1:30.69	1:41.99
3:41.69	3:16.19	3:07.69	2:59.19	2:50.59	200 M	Ind. Medley	2:48.49	2:56.89	3:05.29	3:13.69	3:38.89
	GIRLS 11-12								**BOYS 11-12**		
35.99	33.19	31.89	30.49	29.09	50 M	Freestyle	27.89	29.29	30.59	31.89	34.59
1:18.19	1:12.19	1:09.19	1:06.19	1:03.19	100 M	Freestyle	1:01.09	1:04.09	1:06.99	1:09.89	1:15.69
2:47.79	2:34.89	2:28.39	2:21.99	2:15.49	200 M	Freestyle	2:12.79	2:19.09	2:25.39	2:31.69	2:44.39
5:50.09	5:23.19	5:09.69	4:56.29	4:42.79	400 M	Freestyle	4:40.29	4:53.69	5:06.99	5:20.29	5:46.99
42.19	38.99	37.29	35.69	34.09	50 M	Backstroke	32.69	34.19	35.79	37.29	40.39
1:30.79	1:23.79	1:20.29	1:16.79	1:13.29	100 M	Backstroke	1:10.59	1:13.99	1:17.39	1:20.69	1:27.39
46.89	43.29	41.49	39.69	37.89	50 M	Breaststroke	36.29	37.99	39.69	41.39	44.89
1:41.19	1:33.39	1:29.59	1:25.69	1:21.79	100 M	Breaststroke	1:18.59	1:22.29	1:25.99	1:29.79	1:37.19
39.49	36.49	34.99	33.49	31.89	50 M	Butterfly	30.49	31.89	33.39	34.79	37.69
1:26.19	1:19.59	1:16.19	1:12.89	1:09.59	100 M	Butterfly	1:07.59	1:10.79	1:13.99	1:17.29	1:23.69
1:30.19	1:23.29	1:19.79	1:16.39	1:12.89	100 M	Ind. Medley	1:10.39	1:13.79	1:17.09	1:20.49	1:27.19
3:12.89	2:58.09	2:50.69	2:43.29	2:35.79	200 M	Ind. Medley	2:31.09	2:38.29	2:45.49	2:52.69	3:07.09

1985 NATIONAL AGE-GROUP TIME STANDARDS
Short Course - Meters

B Min	A Min	AA Min	AAA Min	AAAA Min			AAAA Min	AAA Min	AA Min	A Min	B Min
	GIRLS 13-14							**BOYS 13-14**			
34.59	31.99	30.59	29.29	27.99	50 M	Freestyle	25.89	27.19	28.39	29.59	32.09
1:14.99	1:09.19	1:06.29	1:03.39	1:00.59	100 M	Freestyle	56.69	59.39	1:02.09	1:04.79	1:10.19
2:40.69	2:28.29	2:22.09	2:15.99	2:09.79	200 M	Freestyle	2:02.59	2:08.39	2:14.29	2:20.09	2:31.79
5:34.59	5:08.89	4:55.99	4:43.19	4:30.29	400 M	Freestyle	4:21.29	4:33.69	4:46.19	4:58.59	5:23.49
11:29.89	10:36.79	10:10.29	9:43.79	9:17.19	800 M	Freestyle	8:59.59	9:25.29	9:50.99	10:16.69	11:08.09
21:45.59	20:05.09	19:14.89	18:24.69	17:34.49	1500 M	Freestyle	17:05.99	17:54.89	18:43.79	19:32.59	21:10.29
1:25.09	1:18.59	1:15.29	1:11.99	1:08.69	100 M	Backstroke	1:04.59	1:07.69	1:10.69	1:13.79	1:19.99
3:01.59	2:47.69	2:40.69	2:33.69	2:26.69	200 M	Backstroke	2:19.89	2:26.49	2:33.19	2:39.79	2:53.19
1:35.69	1:28.29	1:24.59	1:20.99	1:17.29	100 M	Breaststroke	1:11.89	1:15.39	1:18.79	1:22.19	1:29.09
3:25.99	3:10.19	3:02.29	2:54.29	2:46.39	200 M	Breaststroke	2:36.89	2:44.39	2:51.79	2:59.29	3:14.19
1:21.89	1:15.59	1:12.39	1:09.29	1:06.09	100 M	Butterfly	1:02.29	1:05.19	1:08.19	1:11.19	1:17.09
2:57.89	2:44.19	2:37.39	2:30.59	2:23.69	200 M	Butterfly	2:18.09	2:24.69	2:31.19	2:37.79	2:50.99
3:04.09	2:49.99	2:42.89	2:35.79	2:28.69	200 M	Ind. Medley	2:18.19	2:24.79	2:31.39	2:37.99	2:51.09
6:28.19	5:58.29	5:43.39	5:28.49	5:13.49	400 M	Ind. Medley	4:56.09	5:10.19	5:24.29	5:38.39	6:06.59
	GIRLS 15-16							**BOYS 15-16**			
33.89	31.29	29.99	28.69	27.39	50 M	Freestyle	24.89	25.99	27.19	28.39	30.79
1:13.89	1:08.19	1:05.39	1:02.49	59.69	100 M	Freestyle	54.09	56.69	59.29	1:01.89	1:06.99
2:38.59	2:26.39	2:20.29	2:14.19	2:08.09	200 M	Freestyle	1:57.19	2:02.79	2:08.39	2:13.99	2:25.09
5:31.79	5:06.29	4:53.49	4:40.79	4:27.99	400 M	Freestyle	4:09.09	4:20.89	4:32.79	4:44.69	5:08.39
11:18.69	10:26.49	10:00.39	9:34.29	9:08.19	800 M	Freestyle	8:34.69	8:59.29	9:23.79	9:48.29	10:37.29
21:32.69	19:53.19	19:03.49	18:13.79	17:24.09	1500 M	Freestyle	16:21.19	17:07.99	17:54.69	18:41.39	20:14.89
1:23.89	1:17.49	1:14.29	1:10.99	1:07.79	100 M	Backstroke	1:01.39	1:04.29	1:07.29	1:10.19	1:15.99
3:01.19	2:47.19	2:40.29	2:33.29	2:26.29	200 M	Backstroke	2:12.79	2:19.09	2:25.49	2:31.79	2:44.39
1:34.29	1:26.99	1:23.39	1:19.79	1:16.19	100 M	Breaststroke	1:08.59	1:11.89	1:15.09	1:18.39	1:24.89
3:22.19	3:06.69	2:58.89	2:51.09	2:43.29	200 M	Breaststroke	2:28.39	2:35.49	2:42.59	2:49.59	3:03.79
1:20.99	1:14.69	1:11.59	1:08.49	1:05.39	100 M	Butterfly	59.19	1:02.09	1:04.89	1:07.69	1:13.29
2:56.29	2:42.79	2:35.99	2:29.19	2:22.39	200 M	Butterfly	2:10.49	2:16.69	2:22.89	2:29.09	2:41.49
3:00.79	2:46.89	2:39.99	2:32.99	2:26.09	200 M	Ind. Medley	2:13.19	2:19.49	2:25.89	2:32.19	2:44.89
6:22.19	5:52.79	5:38.09	5:23.39	5:08.69	400 M	Ind. Medley	4:43.49	4:56.99	5:10.49	5:23.99	5:50.99

