

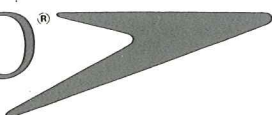


UNITED STATES SWIMMING 1988  
*Rules and Regulations*

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# **1988 UNITED STATES SWIMMING RULES AND REGULATIONS**

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## MAJOR RULE CHANGES

### EFFECTIVE JANUARY 1, 1988

ALL PARTS TWO THROUGH EIGHT

### EFFECTIVE MAY 15, 1988

**DECK COACHING** — Former rule 102.10.10 deleted. Now under Referee jurisdiction.

### EFFECTIVE SEPTEMBER 1, 1988

**BACKSTROKE** — Start rules for short and long course become the same. Current rules remain effective only through August 31, 1988.

**BREASTSTROKE** — On turns, shoulder may be dropped only through August 31, 1988. Permission to drop is discontinued beginning September 1, 1988.

**FORWARD START** — Rules for short and long course start become the same September 1, 1988. Current rules remain effective only through August 31, 1988.

### IMPORTANT NOTE

For clarity, the stroke rules affected by the above changes which are effective through August 31, 1988 have been enclosed in boxes. The new rules effective September 1, 1988 are boxed **and shaded**. We hope this will eliminate any confusion in applying these new regulations.

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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 member clubs 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 Program Operations, 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.

**Record Attempt**—swimming against time in a record attempt, unpaced by other swimmers. (Refer to Article 104 for record requirements).

**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 a USS group member 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**—

**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.

**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.

**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**—Occurring 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.

**Swimming Venue**—the area located on the sides and ends of the pool, spectator area, team areas within the pool facility (e.g., portion of the building designated for teams and swimmers, or fenced area around outdoor pool), locker rooms, and such other areas as may be specifically designated by the host club or organization, meet director, or referee.

**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 of Record**—Official time achieved in an event.

**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 achieve or better a required time standard.

**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

1

**All provisions under Part One, the Technical Rules, unless otherwise specified on Page 4, "Major Rules Changes", are effective beginning May 15, 1988, 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 206), subject to available facilities and personnel. Events other than such championships may use Article 206 as a guide, subject to local conditions and preferences.

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

### ARTICLE 101

#### INDIVIDUAL STROKES AND RELAYS

##### 101.1 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. The arms shall move simultaneously and in the same horizontal plane without any alternating movement. The hands shall be pushed forward together from the breast and shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hipline, except during the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- .3 **Kick**—All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outward during the propulsive part of the kick movement. A scissors, flutter, or downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.



## 101.2

- .4 **Turns**—At each turn, the touch shall be made with both hands simultaneously at, above, or below the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete cycle preceding the touch. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the feet leave the wall and the form prescribed in .2 above must be attained from the beginning of the first arm stroke.

Effective through August 31, 1988

- A **Short Course**—It is permissible for a shoulder to be dropped in anticipation of the turn after the final arm pull and prior to the touch.

- B **Long Course**—Prior to the touch at the turn the shoulders shall be in line with the water surface.

- .5 **Finish**—At the finish the touch shall be made with both hands simultaneously at, above, or below the water surface. The body shall be on the breast and the shoulders in line with the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete stroke cycle preceding the touch.

### 101.2. 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 line with the water surface, 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 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**—On the finish the touch of the solid wall or pad 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.

### 101.3. BACKSTROKE

Effective through August 31, 1988

#### .1 Start

##### A Short Course

- (1) The swimmers shall line up in the water facing the starting end, with both hands resting either on the end or edge of the pool, or any part of the starting platform or block, or the starting grips.
- (2) 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

- (1) The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips.
- (2) Prior to the command "take your mark" and until the feet leave the wall at the starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before or after the start. A backstroke starting block may not be used.

Effective September 1, 1988

- A The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips.
- B Prior to the command "take your mark" and until the feet leave the wall at the starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before or after the start. 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. 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 in this case 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.



## 101.4

- .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.

### 101.4. 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**—Upon completion of each length the swimmer must touch the solid wall or pad at the end of the course with some part of his body.
- .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.

**101.5. 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 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.
- 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.

### 101.6. 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 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.

- C In relay races a swimmer other than the first swimmer shall not start until his teammate has concluded his leg.
- D 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.
- E Each relay team member shall leave the water immediately upon finishing his leg, except the last member.
- F 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.

## ARTICLE 102

### CONDUCT AND OFFICIATING OF ALL SWIMMING COMPETITION

**102.1. EVENTS**—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 SENIOR EVENTS

The following events for National Championships are recommended for LSC and other championship meets. Eligibility for these championships shall be determined by the LSCs involved.

##### Short Course Events

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

##### Long Course Events

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

## 102.2

### .2 AGE GROUP EVENTS

#### 10-and-Under

50-100-200 Freestyle  
50-100 Backstroke  
50-100 Breaststroke  
50-100 Butterfly  
100-200 Individual 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 Individual 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

### 102.2. ENTRIES - GENERAL RULES

- .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 three (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.
- .6 If a meet or event has no qualifying time standards, swimmers with no established time for an event may enter that event with no submitted time.

**102.3. SCRATCH PROCEDURES**—Each swimmer shall inform himself of the meet starting time and shall report to the proper meet authorities promptly upon call. Meet announcements and advance information shall specify check-in and scratch procedures for individual and relay events and penalties for violation of those procedures.

### 102.4. RELAYS

- .1 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
- .2 is a member of the Corporation.  
Relays may be conducted on a timed final basis or with preliminaries and finals.



- .3 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.
- .4 Relays conducted as preliminaries and finals shall be seeded and conducted in the same manner as individual events.
- .5 Organizations entering two or more relay teams in an event shall designate them on the entry blank as Team A, Team B, etc.
- .6 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.
- .7 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.
- .8 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.
- .9 The competing teams, first and last names of members and their ages, must be listed in the meet results.

#### 102.5. 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 swimmer first and the slowest swimmer 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 102.5.3. Swimmers shall be placed in heats according to submitted times in the following manner:
  - A **Fewer than three heats**
    - (1) If one heat, it may be seeded as a final heat and swum only during the final session, at the Referee's discretion.
    - (2) 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 102.5.3.

## 102.5

- 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**—A swim-off is considered to be part of the total preliminary process of qualifying for the finals. 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-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. In the case of a disqualification in a swim-off the swimmer so disqualified is relegated to the lowest qualifying position for which he is 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 accompanying consolation finals. If disqualifications leave 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.

**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:

1 = Fastest time

Pool						5	3	1	2	4		5	Number of lanes in the pool
					6	4	2	1	3	5		6	
			7	5	3	1	2	4	6		7		
		8	6	4	2	1	3	5	7		8		
		9	7	5	3	1	2	4	6	8	9		
	10	8	6	4	2	1	3	5	7	9	10		
	10	9	8	7	6	5	4	3	2	1	< Lane numbers		



#### .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 **Seeding of 50 meter events in a 50 meter course**—50 meter events swum in a 50 meter course shall be seeded as provided above. If the event is started at the turning end of the course no change in the lane assignments shall be made, i.e., the slowest swimmer in the heat will swim in the right outside lane.

#### .6 Counters

- A A swimmer in any individual swimming event of 400 yards or meters or more, except the individual medley, may appoint one counter to call lengths or indicate lengths by visual sign.
- B Verbal counters shall be limited to one per swimmer, 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.

- .7 **Distance Events**—In 1000/1650 yard and 800/1500 meter freestyle events, the normal order of heats may be reversed by swimming the fastest heats first and alternating women's and men's heats. The meet announcement shall state the order of heats for these events.

**102.6. AWARDS**—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.

## 102.7

### 102.7. SCORING

#### .1 Dual Meets

Individual events: 5-3-1-0

Relays: 7-0

#### .2 Triangular meets

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

Relays: 8-4-0

#### .3 All other meets

Individual events:

4-lane pools: 5-3-2-1

5-lane pools: 6-4-3-2-1

6-lane pools: 7-5-4-3-2-1

7-lane pools: 8-6-5-4-3-2-1

8-lane pools: 9-7-6-5-4-3-2-1

9-lane pools: 10-8-7-6-5-4-3-2-1

10-lane pools: 11-9-8-7-6-5-4-3-2-1

Individual point values shall be doubled for relays.

When consolations and championship finals are swum, scoring shall be as follows:

Individual events:

6-lane pools (12 places):

final: 16-13-12-11-10-9

consolation: 7-5-4-3-2-1

7-lane pools (14 places):

final: 18-15-14-13-12-11-10

consolation: 8-6-5-4-3-2-1

8-lane pools (16 places):

final: 20-17-16-15-14-13-12-11

consolation: 9-7-6-5-4-3-2-1

9-lane pools (18 places):

final: 22-19-18-17-16-15-14-13-12

consolation: 10-8-7-6-5-4-3-2-1

10-lane pools (20 places):

final: 24-21-20-19-18-17-16-15-14-13

consolation: 11-9-8-7-6-5-4-3-2-1

Individual point values shall be doubled for relays, even when relays are swum as timed finals.

- .4 **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.

- .5 **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.

- .6 **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.

## 102.8 CHANGE OF PROGRAM AND POSTPONEMENT

- .1 The order of events, as laid down in the official program, shall not be changed. The announced arrangement of heats in any event shall not be added to or altered, except by the authority of the Referee, to the extent of consolidating the heats.
- .2 At the Meet Referee's discretion, individual events 200 yards/ meters or longer or any relay event may be combined by age, sex and/or distance provided there is at least one empty lane between any such combination. Strokes may not be combined.
- .3 The entry provisions and starting time of any event, meet or portion thereof shall stand as stated on entry blank (except as permitted under .4 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.

### .4 Postponement or Cancellation

- A If, prior to its commencement, unusual or severe weather conditions preclude the possibility of safely and effectively conducting a meet or event, the meet committee may cancel or postpone it.
- B Should a meet or event have actually commenced, and in the judgment of the Referee cannot safely and effectively continue because of weather conditions, or for some other compelling reason, the Referee, in his sole discretion, may suspend the meet or event until conditions warrant continuance. If conditions do not warrant continuance, the Referee may cancel the meet or event, or postpone it to a future date or time, with the approval of the meet committee.
- C A decision to cancel or postpone shall be final.
- D Should an event have actually commenced but is terminated prior to an official finish, and is postponed to another time or date, it shall then be conducted between the swimmers who were officially competing in the event at the time of the termination.
- E Entry fees for teams or swimmers may be refunded, in whole or part, at the discretion of the meet committee, upon cancellation of a meet or particular event. The decision of the meet committee on refunding may be appealed to the LSC Review Section for hearing under the provisions of Article 401.



## 102.9

### 102.9. 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 Federation 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 .3A above, but the advertiser's name only may be used.

### 102.10. 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 or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the Referee.
- .4 A swimmer must start and finish the race in his assigned lane.
- .5 Standing on the bottom during a freestyle 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 Any swimmer not entered in a race who enters the pool or course in the area in which said race is being conducted before all swimmers therein have completed the race shall be barred from the next individual event in which he is entered on that day or the next meet day, whichever is first.
- .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 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.
- .11 For relay disqualifications, refer to 101.6.3.
- .12 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.
- .13 Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.

#### 102.11. 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 director or Referee before the race is held, and if the meet committee deems it advisable, the swimmer may compete under protest and it shall be so announced before the race. The meet committee shall immediately refer such protest to the review section having jurisdiction for adjudication at the earliest possible time.
- .3 Protests against judgment decisions of starters, stroke, turn, place and relay takeoff judges can only be considered by the Referee of the meet.
- .4 Any other protest arising from the competition itself shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately the protester shall at that time file a written protest with the chairman of the 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.

#### 102.12. OFFICIALS

- .1 All officials accepting an invitation to officiate at a swimming meet should arrive promptly and report immediately to the meet director.
- .2 For all swimming meets or time trials except dual meets there should not be less than the following officiating positions filled or approved by the LSC in authority. Officials other than the Referee may act in more than one officiating capacity only when sufficient qualified officials are not available, but no one may simultaneously time and judge the order of finish.

- 1 Referee
- 1 Starter

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- 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
- Relay Take-off 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 102.21.5. 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 102.20.1.

### .4 Minimum Number of Officials Required for Dual Meets

- A Referee, who may also act as a stroke and turn judge.
- B Starter
- C One other stroke and turn judge (may be the Starter)
- D Two scorers—one from each team.
- E Announcer.
- F Three timers for each lane.
- G Relay take-off judges.
- H 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.
- I The visiting team may furnish officials as a courtesy, not a requirement.

### .5. Officials For National Championships

- A Officials for national championship meets shall be assigned by the National Officials Chairman with the approval of the National Events Coordinator.
- B 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
- 2 Automatic equipment operators.

- C In addition to officials listed above, assistant referees may be assigned.
- D All officials should be certified National Swimming Officials.

### 102.13. 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 give a decision on any point where the opinions of the judges differ; shall have authority to intercede in a competition at any stage, to ensure that the racing conditions are observed.
- .4 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 104.2E.
- .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 Starting rules may be modified by the Referee to adapt them for handicapped swimmers.
- .8 When the meet sanction allows conducting the events by starting them from the alternate ends of a 50 meter course, the Referee shall establish the necessary administrative and officiating procedures to conform to Part One of the rules and local conditions.
- .9 Refer to 102.11 concerning protests.

### 102.14. STARTER

- .1 **Preparation**
  - A Shall be provided with at least .22 caliber starting gun. An electronic starting horn with or without an underwater recall device may replace the gun start and recall herein.



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- 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 for distances of 400 yards/meters or longer (except individual medley and relays), that "this is a gun/bell lap event".
- 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.

Effective through August 31, 1988

### **.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 101.3.1A 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.

### **.3 The Long Course Start**

- A On receiving clearance signal from the Referee (for all events except backstroke and medley relay) directs swimmers to step onto the back surface of the starting block or platform with both feet the same distance from the front edge and remain there. Refer to 101.3.1B for backstroke start requirements.
- B Directs swimmers to "take your mark", to which they must immediately respond by assuming a starting position with at least one foot at the front edge of the starting block or platform. 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.

Effective September 1, 1988

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**.2 The Start**

- A On receiving clearance from the Referee (for all events except backstroke and medley relay) directs swimmers to step onto the back surface of the starting block or platform with both feet the same distance from the front edge and remain there. Refer to 101.3.1 for backstroke start requirements.
- B Directs swimmers to "take your mark," to which they must immediately respond by assuming a starting position with at least one foot at the front edge of the starting block or platform. 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.

**.3 Warning Signal**—In all events 400 yards or meters or longer except the individual medley and relays, the starter shall sound a warning signal over the water at the finish end of the lane of the leading swimmer when that swimmer has two lengths plus five yards (or meters) to swim to finish.

**.4 False Starts**

- A When a swimmer does not respond promptly to the command "take your mark" or false starts before the starting signal is given, the Starter shall immediately release all swimmers with the command "Stand Up" upon which the swimmers may stand up or step off the blocks. Any swimmer who enters the water or backstroker who leaves the starting area shall be charged with a false start, except that a swimmer who would otherwise be charged with the false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the command.
- B All swimmers leaving their marks before the starting signal is given shall be charged with a false start, except that a swimmer who has false started because of the action or movement of another competitor may be relieved of the responsibility for the false start and a false start may be charged only to the offender. (Note exception for deliberate delay or misconduct.)
- C In backstroke or medley relay events a false start may be charged to any swimmer who fails to maintain his feet and/or hands in a legal position after the first warning.
- D When the starting signal is given and one or more swimmers have obtained an unfair advantage, all swimmers shall be recalled at once by a second signal.
- E A swimmer can be charged with a false start by the starter or recall starter only if the Referee or an officially designated Assistant Referee has observed the violation and confirms that the violation occurred.
- F The Starter shall indicate the swimmer or swimmers, if any, who are charged with a false start.
- G Any swimmer who is charged with committing or causing a false start shall be disqualified and shall not be permitted to swim the event. This rule shall not apply to U.S. Swimming international events or to the Trials for Pan American, Pan Pacific, World Championships or Olympic teams,



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where current FINA false start rules shall apply except that all false starts shall be recalled.

- H A swimmer shall not be disqualified for an illegal starting position at the start or charged with a false start if the race is permitted to proceed without recall. Enforcement of the correct starting position is the responsibility of the Starter, who may impose the appropriate penalty for violation before the starting signal is given.

### .5 Deliberate Delay or Misconduct

- A Any swimmer, who delays the start by entering water or by willfully or deliberately disobeying a Starter's command to step on the blocks or to take a starting position, or for any other misconduct taking place at the start, can be disqualified from the event by the Starter with concurrence of the Referee.
- B A swimmer who fails to appear at the starting platform ready to swim in time for the initial start of his heat shall be disqualified.
- C Such disqualifications shall not be charged as a false start.

**102.15. RECALL STARTER**—A recall starter may be assigned to immediately discharge a gun or other sound device if the automatic equipment is not properly functioning on the starting signal or if a false start has been observed. The position of the recall starter 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.

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

- .1 **Chief**—An overall "Chief Judge" may assign and supervise the activities of all stroke, turn, 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—

- 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.
- B It is not the responsibility of the lane place judge to determine if the finish touch meets the requirements of the appropriate stroke rule.

- .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 102.20.2 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 Judges**—
- A After the start of the race, relay take-off judges shall stand beside the starting block of each lane so that they can clearly see both the touch of the incoming swimmer and the feet of the departing swimmer as they leave the starting platform in that lane, and shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.
  - B Additional relay take-off judges may be assigned to each side of the course to observe two assigned lanes each. In which case a relay will be disqualified only if the lane take-off judge has reported an infraction and the assigned poolside take-off judge has confirmed the same infraction. If dual relay take-off judging is used, the lane and poolside take-off judges shall independently report infractions in writing without the use of the infraction hand signal. If poolside relay take-off judges are used they shall be assigned for all relay races throughout the meet.
  - C 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.

**Exception:** Relay take-off judges as outlined in 102.16.7B.

**102.17. TIMERS**—In any race not timed with automatic or semiautomatic equipment (as provided in 102.21) 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 and that relay swimmers are swimming in the order listed on the lane timer's card.
- 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 when in the opinion of the timer any part of the swimmer's body touches the solid end of the pool or course.
- C It is not the responsibility of the lane timer to judge if the finish touch meets the requirements of the appropriate stroke finish rule, unless assigned additional responsibility as a turn judge.
- 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 command to "clear watches".
- E The time of each watch is recorded on the lane timer's card, and the official time established as described below:
  - (1) 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.
  - (2) If dial watches are used, 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.
  - (3) 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.)
- 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.

- .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 **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 102.17.3E(3), 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 102.17.3E(1), 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.)

#### 102.18. 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 the swimmers 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.

**102.19. MARSHALS**—Shall maintain order in the swimming venue and shall have full authority to warn or order to cease and desist, and to remove, or have removed from the vicinity of the competition anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.

**102.20. 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 102.21), the combined duties of the lane place judges and the lane timers



## 102.21

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 times 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 times 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 automatic officiating 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 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 the two judge's 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.

**102.21. 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 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 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.

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## .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**—The secondary system timing error is the simple average of the valid time difference between the primary and



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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

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

$$\text{Official Secondary Time (Lane 5)} = 51.35 + .11 = 51.46$$

- E Primary System Timing Error**—When, through a start or other malfunction the primary system has a systemic 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.

## 102.22. OFFICIAL TIME

- .1 Official time may be achieved in a USS sanctioned meet or USS approved meet or by one of the following modes:
  - A In a swim-off held to determine placement in a final event.
  - B As lead-off leg in a relay race.
  - C Split time recorded from the official start to the completion of an initial distance within a longer individual event.
  - D In a time trial or record attempt.
- .2 Official time for any swimming event can be achieved only in the relevant stroke/event; (i.e., backstroke time must be achieved in a backstroke event.) Times achieved in a freestyle event can only be recorded as a freestyle time regardless of the stroke used.



- .3 The official time to establish records, times of record and qualifying time standards can be achieved only in accordance with the following timing methods:

<b>TIMING METHOD</b>	<b>OFFICIAL TIME LEVEL</b>
A Automatic timing	—World, American and U.S. Open records; —Initial splits and relay lead-off times for all purposes
B Automatic timing or Manual-electronic with 3 buttons	—OVC's for 50 M distances in a 50 M pool; —Age group records and times of record for 50 M distances in a 50 M pool;
C Manual-electronic with 2 buttons or three watches	—Age group records and times of record, except 50 M distances in a 50 M pool —OVC's, except 50 M distances in 50 M pool; —LSC/local records (unless prohibited by LSC); —Initial splits and relay lead-off times for age group times of record and age group time standards (A, B, C, times, etc.)
D Two watches or manual-electronic with 1 button or one watch	—Age group time standards (A, B, C times, etc.) —Zone, regional and LSC championship time standards.

- .4 World records may be established only when timed by completely automatic timing equipment.
- .5 It is the meet sponsors' or meet director's responsibility to provide a proper back-up timing system for all events so that swimmers are assured of achieving official times meeting the above requirements.
- .6 A backup time adjusted for system timing errors in accordance with the methods described in 102.21 may be used as an official time equal to the level of the timing system to which it has been adjusted.

**102.23. 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.

**102.24. 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 104.

## 102.25

**102.25. 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.

**102.26. 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.

**102.27. 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.

**102.28. SMOKING**—Smoking and use of other tobacco products 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.

**102.29. ALCOHOLIC BEVERAGES**—Sale and use of alcoholic beverages is prohibited in all areas of the venue, including, but not limited to, pool deck, locker rooms, spectator seating or standing areas, and in all areas used by swimmers.

## ARTICLE 103 FACILITIES STANDARDS

**IMPORTANT:** Swimmers are advised that *United States Swimming, Inc.*, accepts no responsibility or liability for injuries resulting from accidents occurring in facilities not owned by *United States Swimming, Inc.*, and strongly urges that all safety precautions be observed during sanctioned events.

### 103.1 DEFINITIONS

- .1 /M/ = Indicates mandatory requirement for all competition.
- .2 /NC/ = Except as noted otherwise, indicates mandatory requirement for National Championships and International Competition.
- .3 /LSC/ = Predicated on facility availability, LSC's may waive strict compliance with these requirements in sanctioning local competition.
- .4 Where dimensions are given, the dimension listed first shall govern and dimensions given in parenthesis are for reference only.

### 103.2 RACING COURSE DIMENSIONS—

- .1 /M/ Length.
  - A Long Course: 50.00 meters (164 feet and ½ inch).
  - B Short Course: 25.00 yards or 25.00 meters (82 feet and ¼ inch).
  - C Dimensional Tolerance: Against the required length, a tolerance of plus (+) 0.03 meters (1 and 3/16ths of an inch) in a vertical plane extending 0.3



meters (12 inches) above and 0.8 meters (2 feet, 7 and ½ inches) below the surface of the water at all points of both end walls.

- D When automatic officiating equipment touch pads are used at one or both ends, the course shall be of such length that ensures the required distance between the two touch pads or between either pad and the opposite end of the course.
- E When the racing course is fixed by the use of movable bulkheads, such bulkheads shall be designed to resist lateral deflection due to tension exerted by the attachment of the lane dividers to ensure the required course distance in all lanes.
- F See Article 104, *Rules for Swimming Records*, for course measurements certification requirements.

## .2 Width.

- A /NC/ Eight lanes, 2.75 meters (9 feet) center line to center line in width, with approximately 0.43 meters (1 foot 6 inches) of additional open water outside lanes 1 and 8.
- B /M/ Minimum lane width for competitive swimming shall be 7 feet (2.13 meters). /LSC/

## .3 Water Depth.

- A /NC/ 2 meters (6 feet 7 inches) deep throughout the course. Based on facility availability, Program Operations may waive this requirement for National Championships.
- B /M/ Minimum water depth for competitive swimming shall be 4 feet (1.22 meters). /NC/LSC/

### 103.3. /M/ RACING COURSE WALLS—

- .1 /M/ Permanent Course Walls—Those enclosing the racing course shall be parallel and vertical. The end walls shall be at a right angle to the water surface and shall be constructed of solid material with non-slip surface that extends no less than 0.8 meters (2 feet 7 and ½ inches) below the water surface.
- .2 /M/ Movable Bulkhead Course Walls — If a continuous recessed hand grip is provided at or near the water surface in a movable bulkhead, the horizontal dimension of the recess perpendicular to the bulkhead should be not less than six inches (.15 meters) and designed in a manner to prevent the swimmer's fingers from contacting the back surface of the recess.

### 103.4. /M/ POOL AND BULKHEAD MARKINGS—

- .1 Pool bottom lane markers: Minimum 10 inch (25 centimeter) wide lines of a dark contrasting color (preferably black) shall be provided in the middle of each racing lane on the bottom of the pool. The lines shall, preferably, be uninterrupted the length of the course and shall terminate 2.0 meters (6 feet 7 inches) from each end wall with a distinctive cross line 1.0 meters (3 feet 4 inches) long and the same width as the bottom marker. /LSC/
- .2 End wall targets: Flush, non-slip targets in a shape of a "T" or a cross and the same width as the lane bottom markers shall be provided in the center of each lane on each end wall of the course and shall extend at least 3 feet 4 inches (1.0 meters) below the level of the water surface. It is recommended that the top



### 103.5

edge of the deck be of a contrasting color to provide a visual target above water at the end of the course. /LSC/

- .3 The lanes shall be numbered from right to left as the swimmers stand facing the course. Lane numbers shall clearly identify the lanes to officials stationed on each side of the course.

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

### 103.6. WATER AND AIR TEMPERATURE—

- .1 /M/ Water temperature between 78 and 80 degrees Fahrenheit shall be maintained for competition.
- .2 Air temperature within 8 feet above deck level in indoor facilities shall be not lower than 76 degrees Fahrenheit, with relative humidity maintained at about 60% and air velocity at about 25 feet per minute.

**103.7. /M/ LADDERS**—All ladders, steps or stairs within the racing course shall be recessed in the pool side walls or shall be removed during competition.

### 103.8. OTHER DECK EQUIPMENT—

- .1 Use of portable lifeguard chair stands and other deck fixtures is recommended and they should be removed from the competition area to allow free passage and unobstructed view for competitors and officials along all sides of the course. /LSC/
- .2 /M/ 1 meter diving boards which overhang the racing course shall be hinged out of the way or removed during competition.

### 103.9. /M/ LIGHTING—

- .1 A minimum of one hundred (100) foot candle illumination level is required at the water surface over the entire course. Overhead light fixtures shall be located to avoid the casting of shadows by the pool walls over the racing course. /LSC/
- .2 /NC/ At National Championships the same type and level of illumination that will be used for finals must be provided and maintained during the warmup period and preliminaries.

**103.10. /M/ NO SMOKING SIGNS**—No smoking indoors or outdoors shall be permitted in any area designated for swimmers and the facility shall be so posted.

### 103.11. /M/ STARTING PLATFORM—

- .1 Height.
  - A Long course: The front edge of the starting platform shall be no less than 0.50 meters (1 foot 8 inches) nor more than 0.75 meters (2 feet 5 and ½ inches) above the surface of the water.
  - B Short Course: The front edge of the starting platform shall be not higher than 2 feet 6 inches (0.762 meters) above the surface of the water.

- .2 The front edge of the starting platform shall be flush with the face of the end walls.
- .3 The top surface of the starting platform shall be not less than 0.50 by 0.50 meters (1 foot 8 inches square) and shall slope not more than 10 degrees from the horizontal. The entire surface of the platform shall be faced with permanent non-slip material.
- .4 Backstroke starting grips: Starting platforms shall be equipped with firm starting grips located between 0.3 meters (12 inches) and 0.6 meters (24 inches) above water surface. The front edge of the grips shall be parallel to and flush with the face of the end wall.
- .5 Starting platforms shall be clearly marked with lane numbers visible to competitors and officials.

#### 103.12. /M/ FLOATING LANE DIVIDERS—

- .1 Floating lane dividers separating the racing lanes and on the outside of lanes 1 and 8, respectively, shall extend the full length of the course and shall be attached at each end wall with recessed anchors so located that the center line of the cable securing the dividers shall be at the surface of the water with bottom half of the floats uniformly submerged for the entire length of the divider.
- .2 Dividers shall consist of contiguous floats having a minimum diameter of 5 centimeters (2 inches) to a maximum of 11 centimeters (4 and ¼ inches). The color of the floats extending from the walls the distance of 5 meters for long course and 15 feet for short course shall be distinct from the rest of the floats. There shall be no exposed cables accessible to swimmers within the length of the racing course and the cable take-up spools and ratchet mechanisms shall be completely concealed with durable flexible covers. Damaged or broken floats shall be removed and replaced.
- .3 A single line of dividers between racing lanes shall be used in long course competition. Multiple lines may be installed for short course competition, provided the width of open water between dividers is not reduced to less than 7 feet. /LSC/
- .4 /NC/ Minimum 11 centimeter diameter floats shall be required for National Championships.

#### 103.13. /M/ BACKSTROKE FLAGS AND LINES—

- .1 Design: At least three triangular pennants six (6) to twelve (12) inches in width at the base and twelve (12) to eighteen (18) inches in vertical length, of two or more alternating and contrasting colors shall be suspended over each lane during all warm-up periods and during competition for all backstroke, individual medley and medley relay events.
- .2 Location:
  - A Long course: 5 meters (16 feet 5 inches) from each end of the course, 1.8 meters (5 feet 11 inches) above the water surface.
  - B Short course: 15 feet (4.57 meters) from each end of the course, 7 feet (2.13 meters) above the water surface.
  - C Height shall be measured to the horizontal line from which the pennants are suspended.



## 103.14

- .3 For long course backstroke, individual medley, and medley relay events a firmly stretched  $\frac{1}{4}$  inch line without flags or pennants shall be suspended at midpoint of the course.

**103.14. /NC/ LOUDSPEAKER START SYSTEM**—An electronic sound generating device shall be provided to give the starting and recall signal. Loudspeakers may be mounted underneath or on the side of each starting platform, between every two platforms, on each side of the racing course, or positioned behind the starting platforms in such a manner that equitable dispersion of sound to all lanes is assured. The device shall also activate a strobe light, or similar optical signal, located on the starter's side of the course approximately 15 feet forward from the starting end, to indicate the start to manual timers and hearing impaired swimmers. The start system may include an underwater recall speaker and gun lap signal option.

**103.15. /NC/ FALSE START RECALL ROPE**—A recall rope to be dropped across the course in case of a false start shall be provided approximately 36 feet (11 meters) from the starting end in short course and 49 feet (15 meters) in long course competition. The rope shall be attached to vertical stanchions with quick release mechanism and shall be suspended at least 4 feet (1.22 meters) above the water surface at the lowest point.

**103.16. /M/ PACE CLOCKS**—There shall be at least two large accurate timing devices or clocks, preferably located one on each side of the course, clearly visible to all swimmers. Dial type clocks shall be at least 3 feet in diameter with a sweep second and minute hands. If digital readout clocks are provided, minimum size of the digits shall be 6 inches.