1985 NATIONAL AGE-GROUP TIME STANDARDS
Short Course - Meters

B Min	A Min	AA Min	AAA Min	AAAA Min			AAAA Min	AAA Min	AA Min	A Min	B Min
	GIRLS 17-18								BOYS 17-18		
34.19	31.49	30.19	28.89	27.59	50 M	Freestyle	24.19	25.39	26.49	27.69	29.99
1:12.69	1:07.09	1:04.29	1:01.49	58.69	100 M	Freestyle	52.69	55.19	57.69	1:00.19	1:05.19
2:36.69	2:24.69	2:18.69	2:12.59	2:06.59	200 M	Freestyle	1:54.39	1:59.79	2:05.29	2:10.69	2:21.59
5:28.49	5:03.19	4:50.59	4:37.99	4:25.29	400 M	Freestyle	4:03.29	4:14.89	4:26.49	4:38.09	5:01.19
11:16.69	10:24.69	9:58.59	9:32.59	9:06.59	800 M	Freestyle	8:28.39	8:52.59	9:16.79	9:40.99	10:29.39
21:19:69	19:41.29	18:52.09	18:02.89	17:13.59	1500 M	Freestyle	16:03.19	16:48.99	17:34.89	18:20.79	19:52.49
1:23.09	1:16.69	1:13.49	1:10.29	1:07.09	100 M	Backstroke	59.49	1:02.29	1:05.19	1:07.99	1:13.69
2:56.99	2:43.39	2:36.59	2:29.79	2:22.99	200 M	Backstroke	2:08.49	2:14.59	2:20.69	2:26.89	2:39.09
1:32.59	1:25.49	1:21.89	1:18.39	1:14.79	100 M	Breaststroke	1:06.49	1:09.59	1:12.79	1:15.99	1:22.29
3:18.49	3:03.29	2:55.59	2:47.99	2:40.39	200 M	Breaststroke	2:25.09	2:31.99	2:38.89	2:45.79	2:59.59
1:20.59	1:14.39	1:11.29	1:08.19	1:05.09	100 M	Butterfly	57.39	1:00.09	1:02.89	1:05.59	1:11.09
2:52.59	2:39.39	2:32.69	2:26.09	2:19.39	200 M	Butterfly	2:05.29	2:11.29	2:17.29	2:23.19	2:35.19
2:59.09	2:45.39	2:38.49	2:31.59	2:24.69	200 M	Ind. Medley	2:08.39	2:14.49	2:20.59	2:26.69	2:38.89
6:19.09	5:49.89	5:35.39	5:20.79	5:06.19	400 M	Ind. Medley	4:33.79	4:46.79	4:59.79	5:12.89	5:38.89

1985 NATIONAL AGE-GROUP TIME STANDARDS

Long Course Meters

(All 1985 long course time standards are identical to the 1984 long course time standards.)

GIRLS 10 & U

B Min	A Min	AA Min	AAA Min	AAAA Min			AAAA Min	AAA Min	AA Min	A Min	B Min
40.69	36.49	35.09	33.69	32.29	50 M	Freestyle	32.09	33.49	34.89	36.29	40.39
1:31.69	1:21.49	1:18.09	1:14.69	1:11.29	100 M	Freestyle	1:09.99	1:13.29	1:16.69	1:19.99	1:29.99
3:19.99	2:56.99	2:49.29	2:41.59	2:33.99	200 M	Freestyle	2:31.29	2:38.79	2:46.29	2:53.89	3:16.49
49.69	43.99	42.09	40.19	38.29	50 M	Backstroke	37.99	39.89	41.79	43.69	49.39
1:47.89	1:35.39	1:31.29	1:27.19	1:22.99	100 M	Backstroke	1:22.19	1:26.29	1:30.39	1:34.49	1:46.79
54.99	48.69	46.59	44.49	42.39	50 M	Breaststroke	42.19	44.29	46.39	48.49	54.79
2:00.69	1:46.79	1:42.19	1:37.59	1:32.89	100 M	Breaststroke	1:32.89	1:37.49	1:42.19	1:46.79	2:00.69
47.79	41.79	39.79	37.69	35.69	50 M	Butterfly	35.09	36.99	38.99	40.99	46.99
1:52.29	1:36.49	1:31.19	1:25.89	1:20.59	100 M	Butterfly	1:19.99	1:25.19	1:30.49	1:35.69	1:51.39
3:47.59	3:21.39	3:12.69	3:03.89	2:55.19	200 M	Ind. Medley	2:52.99	3:01.69	3:10.29	3:18.89	3:44.79

GIRLS 11-12

BOYS 10 & U

BOYS 11-12

36.99	34.19	32.79	31.29	29.89	50 M	Freestyle	28.99	30.39	31.69	33.09	35.89
1:20.59	1:14.39	1:11.29	1:08.19	1:05.09	100 M	Freestyle	1:03.19	1:06.19	1:09.19	1:12.19	1:18.19
2:52.99	2:39.69	2:33.09	2:26.39	2:19.79	200 M	Freestyle	2:17.49	2:24.09	2:30.59	2:37.19	2:50.29
6:00.09	5:32.39	5:18.49	5:04.69	4:50.79	400 M	Freestyle	4:49.59	5:03.29	5:17.09	5:30.89	5:58.49
43.29	39.99	38.29	36.69	34.99	50 M	Backstroke	33.99	35.59	37.19	38.79	41.99
1:33.49	1:26.29	1:22.69	1:19.09	1:15.59	100 M	Backstroke	1:13.49	1:16.99	1:20.49	1:23.99	1:30.99
48.29	44.59	42.79	40.89	39.09	50 M	Breaststroke	37.39	39.09	40.89	42.69	46.19
1:45.39	1:37.29	1:33.19	1:29.19	1:25.09	100 M	Breaststroke	1:22.39	1:26.29	1:30.19	1:34.09	1:41.99
40.19	37.09	35.49	33.99	32.49	50 M	Butterfly	31.29	32.79	34.29	35.79	38.79
1:28.69	1:21.89	1:18.39	1:14.99	1:11.59	100 M	Butterfly	1:10.19	1:13.49	1:16.89	1:20.19	1:26.89
3:19.39	3:03.99	2:56.39	2:48.69	2:40.99	200 M	Ind. Medley	2:36.29	2:43.79	2:51.19	2:58.59	3:13.49

1985 NATIONAL AGE-GROUP TIME STANDARDS

Long Course Meters

B Min	A Min	AA Min	AAA Min	AAAA Min			AAAA Min	AAA Min	AA Min	A Min	B Min
GIRLS 13-14							**BOYS 13-14**				
35.79	33.09	31.69	30.29	28.99	50 M	Freestyle	27.09	28.29	29.59	30.89	33.49
1:17.29	1:11.39	1:08.39	1:05.39	1:02.49	100 M	Freestyle	59.19	1:02.09	1:04.89	1:07.69	1:13.29
2:45.29	2:32.59	2:26.29	2:19.89	2:13.49	200 M	Freestyle	2:07.89	2:13.99	2:19.99	2:26.09	2:38.29
5:42.99	5:16.69	5:03.49	4:50.29	4:37.09	400 M	Freestyle	4:27.99	4:40.69	4:53.49	5:06.29	5:31.79
11:42.79	10:48.69	10:21.69	9:54.59	9:27.59	800 M	Freestyle	9:12.39	9:38.69	10:05.09	10:31.39	11:23.99
22:23.09	20:39.79	19:48.19	18:56.49	18:04.79	1500 M	Freestyle	17:46.29	18:37.09	19:27.89	20:18.59	22:00.19
1:28.09	1:21.29	1:17.89	1:14.59	1:11.19	100 M	Backstroke	1:07.49	1:10.69	1:13.89	1:17.19	1:23.59
3:08.09	2:53.59	2:46.39	2:39.09	2:31.89	200 M	Backstroke	2:25.09	2:31.99	2:38.89	2:45.79	2:59.59
1:39.99	1:32.29	1:28.39	1:24.59	1:20.79	100 M	Breaststroke	1:15.69	1:19.29	1:22.89	1:26.49	1:33.69
3:33.29	3:16.89	3:08.69	3:00.49	2:52.29	200 M	Breaststroke	2:45.19	2:53.09	3:00.89	3:08.79	3:24.49
1:24.29	1:17.79	1:14.59	1:11.29	1:08.09	100 M	Butterfly	1:04.79	1:07.89	1:10.99	1:13.99	1:20.19
3:03.69	2:49.59	2:42.49	2:35.39	2:28.39	200 M	Butterfly	2:21.99	2:28.69	2:35.49	2:42.29	2:55.79
3:09.99	2:55.39	2:48.09	2:40.79	2:33.49	200 M	Ind. Medley	2:25.39	2:32.29	2:39.29	2:46.19	2:59.99
6:39.59	6:08.89	5:53.49	5:38.19	5:22.79	400 M	Ind. Medley	5:08.09	5:22.69	5:37.39	5:52.09	6:21.39
GIRLS 15-16							**BOYS 15-16**				
35.39	32.69	31.29	29.99	28.59	50 M	Freestyle	25.99	27.19	28.49	29.69	32.19
1:16.19	1:10.29	1:07.39	1:04.49	1:01.49	100 M	Freestyle	56.69	59.39	1:02.09	1:04.79	1:10.19
2:41.89	2:29.39	2:23.19	2:16.99	2:10.79	200 M	Freestyle	2:02.89	2:08.79	2:14.59	2:20.49	2:32.19
5:39.09	5:13.09	4:59.99	4:46.99	4:33.89	400 M	Freestyle	4:17.29	4:29.59	4:41.79	4:54.09	5:18.59
11:35.99	10:42.49	10:15.69	9:48.99	9:22.19	800 M	Freestyle	8:49.09	9:14.29	9:39.49	9:59.99	10:54.99
22:10.79	20:28.49	19:37.29	18:46.09	17:54.89	1500 M	Freestyle	16:57.59	17:46.09	18:13.29	19:22.99	20:59.89
1:26.19	1:19.49	1:16.19	1:12.89	1:09.59	100 M	Backstroke	1:04.49	1:07.49	1:10.59	1:13.69	1:19.79
3:03.89	2:49.79	2:42.69	2:35.59	2:28.59	200 M	Backstroke	2:13.99	2:20.39	2:26.79	2:33.19	2:45.89
1:38.29	1:30.69	1:26.89	1:23.19	1:19.39	100 M	Breaststroke	1:12.09	1:15.59	1:18.99	1:22.39	1:29.29
3:28.29	3:12.29	3:04.29	2:56.29	2:48.29	200 M	Breaststroke	2:37.69	2:45.19	2:52.69	3:00.29	3:15.29
1:22.59	1:16.19	1:13.09	1:09.89	1:06.69	100 M	Butterfly	1:01.29	1:04.19	1:07.19	1:10.09	1:15.89
2:59.09	2:45.39	2:38.49	2:31.59	2:24.69	200 M	Butterfly	2:14.89	2:21.29	2:27.69	2:34.09	2:46.99
3:06.59	2:52.19	2:44.99	2:37.89	2:30.69	200 M	Ind. Medley	2:15.99	2:26.99	2:33.69	2:40.39	2:48.39
6:32.49	6:02.29	5:47.19	5:32.09	5:16.99	400 M	Ind. Medley	4:54.59	5:08.59	5:22.59	5:36.69	6:04.69