## 103.17. AUTOMATIC OFFICIATING EQUIPMENT—

- .1 /NC/ See Article 102.21 for Automatic and Manual-Electronic officiating equipment types and performance requirements. Equipment powered directly from the utility line electrical service shall have the capability to automatically switch to stand-by battery power source in case of line power failure without affecting the continuity and accuracy of the timing system.
- .2 /M/ Installation and safety: Equipment shall be installed so that it will not interfere with swimmers' start, turns, or finish and the normal overflow functions of the pool water recirculation system. All deck-level wiring shall carry no more than 12 volts.
- .3 /NC/ Touch Pads:
- A Size and thickness: Recommended pad size shall be 6 feet 6 inches (2 meters) wide and not less than 2 feet (0.60 meters) deep. Minimum width of pads shall be 5 feet (1.52 meters). Thickness shall not exceed  $\frac{3}{8}$  of an inch (1 centimeter).
  - B Markings: Panel face markings shall conform and superimpose on pool end wall markings as closely as possible. Perimeter edges of the panel shall have a one inch wide black border.
  - C Sensitivity: Panels shall stop the timing system instantaneously by a light hand touch anywhere on the flat surface facing the racing course and the upper edge but shall not be activated by water turbulence.



- D Panels shall be installed and firmly anchored in the center of each lane and shall have no sharp edges, corners, or other protrusions on any exposed surfaces.
- E At the facilities in which competition to select U.S. Swimming National Teams for the Olympic Games, World Championships, Pan Pacific Championships and Pan American Games is held, the touch pads must be minimum 0.9 meters (2 feet, 11 and 7/16 inches) high, 2.4 meters (7 feet, 10 1/2 inches) wide and maximum one centimeter (3/8 of an inch) in thickness. Such pads shall be installed at end of the course and shall extend 0.3 meters each (11 and 13/16 inches) above and 0.6 meters (1 foot, 11 5/8 inches) below the water surface. (This requirement shall become mandatory for all National Championships beginning in 1992.)
- .4 Optional Accessories: Automatic officiating equipment may provide relay judging capability, automatic lap counting, split times' readouts for all lanes, correction of erroneous touch, and television equipment tie-in. Any corrections or impulses generated by the equipment operators shall be clearly identified on the results printout.
- .5 Time display board:
  - A An automatic display board visible to all swimmers shall give a digital time read-out to two decimal places, displaying split times, final times, and places for all lanes. In the event of a tie, the place shall be displayed as a tie.
  - B /NC/ A separate line of display for each lane meeting the above requirements shall be provided for National Championships.

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

## ARTICLE 104

### RULES FOR SWIMMING RECORDS

#### 104.1. WORLD RECORDS

- .1 May be established 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.

## 104.2

### 104.2. UNITED STATES SWIMMING (INC.) RECORDS

#### .1 General Requirements and Conditions for Records

- A The official time for establishing specific records must be achieved and determined in accordance with Article 102.22.
- B A record can be made only in still water.
- C No record shall be considered which is applied for by or through a conference, league, LSC, allied member, 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.

- D 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 to be a tie and records shared by each swimmer thus tied.
- E 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
  - (1) 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
  - (2) 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.

- F Should the first swimmer on a relay team complete his leg in a record time for that stroke/distance, his performance shall not be nullified by any disqualification of his team members.
- G 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.
- H 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. If the judge's or ballot decision results in a tie, all tied swimmers shall share the faster time of such finish. The requirement to win the race does not apply when age or representation are condition to setting LSC or Age Group records, or to a U.S. citizen setting an American record in competition with non-U.S. citizens.

#### I 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 102.8.

- (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.
- (3) Record attempts against time are not acceptable for 16 Best Times or age group records.

## .2 American and United States Open Records

### A Classification

- (1) American—May be established only by United States citizens eligible to compete under and achieving an official time in accordance with U.S. Swimming rules.
- (2) United States Open—May be established only within the geographical territory of the United States by any person eligible to compete under and achieving an official time in accordance with U.S. Swimming rules.

### B Recognized Distances and Strokes (Men and Women)

- (1) **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
- (2) **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
Butterfly .....	100-200 meters
Ind. Medley .....	200-400 meters
Medley Relay .....	200-400 meters
Freestyle Relay .....	200-400-800 meters

### C Special Requirements and Conditions

- (1) Records established 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 104. When an American record results from a world record performance outside the United States, it shall be accepted as such upon formal approval by the FINA without further certification.

- (2) 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 records chairman. Responsibility for this lies either with the LSC records chairman, recorder of records, or the official scorer of the meet.

(3) **Pool Certification**

- (a) Record applications will not be accepted unless certification of course length accompanies them or is on file with USS.
- (b) Pool certification shall be reported on the standard form available from the Executive Director.
- (c) Certification data need only be filed once unless structural changes have occurred since original certification.
- (d) Certification forms must be filed with both the Executive Director and the national records chairman.

(4) **Pool Measurement**

- (a) 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.
- (b) A statement of the conditions under which the course was measured must be included.
- (c) Where a moveable 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.)
- (5) Pending record claims properly documented and approved by the national records chairman may be approved and declared effective immediately prior to any national senior swimming championship with approval of two members of the Board of Directors.
- (6) American and United States Open records established in the USS, NCAA Division I, or YMCA national championships, shall, upon proper completion of required forms, pool certification, and written approval by the national records chairman, 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 National Records Chairman.

- (7) Record claims not previously accepted and declared effective under (5) or (6) 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.
- (8) Swimmers who establish a record shall be presented with a certificate signed by the President of United States Swimming and the National Records Chairman.

### .3 National Age Group Records

#### A Requirements

- (1) Only U.S. citizen/USS-registered athletes are eligible to establish national Age Group records.
- (2) Times submitted for Age Group records must comply with all the requirements for the 16 Best Times Tabulation as listed in 204.9

**B Reporting**—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.

**C Recognition**—A certificate of record achievement will be issued to all Age Group record swimmers immediately upon receipt of the record application.

### .4 Zone Age Group Records

**A Requirements**—Zone records must be achieved in Zone Championship meets.

**B Reporting**—Each Zone shall determine the means of reporting zone records.

**C Recognition**—Each Zone shall determine appropriate recognition for Zone records.

### .5 All Star Records

**A Requirements**—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.

**B Reporting**—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.

## 104.2

- C **Recognition**—If approved by the National Age Group Records Chairman a certificate of achievement will be sent to all relays whose time meets or better the existing best time of record.

### .6 LSC Records

#### A Requirements

- (1) 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.
- (2) The LSC may choose to recognize times achieved by member swimmers in approved competition as in 204.9.2.
- (3) 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.
- (4) 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.

- B **Reporting**—The LSC shall determine the method of reporting LSC records.

- C **Recognition**—The LSC shall determine appropriate recognition for LSC records.



# PART TWO

## ADMINISTRATIVE REGULATIONS OF COMPETITION

### ARTICLE 201 CLASSES OF COMPETITION

**201.1. 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/Junior Olympic—All registered swimmers grouped by ages; 10 and under, 11-12, 13-14 and either 15-16, 17-18 or 19-18. An 8-and-under age group competition may be conducted.
- .4 Post Age Group—All registered swimmers older than 18 years of age whom an LSC elects to include in its Age Group program.
- .5 Masters—Swimmers 19 years of age and over may register with USMS but may not compete in national competition until they are 25 years of age.
- .6 Long Distance—All registered swimmers are eligible for Long Distance Swimming.

### ARTICLE 202 SANCTION/APPROVAL

**202.1. 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 202.4. Those events open only to members of a single group member of the Corporation (closed events) do not require sanction, although it may be issued by the LSC.

**202.2. 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 transferred shall be void for all purposes, and the LSC is empowered to deny further sanctions to any organization violating this provision.

## 202.2

- .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 Application for sanction must be accompanied by a complete schedule of lanes and times for all warm-up procedures which must be adhered to by all participants. These must be distributed with meet information, posted throughout the pool area, announced periodically and on a regular basis, before and during a meet, and are to be monitored jointly by the meet director and the meet referee (or their special designees).
- .9 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:
    - (1) 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.
    - (2) The amount of money paid to each athlete for transportation.
    - (3) 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 202.2.9A. 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.

- .10 The sanction fee shall be as established by the LSC; those for national and international meets shall be established by the Board of Directors.
- .11 For the sole purpose of improving competitive swimming, and with the written approval of the Rules Committee and the Legislation Committee of United States Swimming, an LSC may sanction events or meets for which waivers of specific provisions of Parts One or Two of USS Rules and Regulations have been granted for limited periods and under specified conditions. For purpose of issuing Official Verification Cards, the LSC OVC Official shall be responsible to ascertain that the conduct of competition conforms to all applicable USS rules and standards unless waivers granted by the LSC have also received written approval of the USS Verification Control Officer.

**202.3. CONDITIONS OF SANCTION**—Any event for which a sanction is required according to 202.1 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 302.
- .2 All meet directors, referees, starters, marshalls, and stroke and turn judges, serving in an official capacity, and any person acting in a coaching capacity, in a sanctioned event, must be members of United States Swimming, Inc.
- .3 Announcements and entry blanks of sanctioned events must state that no entrant will be permitted to compete unless the entrant is a member as provided in Article 302. 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.



## 202.4

**202.4. 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. No meet may be approved unless a Certified USS official is present to certify that the conduct of competition conforms to all relevant USS technical and administrative rules and meet standards. For the purpose of writing OVCs, the LSC OVC official shall be responsible to ascertain that the conduct of competition conforms to all such rules and 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".

- .5 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.
- .6 The fee for issuance of approvals shall be established by the LSC.

## 202.5. 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 Operations Committee.
- 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.

**202.6. SWIM-A-THONS**—All Swim-a-thon events are held under the exclusive jurisdiction of the Corporation, and must conform to 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 monitoring of each Swim-a-thon event held within its geographical boundaries, including the taking of that action pursuant to the provisions of Article 401 as may be necessary to discipline any violation of USS rules and regulations.

## ARTICLE 203 SENIOR PROGRAM

**203.1. OBJECTIVES**—Senior Swimming is the program through which United States Swimming provides fair and open competition for its members who are striving to qualify for participation in National Swimming Championships. It is designed to afford maximum opportunity for participation, provide an educational experience, enhance physical and mental conditioning, and develop a pool of talented athletes for International Competition.

Achievement of these goals will be accomplished by drawing upon and cooperating with all agencies conducting organized swimming programs, by encouraging maximum participation by coaches, parents, officials and community groups; and by conducting a motivational entity in the form of an outstanding National Championship program, to include the recognition of achievement in all facets of the program — athletes, coaches, officials and support staff.

**203.2. ELIGIBILITY**—All registered swimmers are eligible for the Senior Class.

**203.3. EVENTS AND PROGRAMS**—Senior events and programs shall be those listed in 102.1.1.

**203.4. DUAL MEETS**—Dual meets are encouraged between clubs and LSCs.

Suggested Events in Senior Duals Meets:

400 Medley Relay	100 Freestyle
200 Freestyle	100/200 Backstroke
50 Freestyle	400/500 Freestyle

## 203.5

200/400 I.M.  
100/200 Fly

100/200 Breaststroke  
400 Free Relay

**203.5. ENTRY FEES**—Entry fees in Senior Competition shall be determined by the LSC.

**203.6. AWARDS**—Official awards for Senior events shall not exceed a cost of \$7.50 per swimmer. The LSC may establish the maximum number of awards for each event. Team championship awards may not exceed a cost of \$50.00 for first place, \$35.00 for second place, and \$25.00 for third through eighth place. Individual high point awards may not exceed a cost of \$20.00.

**203.7. LSC SENIOR CHAMPIONSHIP MEET**—LSC Senior Championship meets should be conducted by each LSC. Such meets should be conducted both short course and long course, where such facilities are available, and shall conform to the USS Rules and Regulations.

## ARTICLE 204 AGE GROUP PROGRAM

**204.1. AGE GROUP SWIMMING 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.

**204.2. PROGRAM**—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 shall be 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. LSCs may establish their own Age Group Time Standards for use within their jurisdiction. The Age Group Swimming Program will be conducted under the technical rules.

The 8-and-under program, where conducted, will be for developmental purposes only and subject to LSC procedures.

### 204.3. 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 the meet shall govern the full meet except as follows:



- 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 When an Age Group Meet is scheduled over two weekends the younger age groups must compete on the first weekend.
- .4 Participants must swim in their respective age brackets.
- .5 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 (mixed classification). In this case, swimmers will only be limited by the allowable number of events per day.

#### 204.4. EVENTS

- .1 Programs for Age Group meets and/or those of mixed classification can be tailored to meet local requirements and conditions. Age Group events shall be those listed in 102.1.2. An LSC, at its option, may open its oldest Age Group at any competition to Post Age Group swimmers.
- .2 Dual meets between clubs and LSCs are encouraged. Suggested program for Age Group is listed below. (Events may be added or deleted as desired.)

##### 10 & under

##### 11-12

##### Events

200 Medley Relay  
 50 Freestyle  
 100 Freestyle  
 200 Ind. Medley  
 50 Backstroke  
 50 Breaststroke  
 50 Butterfly  
 200 Free Relay

##### 13-14, 15-16

##### 17-18, 15-18

##### Events

400 Medley Relay  
 200 Freestyle  
 50 Freestyle  
 100 Freestyle  
 200 Ind. Medley  
 100 Backstroke  
 100 Breaststroke  
 100 Butterfly  
 400 Free Relay

- .3 Suggested Program for All-Star Dual Meet Competition

- A This program is designed for two days or two-session competition.
- B Each competitor is allowed two races per session. Each team may enter two competitors and one relay in each event.
- C 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

## 204.5

100 Breaststroke	Women/Men
100 Butterfly	Women/Men
400 Ind. Medley	Women/Men
800 Freestyle Relay	Women/Men

\*800/1000 free may replace the 1500/1650 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 Ind. Medley	Women/Men
400 Freestyle Relay	Women/Men

## .4 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 in which he/she will swim. No change may be made except through injury or illness.

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

**204.6. AWARDS**—Official awards for Age Group events shall not exceed a cost of \$3.00 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.

**204.7. JUNIOR OLYMPIC PROGRAM—Zone Age Group Junior Olympic Championship Meet**—Each zone must conduct one Age Group Junior Olympic Championship meet, recommended to be long course.

- .1 The meet shall be restricted to age group competition.
- .2 The age groups and events shall be selected from the age groups listed in 201.1.3 and events listed in 102.1.2, respectively.
- .3 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.
- .4 Eligibility: Participation in the zone championship meets shall be restricted to registered swimmers of that zone.
- .5 Awards: Shall be provided through the national headquarters, 1st through 8th place, and any other as designated by the national sponsor.

**204.8. LSC AGE GROUP CHAMPIONSHIP MEETS**—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 201.1.3 and the events listed in 102.1.2, respectively. It is recommended that such meets be conducted with preliminaries and finals.

## **204.9. NATIONAL REPORTABLE TIMES TABULATIONS AND REPORTING REQUIREMENTS**

- .1 Times submitted for recognition shall be in accordance with the time standards published by the National tabulator.
- .2 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.) approved by USS/LSC, or in any competition sanctioned by any officially recognized member of FINA.
- .3 Reporting
  - A Times submitted for the short course 16 Best Times list must be recorded times swum during the period of May 1 of one year through April 30 of the next year. These times must be submitted to the national tabulator and postmarked no later than May 31, or if a holiday, the next business day following.
  - B Times submitted for the long course 16 Best Times list must be recorded times swum during the period of September 1 of one year through August 31 of the next year. These times must be submitted to the national tabulator and postmarked no later than September 30, or if a holiday, the next business day following.
  - C If the reportable times are swum in a meet conducted in continuous session commencing on a date on or before April 30 and continuing after May 1 (short course), or commencing on a date on or before August 31 and continuing after September 1 (long course), the last day of the meet shall be considered the last day of the reporting period for that meet. The times shall be submitted to the National Tabulator as indicated above.
  - D Each LSC is responsible for reporting (on the provided cards) to the chairman of the Age Group Tabulation Committee, not later than May 31 (short course) and September 30 (long course) of each year, the times which better the tabulation cut-off times. An LSC may report times achieved by swimmers registered in its LSC but achieved outside of the LSC when proof of performance is submitted to the LSC.
  - E Each LSC is responsible for submitting to the national tabulator all reportable times achieved within its boundaries in meets at all levels of Age Group and Senior competition.
  - F Within ten (10) days after the conclusion of the USS Senior and Junior Olympic Championships, Zone Championships, and all International meets, the results, rosters and registration verifications of any participat-



## 205.1

ing teams shall be submitted to the National Tabulator by the LSC within whose jurisdiction such meet is held.

### .4 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.

## ARTICLE 205

### AWARDING UNITED STATES SWIMMING CHAMPIONSHIPS AND INTERNATIONAL COMPETITIONS

**205.1. 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

### 205.2. FACILITIES

- .1 Facilities awarded U.S. Swimming Championships and International competition must meet the mandatory standards of Article 103 and shall have a separate warm-up pool.

Facilities where competition to select U.S. Swimming National Teams for certain international competition is held shall also conform to the requirements stated in 103.17.3E.

- .2 Facilities with movable bulkheads shall be required to demonstrate to the chairman of the Site Selection/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 103.2, 103.3 and 103.4. Written confirmation of this demonstration shall accompany the championship meet bid.
- .3 During the period September 1 through April 30 United States Swimming Championships and international events shall be conducted indoors.

### 205.3. AWARD OF EVENTS

- .1 United States Swimming Championships shall be awarded by Program Operations in accordance with Article 205 and Article 206.
- .2 United States Swimming Junior Olympic Championships shall be awarded by Program Operations in accordance with Article 205 and Article 206.

- .3 In an Olympic or Pan American year Program Operations 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.

**205.4. DATES**—Championship dates will be as established by Program Operations and approved by the U.S. Swimming House of Delegates. See Appendix 2-A for current year date.

#### **205.5. SITE SELECTION/FACILITIES COMMITTEE**

- .1 It shall be the responsibility of the Site Selection/Facilities 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 103.
  - 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 Program Operations 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, together with its recommendations.

#### **205.6. CHAMPIONSHIP ROTATION AWARD SYSTEM**

- .1 National Championship Awards:

- A The areas shall be as follows:

- (1) 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, Sierra Nevada, Snake River, Southern California, Utah, and Wyoming.
- (2) Area II shall be composed of the following LSCs: Arkansas, Gulf, Illinois, Iowa, Louisiana, Midwestern, Minnesota, Mississippi, Missouri Valley, North Dakota, Oklahoma, Ozark, South Dakota, South Texas, Southwestern, West Texas, and Wisconsin.
- (3) 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 Award System for awarding National Championship Swimming Meets

YEAR	AREA I	AREA II	AREA III
1990		LC	SC
1991	SC		LC

## 205.7

1992	LC	SC	
1993		LC	SC
1994	SC		LC

### .2 Junior Olympic — East Awards

#### A The areas shall be as follows:

- (1) 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.
- (2) Area II shall be composed of the following LSCs: Georgia, Louisiana, Mississippi, North Carolina, South Carolina, Southeastern.
- (3) Area III shall be composed of the following LSCs: Florida, and Florida Gold Coast.
- (4) Area IV shall be composed of the following LSCs: Central, Indiana, Kentucky, Lake Erie, Michigan, Ohio, West Virginia.

#### B Rotation Award System for Junior Olympic — East Swimming Meets.

YEAR	AREA I	AREA II	AREA III	AREA IV
1990		LC		SC
1991	SC		LC	
1992		SC		LC
1993	LC		SC	
1994		LC		SC

### .3 Junior Olympic — West Awards

#### A The areas shall be as follows:

- (1) Area I shall be composed of the following LSCs: Iowa, Midwestern, Minnesota, Montana, No. Dakota, So. Dakota, Wisconsin, Wyoming.
- (2) Area II shall be composed of the following LSCs: Arkansas, Gulf, Missouri Valley, Ozark, Oklahoma, So. Texas, Southwestern, West Texas.
- (3) Area III shall be composed of the following LSCs: Arizona, Border, Colorado, Hawaii, New Mexico, San Diego, Southern California, Utah.
- (4) Area IV shall be composed of the following LSCs: Alaska, Central California, Inland Empire, Oregon, Pacific, Pacific Northwest, Sierra Nevada, Snake River.

#### B Rotation Award System for Junior Olympic — West Swimming Meets.

YEAR	AREA I	AREA II	AREA III	AREA IV
1990		LC		SC
1991	SC		LC	
1992		SC		LC
1993	LC		SC	
1994		LC		SC

## 205.7. METHOD OF GRANTING AWARD

- .1 A national championship can be awarded only to an LSC which is currently



# **1988 Senior National Time Standards Spring Championships**

WOMEN			EVENT	MEN		
SCY (Yards)	SC (Meters)	LC (Meters)		SCY (Yards)	SC (Meters)	LC (Meters)
23.99	26.69	27.29	50 Freestyle	21.09	23.29	23.99
51.69	56.89	58.89	100 Freestyle	45.99	50.79	52.29
1:51.39	2:02.79	2:05.59	200 Freestyle	1:40.59	1:51.39	1:54.59
4:54.19	4:14.09	4:23.09	400/500 Freestyle	4:32.39	3:55.79	4:02.59
10:03.19	8:45.19	8:56.79	800/1000 Freestyle	9:24.09	8:13.59	8:20.59
16:54.09	16:43.19	17:11.89	1500/1650 Freestyle	15:45.39	15:27.99	16:01.89
58.69	1:04.49	1:06.69	100 Backstroke	52.49	58.49	59.39
2:04.99	2:18.59	2:21.59	200 Backstroke	1:53.09	2:05.59	2:07.49
1:05.89	1:13.59	1:15.99	100 Breaststroke	57.69	1:04.09	1:06.49
2:22.09	2:38.89	2:43.49	200 Breaststroke	2:05.99	2:21.29	2:24.69
57.09	1:02.79	1:04.09	100 Butterfly	50.29	55.09	56.49
2:04.29	2:16.59	2:19.29	200 Butterfly	1:50.79	2:01.29	2:04.69
2:06.49	2:19.59	2:23.39	200 Ind. Medley	1:53.29	2:05.19	2:08.79
4:27.89	4:55.39	5:03.69	400 Ind. Medley	4:02.19	4:28.19	4:34.49
3:59.69	4:27.09	4:31.19	400 Medley Relay	3:31.49	3:56.29	3:58.59
3:35.59	4:01.19	4:03.49	400 Free Relay	3:07.69	3:28.59	3:36.79
7:43.49	8:38.09	8:46.09	800 Free Relay	6:58.89	7:45.79	7:53.79

**Phillips 66/USS LC Nationals**  
**August 8-13, 1988**  
**Texas Swim Center, Austin, Texas**

**1988 U.S. Swimming Olympic Selection Meet Time Standards**

**QUALIFICATION PERIOD:** From December 1, 1986 through entry date of 1988 Olympic Team Selection Meet, inclusive.

WOMEN			EVENT	MEN		
SCY (Yards)	SC (Meters)	LC (Meters)		SCY (Yards)	SC (Meters)	LC (Meters)
23.59	26.29	26.89	50 Freestyle	20.49	22.69	23.79
50.99	56.19	57.69	100 Freestyle	44.49	49.09	51.69
1:49.49	2:00.69	2:03.89	200 Freestyle	1:37.69	1:48.19	1:52.69
4:49.19	4:09.69	4:19.79	400/500 Freestyle	4:23.29	3:47.99	3:59.79
9:51.99	8:35.49	8:50.49	800/1000 Freestyle	—	—	—
—	—	—	1500/1650 Freestyle	15:20.39	15:03.99	15:47.49
57.59	1:03.29	1:05.59	100 Backstroke	50.69	56.49	58.89
2:03.09	2:16.39	2:19.49	200 Backstroke	1:49.69	2:01.89	2:06.59
1:04.99	1:12.59	1:15.39	100 Breaststroke	55.99	1:02.19	1:05.99
2:19.59	2:36.19	2:41.19	200 Breaststroke	2:01.99	2:16.79	2:24.59
55.99	1:01.59	1:03.29	100 Butterfly	49.09	53.79	55.79
2:01.09	2:13.09	2:16.89	200 Butterfly	1:47.69	1:57.89	2:03.19
2:05.09	2:17.99	2:22.49	200 Indiv. Medley	1:49.79	2:01.39	2:07.99
4:22.39	4:49.39	5:00.79	400 Indiv. Medley	3:55.29	4:20.49	4:31.19

**1988 Senior National Foreign Time Standards**

WOMEN			EVENT	MEN		
SCY (Yards)	SC (Meters)	LC (Meters)		SCY (Yards)	SC (Meters)	LC (Meters)
23.59	26.29	26.79	50 Freestyle	20.59	22.79	23.49
51.19	56.39	57.69	100 Freestyle	44.69	49.29	51.19
1:49.69	2:00.89	2:03.59	200 Freestyle	1:38.79	1:49.39	1:52.59
4:49.19	4:09.69	4:17.29	400/500 Freestyle	4:26.29	3:50.59	3:57.99
9:50.29	8:33.99	8:46.69	800/1000 Freestyle	9:10.39	8:01.59	8:11.29
16:34.79	16:24.09	16:55.49	1500/1650 Freestyle	15:25.89	15:08.89	15:42.19
57.69	1:03.29	1:04.89	100 Backstroke	51.29	57.09	58.29
2:03.19	2:16.59	2:18.69	200 Backstroke	1:51.29	2:03.59	2:05.79
1:04.69	1:12.19	1:13.99	100 Breaststroke	56.69	1:02.99	1:04.79
2:18.79	2:35.29	2:39.59	200 Breaststroke	2:03.69	2:18.69	2:21.09
56.09	1:01.69	1:02.39	100 Butterfly	49.09	53.79	55.59
2:01.49	2:13.49	2:15.89	200 Butterfly	1:48.69	1:58.99	2:02.09
2:04.69	2:17.59	2:21.49	200 Indiv. Medley	1:51.19	2:02.89	2:06.79
4:23.39	4:50.49	4:58.99	400 Indiv. Medley	3:58.19	4:23.69	4:29.59
3:53.79	4:20.49	4:23.49	400 Medley Relay	3:19.99	3:43.49	3:52.39
3:29.39	3:54.29	3:56.89	400 Free. Relay	3:03.19	3:23.59	3:29.69
7:32.29	8:25.59	8:30.19	800 Free. Relay	6:43.39	7:28.49	7:39.79

## **APPENDIX 2-B**

### **UNITED STATES SWIMMING JUNIOR OLYMPIC SHORT COURSE CHAMPIONSHIPS**

March 29-April 2, 1988

25 yard course

EAST - University of Alabama  
Tuscaloosa, Alabama

WEST - University of North Dakota  
Grand Forks, North Dakota

### **UNITED STATES SWIMMING JUNIOR OLYMPIC LONG COURSE CHAMPIONSHIPS**

July 30-August 3, 1988

50 meter course

EAST - Hall of Fame Pool  
Ft. Lauderdale, Florida

WEST - Arizona State University  
Tempe, Arizona

### **1989 SITES AND DATES**

#### **United States Swimming Junior Olympic Short Course Championships**

April 4-8, 1989

25 yard course

EAST - Greater Pensacola Aquatic Club  
Pensacola, Florida

WEST - Belmont Plaza  
Long Beach, California

#### **United States Swimming Junior Olympic Long Course Championships**

August 15-19, 1989

50 meter course

EAST - State University of New York at Buffalo  
Buffalo, New York

WEST - Texas Swim Center, University of Texas  
Austin, Texas



## 1988 Junior National Time Standards

WOMEN			EVENT	MEN		
SCY (Yards)	SC (Meters)	LC (Meters)		SCY (Yards)	SC (Meters)	LC (Meters)
24.79	27.59	28.19	50 Freestyle	21.89	24.19	25.09
53.59	58.99	1:00.89	100 Freestyle	47.39	52.29	54.79
1:55.49	2:07.29	2:10.79	200 Freestyle	1:43.59	1:54.69	1:59.19
5:04.99	4:23.39	4:33.39	400/500 Freestyle	4:41.09	4:03.39	4:13.49
10:25.69	9:04.79	9:18.19	800/1000 Freestyle	9:43.09	8:30.19	8:43.59
17:28.79	17:17.49	17:50.39	1500/1650 Freestyle	16:15.09	15:57.19	16:50.09
1:01.29	1:07.29	1:09.49	100 Backstroke	54.69	1:00.89	1:02.49
2:11.59	2:25.89	2:29.29	200 Backstroke	1:57.89	2:10.99	2:15.39
1:08.79	1:16.79	1:19.09	100 Breaststroke	1:00.59	1:07.29	1:09.79
2:27.99	2:45.49	2:50.89	200 Breaststroke	2:11.39	2:27.39	2:32.79
59.09	1:04.99	1:06.79	100 Butterfly	52.39	57.39	59.29
2:08.99	2:21.79	2:25.89	200 Butterfly	1:55.99	2:06.99	2:12.19
2:11.79	2:25.39	2:29.49	200 Ind. Medley	1:57.89	2:10.29	2:14.89
4:38.69	5:07.29	5:15.79	400 Ind. Medley	4:12.39	4:39.39	4:48.69
4:05.39	4:33.49	4:42.19	400 Medley Relay	3:39.79	4:05.59	4:11.89
3:38.89	4:04.89	4:09.89	400 Free Relay	3:15.09	3:36.89	3:45.29
7:54.59	8:50.49	8:59.99	800 Free Relay	7:09.79	7:57.89	8:14.49

**QUALIFYING PERIOD:** September 1, 1987 through entry deadline for the meets.

- 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 made pursuant to the Rotation Award System shall be returned to the site selection chairman by April 1. Should all such bids be rejected, or should no bids be received by April 1, then all bids received after April 1, if any, shall be considered equally and without regard to the Rotation Award System.
  - .4 Program Operations shall consider only those bids presented by the Site Selection/Facilities 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 National Events Coordinator, the LSC chairman and such other entity as may be designated.
  - .6 The failure of the Site Selection/Facilities Committee to present a bid from a suitable facility within the designated area shall negate the rotation system for that round only. This shall not affect the future normal rotation of areas as provided above.
  - .7 Should the Site Selection/Facilities Committee fail to receive bids by April 1, or if all bids from the designated area are rejected, the chairman shall immediately notify the National Events Coordinator in writing of the available meets and dates. Bids from all areas may then be considered at the annual meeting of Program Operations.

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

### **205.9. 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 Operations Committee shall decide the award.

## **ARTICLE 206 NATIONAL SWIMMING CHAMPIONSHIPS**

**206.1. GENERAL**—National Swimming Championships shall be conducted in the Senior and Junior classes and the designation of each class of the championships shall include the name of the national sponsor, if any, for that class.

## 206.2

**206.2. SENIOR CLASS**—The United States Swimming Championship meets shall be governed and conducted by Program Operations. All U.S. Swimming member-athletes who have achieved the qualifying time standards 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 compete in the championship finals from which team selections are chosen: Pan American Games Trials, Pan Pacific Games Trials, World Championship Trials, Olympic Game Trials. Foreign swimmers may compete in all relays, but in individual preliminary events and consolation finals only. When the selection of more than one of the above teams necessitates picking athletes from beyond eighth (8th) place in a specific event, this rule also applies to the consolation finals in that event. Finals will be seeded accordingly.

**206.3. JUNIOR CLASS**—The United States Swimming Junior Olympic Championship meets shall be governed and conducted by Program Operations.

.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 under the following conditions:

A A swimmer who has ever achieved after September 30, 1986 a time better than the current qualifying time (short or long course standard) for the indoor Spring USS Championships may not swim that event in the short course USS Junior Olympic Championships.

B A swimmer who has achieved after September 30, 1986 a time better than the current qualifying time (short or long course standard) for the Summer USS Championships may not swim that event in the long course USS Junior Olympic Championships.

C A swimmer who is ineligible under the above procedures to swim a specific event at a USS Junior Olympic Championship may not swim that event on a relay nor may his/her time be used to enter a relay at that meet.