1985 NATIONAL AGE-GROUP TIME STANDARDS

Long Course Meters

B Min	A Min	AA Min	AAA Min	AAAA Min			AAAA Min	AAA Min	AA Min	A Min	B Min
	GIRLS 17-18								**BOYS 17-18**		
35.29	32.59	31.29	29.89	28.49	50 M	Freestyle	25.39	26.59	27.79	28.99	31.39
1:14.99	1:09.19	1:06.29	1:03.39	1:00.59	100 M	Freestyle	55.29	57.89	1:00.49	1:03.09	1:08.39
2:41.59	2:29.19	2:22.99	2:16.79	2:10.59	200 M	Freestyle	2:00.79	2:06.59	2:12.29	2:18.09	2:29.59
5:35.19	5:09.39	4:56.49	4:43.59	4:30.69	400 M	Freestyle	4:13.39	4:25.39	4:37.49	4:49.59	5:13.69
11:33.39	10:40.09	10:13.39	9:46.79	9:20.09	800 M	Freestyle	8:44.99	9:09.99	9:34.99	9:59.99	10:49.89
21:58.49	20:17.09	19:26.39	18:35.69	17:44.99	1500 M	Freestyle	16:38.19	17:25.69	18:13.29	19:00.79	20:35.89
1:25.59	1:18.99	1:15.69	1:12.39	1:09.09	100 M	Backstroke	1:02.19	1:05.09	1:08.09	1:11.09	1:16.99
3:01.39	2:47.39	2:40.49	2:33.49	2:26.49	200 M	Backstroke	2:13.99	2:20.39	2:26.79	2:33.19	2:45.89
1:36.59	1:29.09	1:25.39	1:21.69	1:17.99	100 M	Breaststroke	1:09.69	1:12.99	1:16.29	1:19.59	1:26.19
3:26.59	3:10.69	3:02.79	2:54.79	2:46.89	200 M	Breaststroke	2:31.99	2:39.29	2:46.49	2:53.69	3:08.19
1:21.69	1:15.39	1:12.29	1:09.09	1:05.99	100 M	Butterfly	59.49	1:02.29	1:05.19	1:07.99	1:13.59
2:55.89	2:42.39	2:35.59	2:28.89	2:22.09	200 M	Butterfly	2:10.89	2:17.09	2:23.29	2:29.49	2:41.99
3:03.89	2:49.69	2:42.69	2:35.59	2:28.49	200 M	Ind. Medley	2:15.99	2:22.49	2:28.99	2:35.49	2:48.39
6:26.79	5:56.99	5:42.09	5:27.29	5:12.39	400 M	Ind. Medley	4:46.79	5:00.49	5:14.09	5:27.79	5:55.09

These standards are based on the 16th best time listed in the national age group 16 best times tabulations. The base time is revised whenever the best times lists show a faster 16th best time.

The calculation of the times listed are as follows: AAAA = 105% of the base time; AAA = 110% of base; AA = 115%; A = 120%; B = 130%. Example: 11-12 girls 100 meter freestyle base time is 1:01.99, from the 1984 top 16 times. The national 'A' time is 1.20 x 1:01.99 = 1:14.39.

The 10 & under age group has been modified by varying the change rate from the standard 5 percent. The rates for this group vary from 4.5% to 7% for different strokes. Also, the 'B' standard is one increment slower. (i.e. 100 free 'B' time is 135% of base.)

UNITED STATES MASTERS SWIMMING RECORDS

Short Course - Women

	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+
50 Free	23.72	24.78	25.41	25.67	27.28	28.89	30.64	30.67	32.98	34.66	46.78	57.59	58.89	1:27.65
100 Free	52.11	53.72	56.18	56.88	1:00.70	1:04.52	1:08.51	1:08.11	1:17.00	1:22.05	1:45.23	2:12.56	2:49.13	3:34.60
200 Free	1:55.42	1:57.74	2:04.32	2:09.25	2:13.32	2:22.29	2:35.57	2:37.76	2:59.30	3:15.13	3:39.36	5:09.45	7:02.31	8:28.07
500 Free	5:12.35	5:17.21	5:33.59	5:46.87	6:14.31	6:15.54	6:56.63	7:27.06	8:10.89	8:33.46	9:50.30	12:27.49	—	—
1650 Free	17:58.49	18:29.91	19:07.37	20:08.12	21:23.80	21:44.48	23:50.11	26:14.97	27:51.06	30:21.64	33:14.90	41:44.70	—	—
50 Back	28.30	28.97	30.50	32.00	32.86	35.55	34.63	40.65	41.70	44.64	54.51	1:00.20	1:07.57	—
100 Back	1:01.08	1:02.87	1:08.66	1:10.58	1:12.10	1:18.61	1:17.48	1:27.43	1:32.70	1:39.01	2:02.28	2:22.78	—	—
200 Back	2:15.36	2:20.04	2:26.87	2:35.60	2:38.68	2:50.00	2:54.55	3:11.62	3:27.04	3:42.60	4:24.60	5:07.98	6:17.01	—
50 Brst	31.54	32.10	33.16	34.95	35.95	35.66	37.70	41.83	43.34	51.37	1:03.73	1:15.55	1:23.67	2:26.52
100 Brst	1:09.58	1:09.58	1:12.38	1:18.10	1:17.46	1:19.76	1:26.73	1:31.07	1:37.97	1:51.56	2:26.98	2:52.51	4:38.70	5:30.32
200 Brst	2:31.40	2:35.26	2:40.18	2:48.43	2:48.82	3:03.42	3:12.07	3:22.14	3:42.56	3:55.78	5:07.28	6:14.60	9:48.28	11:48.36
50 Fly	26.82	26.85	28.52	28.58	29.83	30.85	34.80	35.32	44.14	50.04	1:02.53	1:11.38	—	—
100 Fly	59.90	59.64	1:03.08	1:04.91	1:10.80	1:12.79	1:22.08	1:23.43	1:46.31	1:50.43	2:24.40	2:56.55	3:01.71	—
200 Fly	2:10.47	2:15.83	2:18.88	2:26.51	2:42.30	2:51.58	3:08.32	3:13.88	3:54.85	4:06.22	5:14.92	6:50.88	—	—
100 I.M.	1:01.89	1:03.17	1:06.24	1:07.81	1:11.35	1:12.39	1:15.24	1:22.85	1:35.98	1:40.26	2:20.92	2:32.15	2:41.31	—
200 I.M.	2:14.70	2:17.13	2:22.59	2:29.18	2:34.41	2:43.43	2:48.87	3:05.13	3:33.70	3:39.02	5:01.20	5:42.66	—	—
400 I.M.	4:46.69	4:59.26	5:02.95	5:17.74	5:34.80	5:50.83	6:04.98	6:58.09	7:36.40	7:36.45	10:56.42	12:23.51	—	—
200 Fr. Rel.	1:37.79		1:47.05		2:03.13		2:17.24		2:59.19		5:50.34			
200 Med. Rel.	1:53.76		2:02.02		2:18.77		2:40.35		3:24.02		6:08.36			
200 Mix. Fr. Rel.	1:31.22		1:37.57		1:47.48		1:58.89		2:17.27		4:00.99			
200 Mix. Med. Rel.	1:44.50		1:50.69		2:03.70		2:18.59		2:37.78		5:52.28			