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

**206.4. ADMINISTRATIVE CONDUCT OF NATIONAL CHAMPIONSHIPS**—The administrative rules for the conduct of the National Championships are specified herein. A general meeting of Program Operations, 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 administrative conduct of that championship meet and its events shall be considered and finalized at this meeting by the vote of the members of Program Operations only and no changes shall be made thereafter. Only material contained in Article 206 may be changed. It is the obligation of every entered athlete or his representative to be present at the meeting and to acquaint himself with the changes and decisions made at this meeting.

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

.2 **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.

- .3 **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.
- .4 **Heat Sheets**—Heat sheets for each primary 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.
- .5 **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, during which time the pool must be available for warm-ups. Starting times of the preliminary and final sessions must be the same on all days of the meet. At the general meeting a schedule shall be made available for the first day's competition, including starting times for the first race in each preliminary event and for each race in the finals. Each day a schedule shall be made available for the following day's competition including all the same information. No event shall start prior to the time established for that event or race.
- .6 **Warm-up Schedule**—A schedule of lanes, times and warm-up procedures which must be adhered to shall be established and must be distributed during the general meeting.
- .7 **Eligibility Protests**
  - A There shall be an Eligibility 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 Eligibility 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 Until the Eligibility Jury renders a decision, 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 determined if and how their decision may affect the final scoring or awards.
- E The decision of the jury may be appealed by either party to the Board of Review, pursuant to Articles 401 and 611. Protests submitted after the last day of the championships shall be submitted directly to the Board of Review.
- F 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.

- .8 **Technical Rules Protests**—Prior to the start of the meet the National Events Coordinator shall appoint a Technical Jury composed of at least one athlete representative from a slate provided by the Athletes Committee, at least one coach, and at least one, but not more than three other persons. Written protests involving technical rules, except disqualifications due to judgment decisions by the deck officials, shall be made to the meet referee within 30 minutes of the protested act or occurrence. Decisions of the meet referee regarding these protests may be appealed to the Technical Jury, whose decision must be made the day of the protest and shall be final.

The jury cannot adjudicate judgment decisions, which can only be considered by the Referee under Section 102.13.

.9 **Scratch Procedure for National Championships**

- 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 sub-paragraph B above will be barred from all further individual and relay events of that day. Additionally that swimmer shall not be seeded in his individual events on succeeding days unless he declares his intent to swim prior to the close of the scratch box for that day's events.

**D Scratching from Consolation finals and finals:**

- (1) 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 paragraph E below.
- (2) 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.
- (3) Where consolation finals have not 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.
- (4) If a consolation final has already been contested, the companion final shall be swum without reseeding for the empty lane(s).

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

- (1) The Referee is notified in the event of illness or injury and accepts the proof thereof.
- (2) A swimmer qualifying for a consolation final or final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that race that he may not intend to compete and further declares his final intentions within thirty (30) minutes following his last individual preliminary event.
- (3) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**.10 Seeding**

- A** 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. Seeded heat sheets shall be published at the conclusion of the finals of that day. The swimmers shall be listed in the meet program in the order of submitted times, beginning with the fastest.
- B** Seeding individual events when using non-conforming times shall be as follows:
  - (1) All conforming times will be arranged in time order.
  - (2) All non-conforming times will be arranged in time order.
  - (3) After arranging the times, the event will be seeded in normal fashion.

**.11 Consolation Finals**

- A** In both short and long course championships there shall be a consolation final and a championship final.
- 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.



## 206.5

- .12 Scoring**—Scoring shall be mandatory for USS and USS Junior Olympic championships.
- A Foreign national teams entered in the meet will not be scored for team awards.
  - B Scoring for both short and long course Senior National Championships will be on a sixteen (16) place basis. Relays and individual events: 50, 40, 30, 20, 18, 16, 14, 12, 9, 7, 6, 5, 4, 3, 2, 1.
  - C For scoring individual awards, bonus points shall be awarded as follows: Meet Record — 10; American Record — 20; World Record — 40.
  - D Scoring for both short and long course Junior Olympic Championships will be on sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double the above point values.
- .13 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. The results summary shall include age of each swimmer in each event and the competing relay teams with first and last names and ages of relay members. Result summary shall also 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. The deposit is refundable upon the mailing of the final results within 30 days after the meet.

## 206.5. PROGRAMS

### .1 Three Day Program

#### FIRST DAY

##### PRELIMINARIES

100 yd/mtr Breaststroke  
200 yd/mtr Freestyle  
100 yd/mtr Butterfly  
200 yd/mtr Ind. Medley  
800 yd/mtr Freestyle Relay  
1000 yd/800 mtr Freestyle

##### FIRST DAY FINALS

1000 yd/800 mtr Freestyle  
100 yd/mtr Breaststroke  
200 yd/mtr Freestyle  
100 yd/mtr Butterfly  
200 yd/mtr Ind. Medley  
800 yd/mtr Freestyle Relay

#### SECOND DAY

##### PRELIMINARIES

400 yd/mtr Ind. Medley  
50 yd/mtr Freestyle  
200 yd/mtr Breaststroke  
100 yd/mtr Backstroke  
500 yd/400 mtr Freestyle  
400 yd/mtr Medley Relay

##### SECOND DAY FINALS

400 yd/mtr Ind. Medley  
50 yd/mtr Freestyle  
200 yd/mtr Breaststroke  
100 yd/mtr Backstroke  
500 yd/400 mtr Freestyle  
400 yd/mtr Medley Relay

#### THIRD DAY

##### PRELIMINARIES

200 yd/mtr Backstroke  
100 yd/mtr Freestyle  
200 yd/mtr Butterfly  
400 yd/mtr Freestyle Relay  
1650 yd/1500 mtr Freestyle

##### THIRD DAY FINALS

1650 yd/1500 mtr Freestyle  
200 yd/mtr Backstroke  
100 yd/mtr Freestyle  
200 yd/mtr Butterfly  
400 yd/mtr Freestyle Relay

**.2 Four Day (Modified) Program****FIRST DAY**

1000 yd/800 mtr Freestyle

**SECOND DAY****PRELIMINARIES**

200 yd/mtr Breaststroke  
 200 yd/mtr Butterfly  
 200 yd/mtr Backstroke  
 100 yd/mtr Freestyle  
 1000 yd/800 mtr Freestyle

**THIRD DAY****PRELIMINARIES**

200 yd/mtr Freestyle  
 400 yd/mtr Ind. Medley  
 800 yd/mtr Free Relay

**FOURTH DAY****PRELIMINARIES**

500 yd/400 mtr Freestyle  
 200 yd/mtr Ind. Medley  
 50 yd/mtr Freestyle  
 400 yd/mtr Free Relay

**FIFTH DAY****PRELIMINARIES**

100 yd/mtr Backstroke  
 100 yd/mtr Breaststroke  
 100 yd/mtr Butterfly  
 400 yd/mtr Medley Relay  
 1650 yd/1500 mtr Freestyle

**SECOND DAY FINALS**

1000 yd/800 mtr Freestyle  
 200 yd/mtr Breaststroke  
 200 yd/mtr Butterfly  
 200 yd/mtr Backstroke  
 100 yd/mtr Freestyle

**THIRD DAY FINALS**

200 yd/mtr Freestyle  
 400 yd/mtr Ind. Medley  
 800 yd/mtr Free Relay

**FOURTH DAY FINALS**

500 yd/400 mtr Freestyle  
 200 yd/mtr Ind. Medley  
 50 yd/mtr Freestyle  
 400 yd/mtr Free Relay

**FIFTH DAY FINALS**

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

- A Women's events shall precede men's except as indicated.
- B All relays shall be conducted on a timed final basis with the two fastest heats swum in the final session. Others to be held during the preliminary heats.
- C The 800/1000 freestyle events shall be conducted on a timed final basis. In facilities where women's and men's events are conducted in the same course they shall be swum as follows:
  - (1) Women's heats—slowest to fastest.
  - (2) Men's heats—slowest to fastest.
- D The 1500/1650 freestyle events shall be conducted during the preliminaries on a timed final basis, the heats swum slowest to fastest, with the single fastest heat swum in the final session. In facilities where women's and men's events are conducted in the same course all heats during the preliminaries shall be swum alternately women/men as follows:
  - (1) Fastest men's heat last.
  - (2) Fastest women's heat next to last.

## 206.6

- (3) Second fastest men's heat third from last.
- (4) Second fastest women's heat fourth from last and continuing until all heats are swum.
- (5) 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 (1) through (4) above.

**3 Time Trials**—At all Junior and Senior National Championships, special Time Trials will be conducted for swimmers participating in the meet. These Time Trials shall be held under a separate sanction of the LSC where the meet is held and shall conform to the following conditions and format, subject to the time limitations specified in 206.4 and 206.5;

- A At the Junior Championships, a swimmer must be entered in at least one individual event to be eligible to participate in the Time Trials.
- B At the Junior and Senior Championships, a swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- C Events shall be swum in the order listed under PROGRAMS above.
- D First Day: that day's events, followed by the remaining events in the meet, except on the first day of the Modified Four-Day Program only women's and men's 800/1000 freestyle will be swum in that order.
- E Second and Third Day (and Fourth Day of the Modified Four-Day Program): that day's events first, followed by the events of the remaining day(s) of the meet, followed by the events of the previous days.
- F Final Day: that day's events; women's and men's 1500/1650 freestyle may be swum, followed by events of the previous days if time permits.
- G The Time Trial entry fee shall be \$5.00 per individual event and \$10.00 per relay.

## 206.6. AWARDS

### .1 Team Awards

#### Senior:

Women's Team Champion (high point women's team)

Women's Team Runnerup Champion (second highest)

Women's Team Top Ten (third through tenth)

Men's Team Champion (high point men's team)

Men's Team Runnerup Champion (second highest)

Men's Team Top Ten (third through tenth)

Men's & Women's Team Champion (high combined points)

Men's & Women's Team Top Ten (third through tenth)

#### Junior:

Women's Team Champion (high point women's team)

Women's Team Runnerup Champion (second highest)

Men's Team Champion (high point men's team)

Men's Team Runnerup Champion (second highest)

Men's and Women's Team Champion

### .2 Individual and Relay 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:**

- (1) 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  $\frac{3}{8}$ ths of an inch in width and narrowing at the top, and running approximately  $\frac{1}{4}$ th of an inch from the edge of the medal. The inside of the wreath shall be flat and suitable for engraving event and year.
  - (a) First Place—Struck of commercial bronze with connecting link hard soldered on top center at right angle to medal. The medal should be  $1\frac{3}{4}$  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.
  - (b) Second Place—Same as first place, but to have silver-plated finish with light oxidize.
  - (c) Third through Eighth Places—Same as first place, but to have bronze oxidized finish. Optional finish is a light green bronze oxidized finish.
- (2) 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.
- (3) 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 and/or appropriate award 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 National Events Coordinator 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** Each member of an award-winning relay team shall receive identical awards.

## **206.7. ENTRY BLANKS AND INFORMATION BOOKLET**

- .1 The entry blanks and information booklet shall be prepared under joint direction of the National Events Coordinator, the Rules Chairman, the Meet Director, and the Executive Director. Printing, distribution and mailing of the entry blanks and information booklet will be the responsibility of U.S. Swimming. All data shall be approved in writing by the National Events Coordinator prior to printing and distribution.
- .2 The entry blanks shall conform exactly to the standard format agreed upon by Program Operations, and no other shall be used.

## 206.8

- .3 One set of the entry blanks and information booklet shall be sent by first class mail at least 90 days prior to the meet entry closing date to all LSC General Chairmen, LSC Senior Chairmen, LSC Coaches Representatives and LSC Registration Chairmen and to all coaches of unattached swimmers and teams that were entered in the two immediately preceding national championships (one short course, one long course). The mailing list to be used shall be maintained by the Executive Director and updated following each national championship with the assistance of the meet director of that meet.
- .4 The information booklet shall state qualifying times and procedures necessary for proof of entry times. (See 206.10)
- .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 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.

### 206.8. ENTRIES

- .1 Entry blanks properly filled out and received prior to the meet entry deadline will declare the swimmer and/or relay team 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 **Entries for individual and relay events shall:**
  - A Be achieved in accordance with 102.22, official time.
  - B 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.
  - 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 or an official "Time Trial" at that meet 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 Times achieved at an altitude of 3,000 feet or above may be adjusted as follows:

## Time Adjustment

Event Distance	3000-4250 Feet	4251-6500 Feet	Above 6500 Feet
200	.50 Sec.	1.20 Sec.	1.60 Sec.
400 or 500	2.50 Sec.	5.00 Sec.	7.00 Sec.
800 Free Relay	2.00 Sec.	4.80 Sec.	6.40 Sec.
800 or 1000	5.00 Sec.	10.00 Sec.	15.00 Sec.
1500 or 1650	11.00 Sec.	23.00 Sec.	32.50 Sec.

- (1) Subtract the time indicated above from the actual time achieved at altitude. This is the time to be used on the entry form and seeding will be based on that time. Information relative to the adjustment accompanying the entry form must include name of swimmer, event, date of performance, elevation location, actual time, corrected time and signature of coach.
- (2) A swimmer or relay may use the above adjustments to meet the national qualifying time standard and seeding will be based upon that time.

F Entries are acceptable using either 25 yard, 25 meter or 50 meter times.

- .4 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.
- .5 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 their best times, but may enter themselves at the time performed at the meet distance (SC-SC, LC-LC) at the previous USS National or Junior Olympic Championship, provided they have made the qualifying standard at the same distance during the appropriate qualifying period. Swimmers will be seeded at their entered times.
- .6 Program Operations reserves the right to challenge any submitted time.
- .7 Foreign swimmers who are not members of U.S. Swimming may enter national championships provided they have met all qualifying requirements including submission of proof of entered times. (See also 206.10.2B)

## .8 Relay Entries

- A Swimmers eligible to compete for an organization in relay events shall be all those listed on the entry blank for that organization.
- B 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. Aggregate times must be equivalent (i.e. all short course or all long course). Relay teams with properly proven time will be declared entered and will be seeded at the proven and entered time.
- C 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.

#### 206.9. QUALIFYING TIME STANDARDS

- .1 National qualifying time standards will be determined from performances at the respective short course and long course Senior National and Junior Olympic championship meets for all swimmers.
  - A The average of the thirty second (32nd) 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.
  - 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 Championship Time Standards Committee.
- .2 Program Operations shall approve at each annual meeting the qualifying time standards for both short and long course championships for the following year. Qualifying time standards shall be specified in hundredths of a second.

**206.10. PROOF OF ENTERED TIME**—The Official Verification Card (OVC) is the system used to provide the registered U.S. Swimmer with the most equitable means of "Proof-of-Time" for entry into a Senior National or Junior Olympic Championship for which time standards have been met in a particular event.

Specific rules and procedures concerning the OVC system are outlined in the official U.S. Swimming publication, "OVC Guidelines Handbook, Revised".

#### .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 who are not members of U.S. Swimming must provide official meet results with entry form.
- C Times proven through the OVC system shall be official times in accordance with 102.22.

**Note:** The above requirements shall be made a part of the official entry form for all Senior National and Junior Olympic Championship meets.

**.3 Responsibility Clause**

- A The coach, swimmer, or swimmer representative who signs a Senior National or Junior Olympic 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 penalty to the Corporation for each such false or incorrect time unless corrected by that coach, swimmer, or swimmer representative prior to the scratch deadline. Additional action or penalty may be taken or levied as deemed appropriate by the Corporation.
- B Such penalty shall also be levied against any USS verification officer who has issued an Official Verification Card attesting to such false or incorrect time(s).
- C No fines shall be levied without an opportunity for a hearing before the Meet Eligibility Committee. Any appeal from the decision of the Meet Eligibility Committee shall be in accordance with the provisions of Part Four, specifically Section 401.6. Review shall be permitted pursuant to 401.6.

**206.11. 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).

## **APPENDIX 2-A**

### **PHILLIPS 66 / UNITED STATES SWIMMING SPRING NATIONAL CHAMPIONSHIPS**

March 22-26, 1988  
50 meter course  
Justus Aquatic Center  
Orlando, Florida

### **PHILLIPS 66 / UNITED STATES SWIMMING LONG COURSE NATIONAL CHAMPIONSHIPS (1988 U.S. Olympic Team Selection Meet)**

August 8-13, 1988  
50 meter course  
Univ. of Texas

### **UNITED STATES SWIMMING OPEN Sponsored by SPEEDO AMERICA**

December 18-20, 1988  
50 meter course  
IUPUI Natatorium  
Indianapolis, Indiana

## **1989 SITES AND DATES**

### **Phillips 66 / United States Swimming Spring Short Course Championships**

March 21-25, 1989  
25 yard course  
Koury Natatorium  
University of North Carolina  
Chapel Hill, North Carolina

### **Phillips 66 / United States Swimming Long Course National Championships**

July 31-August 4, 1989  
50 meter course  
Olympic Pool  
University of Southern California  
Los Angeles, California

### **United States Swimming Open, Sponsored by SPEEDO AMERICA**

December, 1989  
50 meter course  
site: TBA



# APPENDIX 2-C

## 1987-1988 NATIONAL AGE GROUP INDIVIDUAL TOP 16 BEST TIMES AND RELAY TOP 10 BEST TIMES CUTOFFS

### SHORT COURSE

#### FEMALE

		10 & U	11-12	13-14	15-16	17-18
50 Yd.	Freestyle	27.99	25.79	24.79	24.09	24.19
100 Yd.	Freestyle	1:00.99	55.99	53.59	51.99	52.29
200 Yd.	Freestyle	2:12.59	2:00.89	1:54.09	1:51.49	1:51.59
500 Yd.	Freestyle	—	5:18.39	5:02.39	4:55.09	4:55.09
1000 Yd.	Freestyle	—	—	10:19.29	10:05.99	10:06.99
1650 Yd.	Freestyle	—	—	17:15.29	16:54.39	16:56.99
50 Yd.	Backstroke	32.69	29.99	—	—	—
100 Yd.	Backstroke	1:11.29	1:04.29	1:00.59	58.79	58.99
200 Yd.	Backstroke	—	—	2:10.99	2:06.19	2:06.69
50 Yd.	Breaststroke	35.99	33.09	—	—	—
100 Yd.	Breaststroke	1:19.29	1:11.39	1:07.89	1:06.29	1:06.59
200 Yd.	Breaststroke	—	—	2:27.59	2:22.99	2:23.49
50 Yd.	Butterfly	30.59	28.59	—	—	—
100 Yd.	Butterfly	1:08.99	1:01.79	58.39	57.29	57.39
200 Yd.	Butterfly	—	—	2:08.59	2:06.09	2:05.09
100 Yd.	Individual Medley	1:10.09	1:04.49	—	—	—
200 Yd.	Individual Medley	2:30.59	2:17.29	2:10.19	2:07.09	2:06.79
400 Yd.	Individual Medley	—	—	4:35.29	4:27.59	4:29.19
200 Yd.	Freestyle Relay	1:59.59	1:47.59	1:43.99	1:43.79	1:43.79
400 Yd.	Freestyle Relay	—	3:56.79	3:43.99	3:43.09	3:43.09
800 Yd.	Freestyle Relay	—	—	8:10.69	8:02.29	8:02.29
200 Yd.	Medley Relay	2:15.59	2:01.49	1:56.79	1:56.59	1:56.69
400 Yd.	Medley Relay	—	4:27.99	4:10.49	4:08.89	4:07.09

#### MALE

50 Yd.	Freestyle	27.59	24.59	22.69	21.69	21.09
100 Yd.	Freestyle	1:00.29	54.29	49.29	47.19	46.09
200 Yd.	Freestyle	2:10.89	1:57.29	1:47.29	1:42.39	1:40.59
500 Yd.	Freestyle	—	5:13.99	4:50.89	4:34.09	4:32.49
1000 Yd.	Freestyle	—	—	10:02.09	9:29.49	9:23.69
1650 Yd.	Freestyle	—	—	16:52.59	15:56.49	15:46.19
50 Yd.	Backstroke	32.59	28.99	—	—	—
100 Yd.	Backstroke	1:11.09	1:02.99	56.69	53.69	52.39
200 Yd.	Backstroke	—	—	2:02.79	1:56.19	1:53.39
50 Yd.	Breaststroke	35.99	31.79	—	—	—
100 Yd.	Breaststroke	1:19.29	1:08.79	1:02.49	1:00.29	58.29
200 Yd.	Breaststroke	—	—	2:16.29	2:10.49	2:07.29
50 Yd.	Butterfly	30.49	27.09	—	—	—
100 Yd.	Butterfly	1:08.89	59.99	55.09	51.69	50.49
200 Yd.	Butterfly	—	—	2:01.29	1:54.29	1:52.09
100 Yd.	Individual Medley	1:10.09	1:02.09	—	—	—
200 Yd.	Individual Medley	2:30.59	2:14.19	2:02.69	1:56.19	1:54.59
400 Yd.	Individual Medley	—	—	4:22.19	4:07.89	4:02.99
200 Yd.	Freestyle Relay	1:58.79	1:46.89	1:36.69	1:34.09	1:33.89
400 Yd.	Freestyle Relay	—	3:55.99	3:30.49	3:21.19	3:15.29
800 Yd.	Freestyle Relay	—	—	7:47.89	7:28.09	7:15.59
200 Yd.	Medley Relay	2:15.59	2:00.39	1:48.89	1:45.99	1:45.79
400 Yd.	Medley Relay	—	4:27.69	3:55.99	3:44.69	3:39.39

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# APPENDIX 2-C

## 1987-1988 NATIONAL AGE GROUP INDIVIDUAL TOP 16 BEST TIMES AND RELAY TOP 10 BEST TIMES CUTOFFS LONG COURSE FEMALE

		10 & U	11-12	13-14	15-16	17-18
50 Mtr.	Freestyle	31.59	29.29	27.89	27.59	27.39
100 Mtr.	Freestyle	1:09.79	1:03.49	1:00.59	59.39	58.99
200 Mtr.	Freestyle	2:30.89	2:17.09	2:10.19	2:07.59	2:06.09
400 Mtr.	Freestyle	—	4:47.59	4:32.39	4:24.69	4:23.19
800 Mtr.	Freestyle	—	—	9:12.99	9:00.29	8:59.69
1500 Mtr.	Freestyle	—	—	17:40.19	17:19.79	17:17.19
50 Mtr.	Backstroke	37.19	33.89	—	—	—
100 Mtr.	Backstroke	1:21.09	1:13.79	1:08.99	1:07.09	1:07.09
200 Mtr.	Backstroke	—	—	2:27.89	2:23.59	2:23.49
50 Mtr.	Breaststroke	41.19	37.69	—	—	—
100 Mtr.	Breaststroke	1:30.99	1:22.19	1:18.19	1:16.39	1:16.29
200 Mtr.	Breaststroke	—	—	2:49.99	2:44.39	2:45.29
50 Mtr.	Butterfly	34.39	31.69	—	—	—
100 Mtr.	Butterfly	1:18.79	1:10.39	1:06.09	1:04.69	1:04.59
200 Mtr.	Butterfly	—	—	2:26.09	2:20.79	2:19.79
200 Mtr.	Individual Medley	2:51.49	2:35.99	2:29.39	2:24.89	2:23.99
400 Mtr.	Individual Medley	—	—	5:13.89	5:04.49	5:04.29
200 Mtr.	Freestyle Relay	2:16.89	2:03.39	1:58.69	1:57.49	1:58.09
400 Mtr.	Freestyle Relay	—	4:28.99	4:16.19	4:13.99	4:15.99
800 Mtr.	Freestyle Relay	—	—	9:20.79	9:08.79	9:10.79
200 Mtr.	Medley Relay	2:35.59	2:19.09	2:13.69	2:13.59	2:13.59
400 Mtr.	Medley Relay	—	5:05.19	4:50.79	4:43.49	4:48.39

## MALE

		10 & U	11-12	13-14	15-16	17-18
50 Mtr.	Freestyle	31.39	27.99	25.89	24.99	24.39
100 Mtr.	Freestyle	1:08.89	1:01.29	56.69	54.39	53.19
200 Mtr.	Freestyle	2:28.49	2:14.79	2:03.09	1:58.49	1:55.79
400 Mtr.	Freestyle	—	4:41.89	4:20.79	4:09.89	4:05.29
800 Mtr.	Freestyle	—	—	9:01.29	8:37.29	8:27.29
1500 Mtr.	Freestyle	—	—	17:22.19	16:24.79	16:16.69
50 Mtr.	Backstroke	36.79	32.99	—	—	—
100 Mtr.	Backstroke	1:20.89	1:11.39	1:05.19	1:01.59	1:00.29
200 Mtr.	Backstroke	—	—	2:20.69	2:12.99	2:10.29
50 Mtr.	Breaststroke	41.09	36.19	—	—	—
100 Mtr.	Breaststroke	1:30.59	1:20.09	1:13.09	1:09.19	1:07.79
200 Mtr.	Breaststroke	—	—	2:38.99	2:30.39	2:27.39
50 Mtr.	Butterfly	34.29	30.59	—	—	—
100 Mtr.	Butterfly	1:17.89	1:08.79	1:02.39	59.09	57.29
200 Mtr.	Butterfly	—	—	2:18.39	2:10.39	2:06.89
200 Mtr.	Individual Medley	2:49.39	2:32.79	2:20.09	2:14.09	2:11.09
400 Mtr.	Individual Medley	—	—	4:59.49	4:44.09	4:37.99
200 Mtr.	Freestyle Relay	2:15.99	2:01.59	1:49.49	1:46.79	1:45.99
400 Mtr.	Freestyle Relay	—	4:28.59	3:59.59	3:52.79	3:46.29
800 Mtr.	Freestyle Relay	—	—	8:58.59	8:30.89	8:22.39
200 Mtr.	Medley Relay	2:34.39	2:18.19	2:05.09	1:59.69	1:59.69
400 Mtr.	Medley Relay	—	5:04.69	4:30.29	4:17.69	4:12.29

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# APPENDIX 2-D

## 1988 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
<b>GIRLS 10 &amp; U</b>									
35.99	32.29	31.09	29.79	28.59	50 Y Freestyle	28.39	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	1:07.19	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	2:26.59	2:33.19	2:53.09
43.69	38.59	36.99	35.29	33.59	50 Y Backstroke	33.39	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	1:20.19	1:23.89	1:34.79
48.19	42.69	40.79	38.99	37.09	50 Y Breaststroke	36.59	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	1:28.99	1:33.09	1:45.19
42.29	36.99	35.19	33.39	31.59	50 Y Butterfly	31.59	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	1:19.79	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	1:18.59	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	2:47.69	2:55.29	3:18.09

<b>BOYS 10 &amp; U</b>									
32.59	30.09	28.79	27.59	26.29	50 Y Freestyle	25.29	27.69	28.89	31.29
1:10.79	1:05.29	1:02.59	99.89	57.19	100 Y Freestyle	55.29	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	2:11.59	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	5:50.79	6:05.99	6:36.49
38.19	35.19	33.79	32.29	30.79	50 Y Backstroke	29.59	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	1:09.99	1:12.99	1:19.09
42.49	39.19	37.59	35.89	34.29	50 Y Breaststroke	32.79	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	1:17.89	1:21.19	1:27.99
35.79	32.99	31.69	30.29	28.89	50 Y Butterfly	27.59	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	1:06.99	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	1:09.79	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	2:29.79	2:36.29	2:49.29

### BOYS 11-12

32.59	30.09	28.79	27.59	26.29	50 Y Freestyle	25.29	27.69	28.89	31.29
1:10.79	1:05.29	1:02.59	99.89	57.19	100 Y Freestyle	55.29	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	2:11.59	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	5:50.79	6:05.99	6:36.49
38.19	35.19	33.79	32.29	30.79	50 Y Backstroke	29.59	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	1:09.99	1:12.99	1:19.09
42.49	39.19	37.59	35.89	34.29	50 Y Breaststroke	32.79	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	1:17.89	1:21.19	1:27.99
35.79	32.99	31.69	30.29	28.89	50 Y Butterfly	27.59	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	1:06.99	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	1:09.79	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	2:29.79	2:36.29	2:49.29

### GIRLS 11-12

32.59	30.09	28.79	27.59	26.29	50 Y Freestyle	25.29	27.69	28.89	31.29
1:10.79	1:05.29	1:02.59	99.89	57.19	100 Y Freestyle	55.29	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	2:11.59	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	5:50.79	6:05.99	6:36.49
38.19	35.19	33.79	32.29	30.79	50 Y Backstroke	29.59	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	1:09.99	1:12.99	1:19.09
42.49	39.19	37.59	35.89	34.29	50 Y Breaststroke	32.79	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	1:17.89	1:21.19	1:27.99
35.79	32.99	31.69	30.29	28.89	50 Y Butterfly	27.59	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	1:06.99	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	1:09.79	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	2:29.79	2:36.29	2:49.29



# 1988 NATIONAL AGE-GROUP TIME STANDARDS

## Short Course - Yards

B Min	A Min	AA Min	AAA Min	AAAA Min	AAA Min	AA Min	A Min	B Min
<b>GIRLS 13-14</b>								
31.29	28.89	27.69	26.49	25.29	50 Y Freestyle	23.49	24.59	25.69
1:07.79	1:02.59	59.99	57.39	54.79	100 Y Freestyle	51.29	53.69	56.09
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
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
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
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
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
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
1:26.59	1:19.89	1:16.59	1:13.29	1:09.89	100 Y Breaststroke	1:04.99	1:08.09	1:11.19
3:06.49	2:52.09	2:44.99	2:37.79	2:30.59	200 Y Breaststroke	2:20.59	2:27.29	2:33.99
1:14.09	1:08.39	1:05.59	1:02.69	59.89	100 Y Butterfly	56.39	58.99	1:01.69
2:40.99	2:28.59	2:22.39	2:16.29	2:10.09	200 Y Butterfly	2:04.89	2:10.79	2:16.69
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
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

<b>BOYS 13-14</b>								
28.99	26.79	25.69	24.59	23.49	50 Y Freestyle	22.49	23.59	24.59
1:03.49	58.59	56.09	53.69	51.29	100 Y Freestyle	48.99	51.29	53.69
2:17.39	2:06.79	2:01.49	1:56.19	1:51.09	200 Y Freestyle	1:46.09	1:51.09	1:56.19
6:09.59	5:41.19	5:26.99	5:12.79	4:58.19	500 Y Freestyle	4:44.59	4:58.19	5:11.69
12:43.39	11:44.69	11:15.29	10:45.89	10:16.19	1000 Y Freestyle	9:48.19	10:16.19	10:44.19
21:17.79	19:39.49	18:50.29	18:01.19	17:13.99	1650 Y Freestyle	16:26.99	17:13.99	18:00.99
1:12.39	1:06.79	1:03.99	1:01.19	57.69	100 Y Backstroke	55.09	57.69	1:00.29
2:36.69	2:24.69	2:18.59	2:12.59	2:04.89	200 Y Backstroke	1:59.19	2:04.89	2:10.59
1:20.49	1:14.29	1:11.19	1:08.09	1:04.89	100 Y Breaststroke	1:01.89	1:04.89	1:07.79
2:54.09	2:40.69	2:33.99	2:27.29	2:20.59	200 Y Breaststroke	2:13.69	2:20.09	2:26.49
1:09.79	1:04.39	1:01.69	58.99	56.09	100 Y Butterfly	53.49	56.09	58.59
2:34.59	2:22.69	2:16.69	2:10.79	2:05.09	200 Y Butterfly	1:58.09	2:03.69	2:09.29
2:34.89	2:22.99	2:16.99	2:11.09	2:05.99	200 Y Ind. Medley	2:00.29	2:05.99	2:11.69
5:31.79	5:06.29	4:53.49	4:40.79	4:28.59	400 Y Ind. Medley	4:16.39	4:28.59	4:40.79