*Updated Through 10/15/84

UNITED STATES MASTERS SWIMMING RECORDS

Short Course - Men

	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+
50 Free	20.64	21.65	21.72	22.55	22.81	22.93	25.20	25.52	27.08	27.45	29.60	34.14	46.88	2:06.77
100 Free	45.10	46.92	47.52	49.38	52.22	52.62	56.84	56.52	1:00.40	1:01.22	1:08.46	1:19.32	1:56.94	—
200 Free	1:41.72	1:42.88	1:46.53	1:51.63	1:52.42	1:59.71	2:07.44	2:09.86	2:17.04	2:24.72	2:35.14	3:01.25	4:20.00	—
500 Free	4:43.35	4:44.96	4:47.91	5:05.43	5:03.96	5:23.73	5:57.01	6:01.72	6:20.83	6:54.49	7:16.39	8:19.77	12:03.06	—
1650 Free	16:23.15	16:42.50	17:04.37	17:40.20	17:59.11	18:57.15	20:31.54	21:05.79	22:21.28	24:21.55	25:35.70	28:37.23	39:46.87	—
50 Back	24.20	25.29	25.97	25.93	28.11	28.70	30.34	31.21	34.30	35.73	37.14	46.01	57.68	—
100 Back	52.44	54.90	56.84	57.86	1:01.59	1:03.08	1:06.14	1:09.69	1:16.27	1:20.80	1:23.22	1:47.87	2:10.62	—
200 Back	1:55.50	1:59.66	2:05.45	2:07.32	2:15.70	2:18.63	2:27.23	2:34.33	2:50.40	3:00.62	3:08.20	3:57.29	5:24.76	—
50 Brst	26.55	26.53	27.56	28.01	29.27	29.70	32.65	34.01	35.17	36.44	38.58	47.00	56.10	—
100 Brst	59.12	59.44	1:01.02	1:02.05	1:05.29	1:06.68	1:11.97	1:16.46	1:19.22	1:24.57	1:35.77	1:45.41	2:10.50	—
200 Brst	2:10.80	2:14.12	2:16.03	2:21.69	2:27.65	2:29.42	2:42.68	2:53.04	2:58.07	3:10.76	3:47.55	4:03.86	—	—
50 Fly	22.68	23.11	24.12	25.29	25.25	26.55	27.34	29.77	30.66	34.42	40.24	48.33	1:33.13	—
100 Fly	49.81	51.20	52.08	54.04	57.36	1:00.06	1:04.33	1:09.53	1:15.26	1:25.89	1:35.71	2:20.11	—	—
200 Fly	1:51.01	1:54.59	1:54.85	2:04.12	2:11.68	2:17.78	2:37.97	2:45.04	3:06.18	3:19.73	3:52.20	10:00.97	—	—
100 I.M.	52.63	53.84	56.13	56.72	59.60	1:03.31	1:05.92	1:07.43	1:11.89	1:15.89	1:30.53	1:48.90	2:33.76	—
200 I.M.	1:55.70	1:59.15	2:03.64	2:04.11	2:12.90	2:20.08	2:28.99	2:34.61	2:43.52	2:53.83	3:26.91	4:07.32	—	—
400 I.M.	4:11.83	4:15.84	4:23.26	4:30.30	4:49.40	5:01.82	5:27.33	5:43.74	5:57.83	6:26.40	7:28.30	9:26.94	—	—
200 Fr. Rel.	1:23.92		1:28.69		1:36.63		1:42.59		1:57.30		2:49.22			
200 Med. Rel.	1:34.30		1:41.02		1:51.41		2:00.13		2.16.77		3:13.78			