## BOYS 15-16

<b>GIRLS 15-16</b>								
30.69	28.39	27.19	25.99	24.79	50 Y Freestyle	22.49	23.59	24.59
1:06.89	1:01.69	59.09	56.59	53.99	100 Y Freestyle	48.99	51.29	53.69
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
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
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
21:38.89	19:58.99	19:08.99	18:19.09	17:29.09	1650 Y Freestyle	16:26.99	17:13.99	18:00.99
1:15.49	1:09.69	1:06.79	1:03.89	1:00.99	100 Y Backstroke	55.09	57.69	1:00.29
2:42.39	2:29.89	2:23.59	2:17.39	2:11.19	200 Y Backstroke	1:59.19	2:04.89	2:10.59
1:24.99	1:18.39	1:15.19	1:11.89	1:08.59	100 Y Breaststroke	1:01.89	1:04.89	1:07.79
3:02.99	2:48.89	2:41.89	2:34.89	2:27.79	200 Y Breaststroke	2:13.69	2:20.09	2:26.49
1:13.29	1:07.59	1:04.79	1:01.99	59.19	100 Y Butterfly	53.49	56.09	58.59
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
2:43.39	2:30.89	2:24.59	2:18.29	2:11.99	200 Y Ind. Medley	2:00.29	2:05.99	2:11.69
5:45.19	5:18.69	5:05.39	4:52.09	4:38.89	400 Y Ind. Medley	4:16.39	4:28.59	4:40.79

### Short Course - Yards

GIRLS 17-18										BOYS 17-18												
B Min	A Min	AA Min	AAA Min	AAAA Min	50 Y	Freestyle	AAAA Min	AAA Min	AA Min	A Min	B Min	A Min	AA Min	AAA Min	AAAA Min	50 Y	Freestyle	AAAA Min	AAA Min	AA Min	A Min	B Min
30.89	28.59	27.39	26.19	24.99	50 Y	Freestyle	21.89	22.99	23.99	25.09	27.09	25.09	23.99	22.99	21.89	150 Y	Backstroke	53.89	56.39	58.99	1:01.59	1:06.69
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	54.49	52.19	49.89	47.69	100 Y	Backstroke	1:56.29	2:01.79	2:07.39	2:12.89	2:23.99
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	1:58.29	1:53.39	1:48.49	1:43.49	200 Y	Backstroke	1:00.19	1:02.99	1:05.89	1:08.69	1:14.49
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	5:17.69	5:04.49	4:51.19	4:37.99	500 Y	Freestyle	10:08.49	10:28.49	10:36.19	11:03.89	11:59.19
1:53.19	1:15.39	1:05.49	1:02.49	1:02.49	1000 Y	Freestyle	9:40.89	9:40.89	9:40.89	9:40.89	11:59.19	9:40.89	9:40.89	9:40.89	9:40.89	1000 Y	Freestyle	16:08.79	16:54.89	17:41.09	18:27.19	19:59.49
1:27.19	1:09.39	1:06.49	1:03.59	1:00.79	1650 Y	Freestyle	15:08.79	15:08.79	15:08.79	15:08.79	19:59.49	15:08.79	15:08.79	15:08.79	15:08.79	1650 Y	Freestyle	15:08.79	15:08.79	15:08.79	15:08.79	15:08.79
2:40.19	2:27.89	2:21.69	2:15.49	2:09.39	100 Y	Backstroke	53.89	56.39	58.99	1:01.59	1:06.69	1:01.59	58.99	56.39	53.89	100 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	200 Y	Backstroke	1:00.19	1:02.99	1:05.89	1:08.69	1:14.49	1:08.69	1:05.89	1:02.99	1:00.19	200 Y	Backstroke	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	2:30.09	2:23.79	2:17.59	2:11.29	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	59.39	56.89	54.39	51.99	100 Y	Butterfly	51.99	54.39	56.89	59.39	1:04.29
2:36.19	2:24.19	2:18.39	2:12.19	2:06.19	200 Y	Butterfly	1:53.39	1:58.79	2:04.19	2:09.59	2:20.39	2:09.59	2:04.19	1:58.79	1:53.39	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	2:12.69	2:07.19	2:01.69	1:56.19	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	4:43.09	4:31.29	4:19.49	4:07.69	400 Y	Ind. Medley	4:07.69	4:19.49	4:31.29	4:43.09	5:06.69

# 1988 NATIONAL AGE-GROUP TIME STANDARDS

## Short Course - Meters

B Min	A Min	AA Min	AAA Min	AAAA Min	AAA Min	AA Min	A Min	B Min
<b>GIRLS 10 &amp; U</b>								
39.79	35.69	34.29	32.99	31.59	50 M Freestyle	31.39	32.69	34.09
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
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
48.19	42.69	40.79	38.99	37.09	50 M Backstroke	36.89	38.69	40.59
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
53.29	47.09	45.09	43.09	40.99	50 M Breaststroke	40.49	42.49	44.49
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
46.79	40.89	38.89	36.89	34.89	50 M Butterfly	34.89	36.79	38.79
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
1:42.19	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
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

## GIRLS 11-12

35.99	33.19	31.89	30.49	29.09	50 M Freestyle	27.89	29.29	30.59
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
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
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
42.19	38.89	37.29	35.69	34.09	50 M Backstroke	32.69	34.19	35.79
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
46.89	43.29	41.49	39.69	37.89	50 M Breaststroke	36.29	37.99	39.69
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
39.49	36.49	34.99	33.49	31.89	50 M Butterfly	30.49	31.89	33.39
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
1:30.19	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
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

## BOYS 11-12

34.59	31.89	30.59	29.29	27.89	50 M Freestyle	26.49	27.89	29.29
1:15.69	1:09.89	1:06.99	1:04.09	1:01.09	100 M Freestyle	99.49	1:02.49	1:05.49
2:44.39	2:31.69	2:25.39	2:19.09	2:12.79	200 M Freestyle	2:10.49	2:16.49	2:22.49
5:46.99	5:20.29	5:06.99	4:53.69	4:40.29	400 M Freestyle	4:38.29	4:51.69	5:05.09
40.39	37.29	35.79	34.19	32.69	50 M Backstroke	31.19	32.69	34.19
1:27.39	1:20.69	1:17.39	1:13.99	1:10.59	100 M Backstroke	1:08.49	1:11.49	1:14.49
44.89	41.39	39.69	37.99	36.29	50 M Breaststroke	35.19	36.69	38.19
1:37.19	1:29.79	1:25.99	1:22.29	1:18.59	100 M Breaststroke	1:15.49	1:18.49	1:21.49
37.69	34.79	33.39	31.89	30.49	50 M Butterfly	29.49	30.99	32.49
1:23.69	1:17.29	1:13.99	1:10.79	1:07.59	100 M Butterfly	1:05.49	1:08.49	1:11.49
1:27.19	1:20.49	1:17.09	1:13.79	1:10.39	100 M Ind. Medley	1:08.49	1:11.49	1:14.49
3:07.09	2:52.69	2:45.49	2:38.29	2:31.09	200 M Ind. Medley	2:28.49	2:35.49	2:42.49



# 1988 NATIONAL AGE-GROUP TIME STANDARDS

## Short Course - Meters

GIRLS 13-14					BOYS 13-14				
B Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAA Min	AA Min	A Min	B Min
34.59	31.99	30.59	29.29	27.99	50 M Freestyle	25.89	27.19	28.39	32.09
1:14.99	1:09.19	1:06.29	1:03.39	1:00.59	100 M Freestyle	56.59	59.29	1:01.99	1:10.09
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	2:31.79
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	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	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	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	1:19.99
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	2:53.19
1:35.69	1:28.29	1:24.59	1:20.99	1:17.29	100 M Breaststroke	1:11.79	1:15.29	1:18.69	1:28.89
3:25.99	3:10.19	3:02.29	2:54.29	2:46.39	200 M Breaststroke	2:35.39	2:42.79	2:50.19	3:12.39
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	1:17.09
2:37.89	2:44.19	2:37.39	2:30.59	2:23.69	200 M Butterfly	2:17.99	2:24.49	2:31.09	2:50.79
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	2:51.09
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	6:06.59

GIRLS 15-16					BOYS 15-16				
B Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAA Min	AA Min	A Min	B Min
33.89	31.29	29.99	28.69	27.39	50 M Freestyle	24.79	25.99	27.19	30.69
1:13.89	1:08.19	1:05.39	1:02.49	59.69	100 M Freestyle	54.09	56.69	59.29	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	2:25.09
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	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	10:37.29
21:31.29	19:51.99	19:02.29	18:12.69	17:22.99	1500 M Freestyle	16:21.19	17:07.99	17:54.69	20:14.89
1:23.49	1:16.99	1:13.79	1:10.59	1:07.39	100 M Backstroke	1:00.79	1:03.69	1:06.59	1:15.29
2:59.39	2:45.59	2:38.69	2:31.79	2:24.89	200 M Backstroke	2:11.69	2:17.99	2:24.29	2:43.09
1:33.89	1:26.69	1:23.09	1:19.39	1:15.79	100 M Breaststroke	1:08.39	1:11.69	1:14.89	1:24.69
3:22.19	3:06.69	2:58.89	2:51.09	2:43.29	200 M Breaststroke	2:27.79	2:34.79	2:41.79	3:02.89
1:20.99	1:14.69	1:11.59	1:08.49	1:05.39	100 M Butterfly	59.19	1:01.99	1:04.79	1:13.19
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	2:41.49
3:00.59	2:46.69	2:39.69	2:32.79	2:25.89	200 M Ind. Medley	2:12.89	2:19.19	2:25.49	2:44.49
6:21.49	5:52.09	5:37.49	5:22.79	5:08.09	400 M Ind. Medley	4:43.29	4:56.79	5:10.29	5:50.79

# 1988 NATIONAL AGE-GROUP TIME STANDARDS

## Short Course - Meters

GIRLS 17-18										BOYS 17-18									
B Min	A Min	AA Min	AAA Min	AAAA Min	50 M	Freestyle	24.19	25.39	26.49	27.69	29.99								
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								
1:11.69	1:02.49	9:58.59	9:32.59	9:06.59	800 M	Freestyle	8:23.39	8:52.59	9:16.79	9:40.99	10:29.39								
1:11:19.69	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	1:19.39	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								
1:14.39	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	2:03.39	2:14.49	2:20.59	2:26.69	2:38.89								
5:19.09	5:49.89	5:35.79	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								

# 1988 NATIONAL AGE-GROUP TIME STANDARDS

## Long Course - Meters

B Min	A Min	AA Min	AAA Min	AAAA Min	AAA Min	AA Min	A Min	B Min
<b>GIRLS 10 &amp; U</b>								
40.69	36.49	35.09	33.69	32.29	50 M Freestyle	32.09	33.49	34.89
1:31.59	1:21.39	1:18.09	1:14.69	1:11.29	100 M Freestyle	1:09.99	1:13.29	1:16.69
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
49.69	43.99	42.09	40.19	38.29	50 M Backstroke	37.99	39.89	41.79
1:47.99	1:35.39	1:31.29	1:27.19	1:22.99	100 M Backstroke	1:22.19	1:26.29	1:30.39
54.99	48.69	46.59	44.49	42.39	50 M Breaststroke	42.19	44.29	46.39
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
47.79	41.79	39.79	37.69	35.69	50 M Butterfly	35.09	36.99	38.99
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
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
<b>BOYS 10 &amp; U</b>								
					50 M Freestyle	32.09	33.49	34.89
					100 M Freestyle	1:09.99	1:13.29	1:16.69
					200 M Freestyle	2:31.29	2:38.79	2:46.29
					50 M Backstroke	37.99	39.89	41.79
					100 M Backstroke	1:22.19	1:26.29	1:30.39
					50 M Breaststroke	42.19	44.29	46.39
					100 M Breaststroke	1:32.89	1:37.49	1:42.19
					50 M Butterfly	35.09	36.99	38.99
					100 M Butterfly	1:19.99	1:25.19	1:30.49
					200 M Ind. Medley	2:52.99	3:01.69	3:10.29

## GIRLS 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
3:18.89	3:03.59	2:55.89	2:48.29	2:40.59	200 M Ind. Medley	2:36.29	2:43.79	2:51.19	2:58.59	3:13.49

## 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
3:18.89	3:03.59	2:55.89	2:48.29	2:40.59	200 M Ind. Medley	2:36.29	2:43.79	2:51.19	2:58.59	3:13.49



# 1988 NATIONAL AGE-GROUP TIME STANDARDS Long Course - Meters

B Min	GIRLS 13-14				BOYS 13-14				A Min	B Min	
	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAA Min	AA Min	A Min			
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	17:48.29	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	1:15.39	1:18.99	1:22.59	1:26.19	1:33.29
3:33.29	3:16.89	3:08.69	3:00.49	2:52.29	200 M	Breaststroke	2:43.79	2:51.59	2:59.39	3:07.19	3:22.79
1:24.29	1:17.79	1:14.59	1:11.29	1:08.09	100 M	Butterfly	1:04.19	1:07.19	1:10.29	1:13.29	1:19.49
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
3:08.99	2:55.39	2:48.09	2:40.79	2:33.49	200 M	Ind. Medley	2:25.29	2:32.19	2:39.09	2:45.99	2:59.79
6:39.59	6:08.89	5:53.49	5:38.19	5:22.79	400 M	Ind. Medley	5:07.89	5:22.49	5:37.19	5:51.89	6:31.19

<b>BOYS 13-14</b>								
33.49	30.89	29.59	28.29	27.09	50 M	Freestyle	25.99	28.49
1:13.29	1:07.69	1:04.89	1:02.09	59.19	100 M	Freestyle	56.69	1:02.09
2:38.29	2:26.09	2:13.99	2:07.89	2:01.99	200 M	Freestyle	2:01.99	2:07.79
5:31.79	5:06.29	4:53.49	4:40.69	4:28.89	400 M	Freestyle	4:16.69	4:28.89
11:23.99	10:31.39	10:05.09	9:38.69	8:49.09	800 M	Freestyle	8:49.09	9:14.29
22:00.19	20:18.59	19:27.89	18:37.09	16:57.59	1500 M	Freestyle	16:57.59	17:46.09
1:23.59	1:17.19	1:13.89	1:10.69	1:03.89	100 M	Backstroke	1:03.89	1:06.89
2:59.59	2:45.79	2:38.89	2:31.99	2:25.09	200 M	Backstroke	2:17.49	2:24.09
1:33.29	1:26.19	1:22.59	1:18.99	1:12.09	100 M	Breaststroke	1:12.09	1:15.59
3:22.79	3:07.19	2:59.39	2:43.79	2:35.89	200 M	Breaststroke	2:35.89	2:43.29
1:19.49	1:13.29	1:10.29	1:07.19	1:00.99	100 M	Butterfly	1:00.99	1:03.89
2:55.79	2:42.29	2:35.49	2:28.69	2:14.59	200 M	Butterfly	2:14.59	2:20.99
2:59.79	2:45.99	2:39.09	2:32.19	2:18.79	200 M	Ind. Medley	2:18.79	2:25.39
6:21.19	5:51.89	5:37.19	5:22.49	4:53.69	400 M	Ind. Medley	4:53.69	5:07.59

<b>GIRLS 15-16</b>								
35.39	32.69	31.29	29.99	28.59	50 M	Freestyle	25.99	27.19
1:16.19	1:10.29	1:07.39	1:04.49	1:01.49	100 M	Freestyle	56.69	59.39
2:41.89	2:29.39	2:23.19	2:16.99	2:10.79	200 M	Freestyle	2:01.99	2:07.79
5:39.09	5:13.09	4:59.99	4:46.99	4:33.89	400 M	Freestyle	4:16.69	4:28.89
11:35.39	10:41.89	10:15.19	9:48.39	9:21.69	800 M	Freestyle	8:49.09	9:14.29
22:10.79	20:28.49	19:37.29	18:46.09	17:54.89	1500 M	Freestyle	16:57.59	17:46.09
1:26.19	1:19.49	1:16.19	1:12.89	1:09.59	100 M	Backstroke	1:03.89	1:06.89
3:03.89	2:49.79	2:42.69	2:35.59	2:28.59	200 M	Backstroke	2:17.49	2:24.09
1:38.29	1:30.69	1:26.89	1:23.19	1:19.39	100 M	Breaststroke	1:12.09	1:15.59
3:28.29	3:12.29	3:04.29	2:56.29	2:48.29	200 M	Breaststroke	2:35.89	2:43.29
1:22.59	1:16.19	1:13.09	1:09.89	1:06.69	100 M	Butterfly	1:00.99	1:03.89
2:59.09	2:45.39	2:38.49	2:31.59	2:24.69	200 M	Butterfly	2:14.59	2:20.99
3:08.59	2:52.19	2:44.99	2:37.89	2:30.69	200 M	Ind. Medley	2:18.79	2:25.39
6:32.49	6:02.29	5:47.19	5:32.09	5:16.99	400 M	Ind. Medley	4:53.69	5:07.59

## BOYS 15-16

# 1988 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
<b>GIRLS 17-18</b>									
35:29	32:59	31:29	29:89	28:49	50 M Freestyle	25:39	26:59	27:79	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	1:08.39
2:41.59	2:29.19	2:22.99	2:16.79	2:10.59	200 M Freestyle	2:00.09	2:05.79	2:11.49	2:28.69
5:35.19	5:09.39	4:56.49	4:43.59	4:30.69	400 M Freestyle	4:13.29	4:25.39	4:37.39	5:13.59
11:33.39	10:40.09	10:13.39	9:46.79	9:20.09	800 M Freestyle	8:44.19	9:09.19	9:34.09	10:48.99
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	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	1:16.99
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	2:45.89
1:35.59	1:29.09	1:25.39	1:21.69	1:17.99	100 M Breaststroke	1:09.69	1:12.99	1:16.29	1:26.19
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	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	1:13.59
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	2:41.99
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	2:48.39
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	5:55.09
<b>BOYS 17-18</b>									

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.)