UNITED STATES MASTERS SWIMMING RECORDS

Long Course - Women

	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
50 Free	27.38	28.69	29.03	29.10	30.43	31.48	34.07	35.68	36.97	39.29	45.58	1:03.51	1:29.75
100 Free	59.62	1:00.98	1:03.82	1:07.15	1:09.42	1:12.10	1:16.55	1:20.10	1:28.40	1:34.38	1:46.47	2:28.58	3:15.70
200 Free	2:12.20	2:15.80	2:23.10	2:26.62	2:33.11	2:40.36	2:54.10	3:00.61	3:24.23	3:37.41	4:10.57	5:24.06	7:52.16
400 Free	4:24.04	4:42.88	5:06.26	5:11.25	5:28.88	5:41.83	6:06.92	6:34.26	7:19.87	7:52.45	8:46.15	11:18.98	18:39.66
1500 Free	18:37.62	19:03.24	20:25.14	20:42.11	21:26.16	22:49.67	23:55.10	26:21.54	28:26.39	31:04.57	34:24.50	42:56.35	—
50 Back	31.92	32.42	35.15	37.18	37.64	40.91	39.00	45.29	47.31	50.29	1:01.68	1:09.41	1:35.34
100 Back	1:08.44	1:11.85	1:19.48	1:19.54	1:21.04	1:30.52	1:27.61	1:39.83	1:46.95	1:51.41	2:17.74	2:41.24	3:25.03
200 Back	2:32.37	2:37.70	2:51.11	2:50.10	2:59.45	3:14.57	3:11.43	3:34.05	3:50.16	4:09.78	4:54.81	5:47.09	7:13.98
50 Brst	35.80	36.34	37.04	40.53	39.88	40.70	43.82	45.86	49.23	59.79	1:13.83	1:29.01	2:51.97
100 Brst	1:20.85	1:22.30	1:24.02	1:29.88	1:29.80	1:31.55	1:40.19	1:43.73	1:50.29	2:06.46	2:44.41	3:21.14	5:38.35
200 Brst	2:55.33	3:01.70	3:05.62	3:13.84	3:15.85	3:28.49	3:34.85	3:54.87	4:05.90	4:26.93	5:56.57	7:11.50	13:42.69
50 Fly	29.92	30.02	32.22	32.16	34.07	35.38	40.03	41.94	50.33	58.94	1:13.89	1:20.39	—
100 Fly	1:07.06	1:09.90	1:12.29	1:13.77	1:21.32	1:24.40	1:36.77	1:38.21	2:01.18	2:11.66	2:45.93	3:23.16	—
200 Fly	2:29.24	2:33.32	2:42.02	2:52.70	3:09.78	3:15.92	3:33.54	3:48.20	4:28.41	4:37.05	6:00.78	7:29.49	—
200 I.M.	2:35.55	2:38.49	2:44.21	2:47.96	2:55.61	3:06.10	3:11.30	3:38.12	4:03.97	4:10.91	5:47.08	6:19.56	—
400 I.M.	5:29.87	5:43.12	5:52.87	5:55.13	6:29.10	6:35.20	6:54.71	7:48.30	8:34.84	8:47.36	12:18.46	13:42.24	—
Fr. Rel.	1:55.69		2:08.63		2:19.85		2:36.98		3:12.11		5:54.54		
Med. Rel.	2:10.63		2:21.33		2:39.15		3:06.64		3:46.33		—		
Mix. Fr. Rel.	1:47.20		1:53.87		2:01.61		2:15.26		2:29.99		4:11.34		
Mix. Med. Rel.	1:58.51		2:07.77		2:17.15		2:32.07		3:03.30		6:06.92		

UNITED STATES MASTERS SWIMMING RECORDS

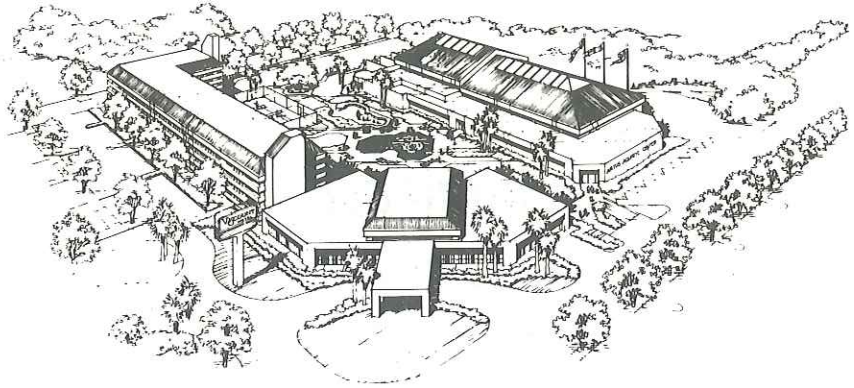
Long Course - Men

	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+
50 Free	23.89	24.50	25.31	26.00	26.12	26.49	28.56	28.83	30.30	31.85	33.75	38.95	50.74	2:07.46
100 Free	51:23	54.25	56.63	57.70	58.76	1:00.78	1:06.23	1:05.40	1:11.89	1:12.40	1:19.04	1:33.72	2:07.87	4:54.36
200 Free	1:53.78	2:01.26	2:05.06	2:09.08	2:09.30	2:18.75	2:29.71	2:30.39	2:48.01	2:49.06	2:57.83	3:39.69	5:22.40	—
400 Free	4:17.49	4:21.96	4:26.48	4:38.82	4:37.15	4:52.42	5:24.11	5:28.90	5:59.67	6:24.02	6:27.76	7:38.23	11:19.63	—
1500 Free	16:57.32	17:10.80	17:50.69	18:23.82	18:34.73	19:39.09	21:28.64	22:03.54	24:51.54	25:16.56	26:08.40	29:15.06	45:22.05	—
50 Back	28.75	29.21	28.04	30.89	33.01	33.29	34.61	35.75	38.93	40.60	40.47	54.28	1:02.40	2:16.90
100 Back	1:01.68	1:04.33	1:03.00	1:09.35	1:10.12	1:11.27	1:18.54	1:20.74	1:27.52	1:33.92	1:32.92	2:06.19	2:43.70	5:04.51
200 Back	2:12.99	2:19.85	2:19.40	2:32.96	2:40.81	2:45.53	2:51.91	2:56.45	3:16.25	3:29.67	3:34.86	4:33.53	6:13.80	—
50 Brst	30.98	30.88	32.01	34.40	33.91	36.55	37.69	39.52	40.44	41.44	48.70	58.81	1:06.00	2:12.09
100 Brst	1:06.87	1:09.30	1:11.43	1:15.80	1:15.47	1:18.38	1:28.56	1:30.04	1:33.40	1:33.20	1:56.11	2:26.30	2:43.08	5:16.03
200 Brst	2:30.96	2:33.51	2:41.12	2:49.12	2:54.31	2:57.46	3:11.74	3:21.95	3:36.04	3:36.00	4:16.44	5:40.12	6:23.90	—
50 Fly	25.48	26.63	27.31	28.21	29.20	29.97	32.52	33.99	35.21	41.35	48.31	58.97	—	—
100 Fly	56.93	58.94	1:03.42	1:02.05	1:06.65	1:11.34	1:15.04	1:23.30	1:29.32	1:45.60	2:01.37	—	—	—
200 Fly	2:06.88	2:12.57	2:26.25	2:27.47	2:38.72	2:44.92	3:07.22	3:31.96	3:34.69	4:01.91	5:22.84	—	—	—
200 I.M.	2:14.02	2:18.78	2:27.04	2:23.98	2:32.06	2:40.88	2:57.15	2:58.03	3:24.35	3:27.87	4:21.09	4:55.18	—	—
400 I.M.	4:52.11	5:01.43	5:19.36	5:15.84	5:27.32	5:46.74	6:14.01	6:32.33	6:58.29	7:41.59	9:36.97	10:48.40	—	—
Fr. Rel.	1:38.14		1:44.32		1:48.76		2:00.28		2:13.69		3:13.54			
Med. Rel.	1:50.00		1:57.15		2:06.03		2:16.81		2:39.21		3:48.96			

LONG DISTANCE SWIMMING RECORDS

MEN			EVENT	WOMEN		
Ron Nuegent	1984	76:21:54	**Qtr-Mile Straightaway (Four Mile)**	Shelley Taylor	1984	82:44:35
Ray Pedin (M)		2:00:35.10	**5 Mile**	Robin Boughey	1984	2:10:48.50
Chad Fallin	1984	2:26:54.70				
Ray Pedin (M)	1984	4:06:48.70	**10 Mile**	Stacy Chanin (M)	1984	4:37:39.20
Chad Fallin	1984	5:16:58.00		Robin Boughey	1984	4:38:41.70
Ray Pedin (M)	1984	6:19:00.30	**15 Mile**	Stacy Chanin (M)	1984	7:19:10.50
Chad Fallin	1984	8:18:45.00		Robin Boughey	1984	7:24:49.00
Ray Pedin (M)	1984	8:46:32.70	**20 Mile**	Robin Boughey	1984	10:17:18.70
Chad Fallin	1984	11:18:53.80				
Ray Pedin (M)	1984	11:24:42.40	**25 Mile**	Stacy Chanin (M)	1984	13:13:08.00
Chad Fallin	1984	14:14:13.20		Robin Boughey	1984	14:07:27.90
Ray Pedin (M)	1984	12:04:31.70	**Marathon**	Stacy Chanin (M)	1984	13:48:58.30
Chad Fallin	1984	14:53:44.50	**26 Mile-385 Yds**	Robin Boughey	1984	14:07:27.90
Christopher Gleason	1984	1:07:10.87	**5 Kilometer**	Mellisa Hoy	1984	1:04:27.00
David Swanson	1982	1:54:05.00	**10 Kilometer**	Libby Pruden	1983	2:00:48.00
			15 Kilometer	Penny Lee Dean	1978	3:22:44.00
(M = Master)			**20 Kilometer**	Penny Lee Dean	1978	4:31:00.00
			25 Kilometer	Penny Lee Dean	1978	5:40:21.00
			30 Kilometer	Penny Lee Dean	1978	6:48:26.00
			35 Kilometer	Penny Lee Dean	1978	7:57:11.00
Roger Madruga	1981	6075 Yards	**One Hour Swim**	Tiffany Cohen	1981	5700 Yards
(M = Master)				Vera Baker	1981	5700 Yards
			AGE GROUP			
Ryan Duncan	1983	13:19.22	**9 Year 1000 Yard**	Natasha Kohne	1983	12:23.82
Ryan Cox	1983	11:21.75	**10 Year 1000 Yard**	Stevanie Rosenthal	1983	11:21.01
Steven Cohen	1983	23:01.16	**11 Year 2000 Yard**	Heather Rue	1983	23:33.93
Seth Johnson	1983	21:50.22	**12 Year 2000 Yard**	Janet Evans	1983	21:04.33
Steve Herron	1983	30:58.51	**13 Year 3000 Yard**	Kim Brown	1983	31:19.70
Richard Drewelow	1983	30.41.25	**14 Year 3000 Yard**	Kathy Oshann	1983	31:45.72
Daniel Jorenson	1983	29:04.74	**15 Year 3000 Yard**	Michelle Likos	1983	31:09.00
Paul Robinson	1983	29:26.18	**16 Year 3000 Yard**	Tami Bruce	1983	31:13.42
Jason Gorrie	1983	29:01.16	**17 Year 3000 Yard**	Stacy Shupe	1983	30:15.72
Jeff Kostoff	1983	27:39.81	**18 Year 3000 Yard**	Carol Peterson	1983	31:28.50
			TEAM EVENTS			
Univ. of Arkansas (Roy Deary, Kevin Ryskowski, Ken Landgraf)	1983	2:48:48.15	**Qtr-Mile Straightaway (3 x Four Miles)**	Univ. of Arkansas (Shelly Taylor, Leith Weston, Tammy Ditter)	1983	2:57:17.06
Mission Viejo Nadadores (Roger Madruga, Fillberto Colon, Mike O'Brien)	1981	17,785 Yds.	**3 Hour Swim (3 x One Hour)**	Mission Viejo Nadadores (Tiffany Cohen, Vera Baker, Florence Barker)	1981	17,025 Yds.

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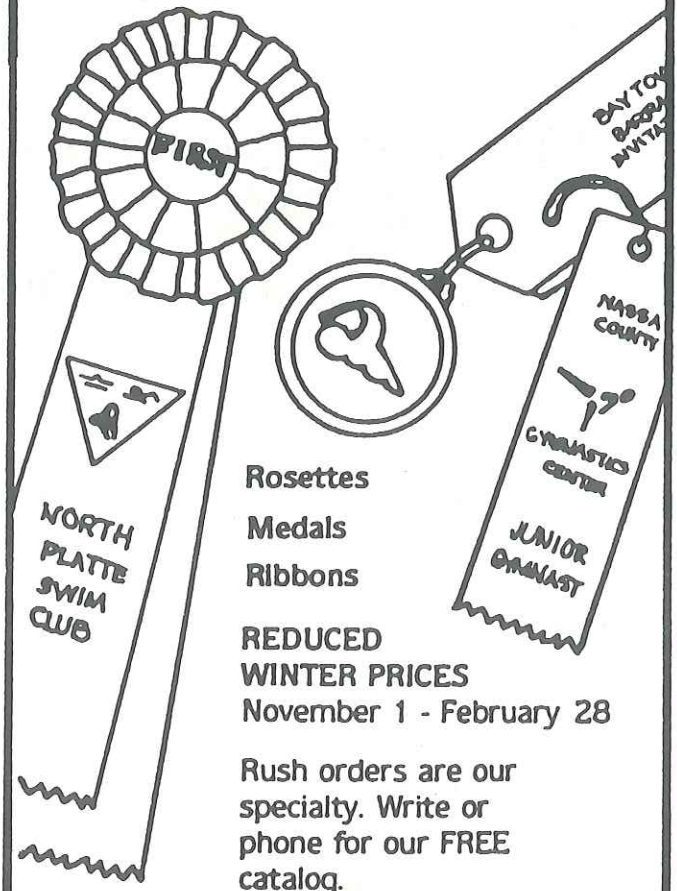
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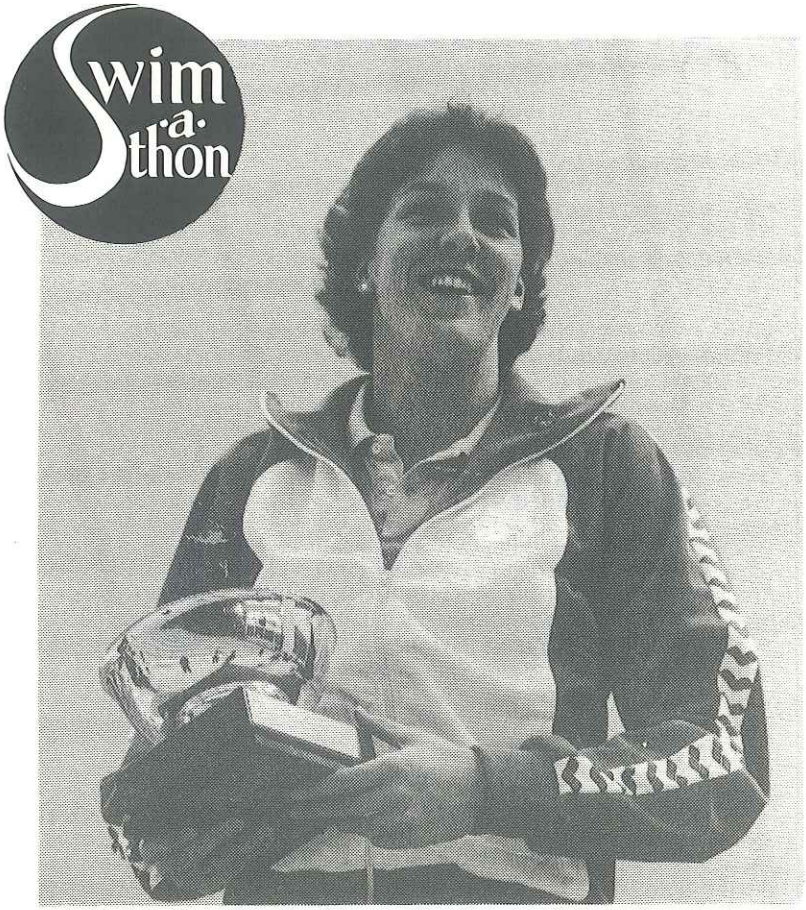
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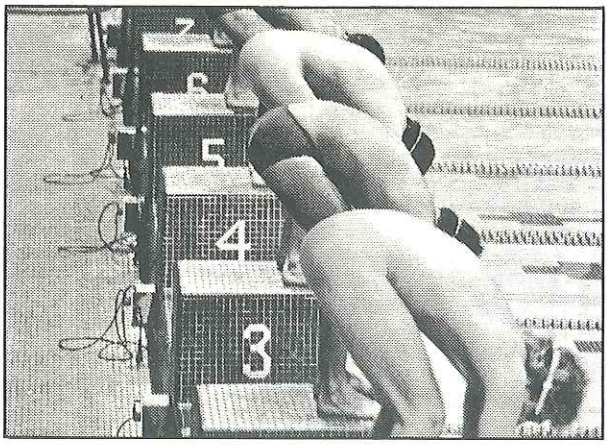


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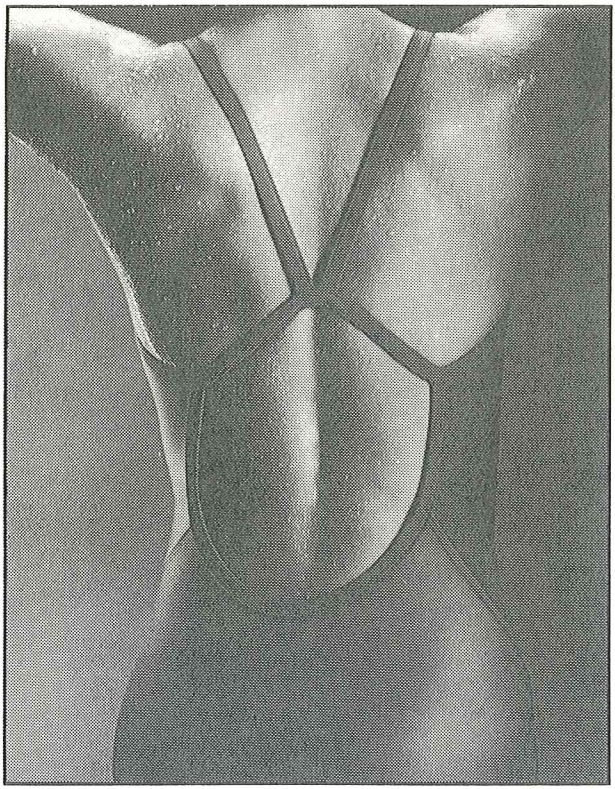
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