## APPENDIX 2-E

### 1988 Phillips 66/U.S. Swimming Long Course National Time Standards (1988 U.S. Olympic Team Selection Meet)

WOMEN			EVENT	MEN		
SCY (Yards)	SC (Meters)	LC (Meters)		SCY (Yards)	SC (Meters)	LC (Meters)
23.59	26.29	26.89	50 Freestyle	20.49	22.69	23.79
50.99	56.19	57.69	100 Freestyle	44.49	49.09	51.69
1:49.49	2:00.69	2:03.89	200 Freestyle	1:37.69	1:48.19	1:52.69
4:49.19	4:09.69	4:19.79	400/500 Freestyle	4:23.29	3:47.99	3:59.79
9:51.99	8:35.49	8:50.49	800/1000 Freestyle	—	—	—
—	—	—	1500/1650 Freestyle	15:20.39	15:03.49	15:47.49
57.59	1:03.29	1:05.59	100 Backstroke	50.69	56.49	58.89
2:03.09	2:16.39	2:19.49	200 Backstroke	1:49.69	2:01.89	2:06.59
1:04.99	1:12.59	1:15.39	100 Breaststroke	55.99	1:02.19	1:05.99
2:19.59	2:36.19	2:41.19	200 Breaststroke	2:01.99	2:16.79	2:24.59
55.99	1:01.50	1:03.29	100 Butterfly	49.09	53.79	55.79
2:01.09	2:13.09	2:16.89	200 Butterfly	1:47.69	1:57.89	2:03.19
2:05.09	2:17.99	2:22.49	200 Ind. Medley	1:49.79	2:01.39	2:07.99
4:22.39	4:49.39	5:00.79	400 Ind. Medley	3:55.29	4:20.49	4:31.19

**QUALIFYING PERIOD:** December 1, 1986 through entry deadline for the Trials.



# PART THREE

## ATHLETES' RIGHTS, REGISTRATION AND ELIGIBILITY

### ARTICLE 301 ATHLETES' RIGHTS

**301.1.** Except as provided in 301.2, 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 301.2, 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.

**301.2.** 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.

**301.3.** 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 301.1, 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 Secretary General of the U.S. Olympic Committee, and submitting the matter to the American Arbitration Association for binding arbitration.

**301.4.** 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 301.1, 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 401.7.

## **ARTICLE 302 ATHLETE REGISTRATION**

**302.1.** 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 304. 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 Six.

**302.2.** Athlete membership will consist of either an annual membership or a seasonal membership.

- .1 Annual membership—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.
- .2 Seasonal membership—Membership may be optionally offered by the LSC for any four-month period. This membership is not valid for competition at or above the Zone Championship level.

**302.3. 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 302.5 to the registration chairman of the LSC, which shall issue a registration card upon approval.

**302.4. 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.

**302.5.** The annual and seasonal athlete membership fees are 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 303 REPRESENTATION**

**303.1.** 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.

**303.2.** 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 303.4 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.

**303.3.** 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.

**303.4.** 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 303.3.). Verification of school swimming season commencement/termination dates must be provided by the swimmer upon request of the LSC Registration Committee involved.

**303.5.** When transferring from one LSC to another, a swimmer shall present a written 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.

**303.6.** If a club/organizational member of an LSC has secured a court judgment against an athlete member, (or his parents or custodians) or any other USS member for non-payment of financial obligations that member shall be ineligible to participate in any event of the Corporation and from joining any other USS club/organization until the judgment is satisfied.

**303.7.** 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.

**303.8.** An unattached competitor is a registered swimmer who represents no club, educational institution or other organization.

**303.9.** 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.

**303.10.** 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.

**303.11.** 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 303 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 303.3).



## **ARTICLE 304**

### **ELIGIBILITY**

**304.1.** 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.

**304.2.** A swimmer is no longer eligible for amateur swimming competition upon engaging in any of the activities proscribed in sections 304.3 through 304.8 unless such activity is specifically permitted under section 304.9 and 304.10.

**304.3** An amateur cannot compete, train, coach (see 304.10.1) or give exhibitions for payment received, directly or indirectly, in money or in kind or for material advantage or benefit.

**304.4.** 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.

**304.5.** An amateur cannot accept reimbursement for board and traveling expenses in excess of the actual justifiable amount incurred by the swimmer.

**304.6.** An amateur cannot bet or wager on any swimming competition.

**304.7.** An amateur cannot convert into cash any award or prize won in swimming competition.

**304.8.** 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.

**304.9.** 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 in writing by FINA or USS and the advertising or promotion clearly so indicates, and, provided further, that any 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).

**304.10.** 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.

**304.11.** Any use by an athlete of a substance currently listed by the International Olympic Committee (IOC) as banned shall be considered "doping", and cause for punitive action.

- .1 For reference, USS will rely upon the most recent International Olympic Committee (IOC) banned list and the IOC definition of "doping", and will utilize an expert committee to clarify any questionable item.
- .2 Evidence of use of a banned substance shall be from analysis of the athlete's urine by gas chromatography/mass spectrometry, quantitative levels of the drug where appropriate, and other available evidence.
- .3 The current list of banned substances will be maintained at the National Office under the direct supervision of the USS Sports Medicine Director.

**304.12.** In every case involving a swimmer charged with violation of Sections 304.8, 304.9, 304.10 and 304.11, 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.

**304.13.** 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.

**304.14.** 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 304 and with FINA GR1. He may be registered for both USS open competition and for Masters Swimming at the same time.

**304.15.** 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.

**304.16.** A swimmer declared ineligible, for any reason, may be reinstated pursuant to the provisions of Article 401.



# PART FOUR

## HEARINGS AND APPEALS

### ARTICLE 401 HEARINGS AND APPEALS

**401.1. 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.

**401.2. JURISDICTION OF THE LSC**—In those matters involving only a member or members of one LSC, the procedure to be taken and the rules to be followed for hearing shall be as set forth in Part Six, Article 611. (For guide to hearings and appeals, and form for notice of hearing, see Appendix 4-A.)

**401.3. JURISDICTION OF THE CORPORATION**—In those matters in which athletes or other members of the Corporation from more than one LSC are involved, or in matters involving such persons during a national or international event, an investigation and report of the facts shall be made to the General Chairman of the National Board of Review and to the officers of the Corporation. If in the opinion of a majority of the officers, 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 President of Program Operations, or his designee, shall make the investigation and report.
- .3 In those matters occurring during the course of an international event, Olympic International Operations Committee Coordinator, or his designee, shall make the investigation and report.

**401.4. 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.

## **401.5**

### **401.5. 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 Issue such interim orders, prohibitory or mandatory in nature, as may be necessary pending a final decision of the Board.
- .8 Reinstatement of 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.)

### **401.6. PROCEDURE FOR REVIEW**

- .1 Every appeal to the Board of Review shall be instituted by a petition served upon the Executive Director and shall be accompanied by a \$50 filing fee payable to the Corporation. The petition for review shall set forth the grounds for appeal, citing factual and legal issues in as much detail as possible. The filing fee shall be returned if the appeal is upheld, but forfeited if it is rejected, modified or abandoned. The Board of Review may assess costs against any 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.

**401.7. 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.

**401.8. EXCLUSIVE JURISDICTION**—After an LSC that is a real party in interest is given such notice and hearing as time and circumstances may reasonably dictate, and upon a majority vote of the officers, the Board of Directors or the National Board of Review may be assigned exclusive jurisdiction at any stage of any matter within the purview of this Article 401 when the best interests of the Corporation will be served thereby. However, such exclusive jurisdiction shall not be assigned where the matter is within the original jurisdiction of an LSC Review Section pursuant to Section 401.2 unless compliance with regular procedures would not be likely to produce a sufficiently early decision to do justice to the affected parties. If exclusive jurisdiction is so assigned compliance shall be made in every instance with all requirements of procedural due process as set forth in this Article 401. In either case the reviewing body may assess fees and costs against any party.



# APPENDIX 4-A

## 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 Hearing by an objective body. Initially, this body is the Review Section of the LSC with no less than five elected members. (Section 611.2).
- .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 DISCIPLINARY 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 401.3) 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 Six provides for two separate procedures:

A Section 611.4.1: Formal hearing.

B Section 611.4.2: Emergency hearing.

In both cases the Review Section of the LSC is responsible for initial procedure, unless the House of Delegates takes exclusive jurisdiction for some reason.

## .4 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 (by certified mail) of decision 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 twenty (20) 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 appeal to the National Board of Review requires a filing fee of \$50.00. It must be addressed to the National Executive Director (see Section 611.1 for procedure). It should cite the factual and legal issues as much as possible.

#### .5 **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.

The decision must be reduced to writing within ten (10) days of the hearing and a copy served by mail on the Respondent and on the Chairman of the Review Section. It should include findings of fact.

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 611.5(1).

Use your common sense in such situations. **Give the athlete the benefit of the doubt.**



### SAMPLE NOTICE OF HEARING

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 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:  
(2) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 3) **PETITIONER.** This complaint or request for hearing was made by  
(3) \_\_\_\_\_
- 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  
(4) \_\_\_\_\_
- 6) **HEARING BODY:** Review Section, Swimming Committee  
(5) \_\_\_\_\_
- 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: \_\_\_\_\_ (6) \_\_\_\_\_

Chairman, Review Section

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: (     ) \_\_\_\_\_

.....

- (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 the specific acts of misconduct (or inaction), citing specific Code sections or LSC By-Laws sections if applicable; be brief but complete and accurate.
- (3) Fill in name and address of complainant or petitioner.
- (4) 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.
- (5) Name of LSC.
- (6) Fill in name, address and phone number of Chairman of Review Section.

# 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 corporate or committee 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, unless otherwise modified in these regulations.

SEE APPENDIX 5-A FOR TABLE OF ORGANIZATION OF UNITED STATES SWIMMING, INC.

## PART FIVE

### GOVERNING REGULATIONS OF THE CORPORATION

#### ARTICLE 501 MEMBERS

**501.1.** 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.

**501.2.** Every club which participates in USS competition, and all its athletes and coaches, sanctioned by the Corporation must be a member of its LSC and the Corporation.



### **501.3**

**501.3.** Club membership is for a calendar year period. Club applying for membership on or after September 1 will be given membership valid through December 31 of the following year.

**501.4.** 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.

**501.5.** 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.

**501.6.** All coaches of USS clubs shall join the Corporation as members and shall satisfactorily complete safety training required by the Corporation.

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

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

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

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

**501.11.** 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.

**501.12.** The annual fee for each class of membership is composed of the following elements:

- .1 A national fee established by the Board of Directors or House of Delegates; and
- .2 A local fee established by the LSC for non-athlete membership but only at such time as the LSC becomes fully responsible for processing non-athlete registration.

**501.13.** Each class of membership (except life membership) is for a calendar year period. Non-members applying for membership on or after September 1 will be issued membership credentials through December 31 of the following year.

**501.14.** 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 502

### HOUSE OF DELEGATES

**502.1.** The House of Delegates of the Corporation shall consist of the following divisions: Program Operations, Program Development, Local Administration and National Administration.

**502.2.** 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.

**502.3.** The following members of the House of Delegates shall be voting members of the Program Operations Division: the LSC athletes' representatives; the LSC coaches' representatives; the LSC Age Group representatives; the LSC Senior division representatives; and all at-large members.

**502.4.** Each of the Armed Forces may appoint one member to Program Operations, provided it is actively engaged in senior swimming activity.

**502.5.** 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.

**502.6.** 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%).

**502.7.** All members of the board of directors, the Olympic International Operations Committee, the Planning Committee, the Rules Committee, the Legislation/Redistricting Committee, the Registration/Membership Committee, the Convention/Elections Committee, past Presidents of United States Swimming, Inc., past chairmen of the Competitive Swimming Committee of the AAU, Inc., the Domestic Coordinator, the National Events Coordinator, the Chairman of the OVC Committee, and five (5) representatives of the USS Long Distance Committee, shall be at-large members of the House of Delegates.

**502.8.** 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/Registration 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/Registration Committee and ratification by the House of Delegates.

**502.9.** 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

## **502.10**

(1/4th) 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.

**502.10.** All members of the House of Delegates shall serve 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 503**

### **MEETINGS OF HOUSE OF DELEGATES**

**503.1.** 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.

**503.2.** 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.

**503.3.** 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.

**503.4.** 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.

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

**503.6.** Meetings of the divisions listed in Section 502.1 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 503.3 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 Operations Committee, except the Olympic International Operations Committee.

**503.7.** 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 division Vice President or committee chairman, 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 504 OFFICERS**

**504.1.** All officers of the Corporation, except the Secretary and Athletes Vice President, shall be elected by the House of Delegates at annual meetings held in even-numbered years. The elected officers shall be President, Treasurer, Vice President of National Administration, Vice President of Local Administration, Vice President of Program Development, and Vice President of Program Operations.

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

**504.3.** 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 508. Whenever the President is unable to perform his duties, the Vice President of National Administration shall perform the duties.

**504.4.** The Treasurer shall be the chief financial officer of the Corporation, and shall have such duties as set forth in Article 511.3.

**504.5.** The Secretary of the Corporation shall be appointed by the Board of Directors and shall serve at the pleasure of the Board. The Secretary shall perform such duties as is customary for such office, and, in addition, shall be responsible for the legal affairs of the Corporation under the direction of the Board. The Secretary shall have voice but no vote in any of the affairs of the Corporation.

**504.6.** The elected officers shall hold office for two years or until their successors are elected and qualified. Their term of office shall commence at the close of the annual meeting of the House of Delegates at which they are elected. Each officer is eligible for election to the same office for two consecutive terms. An individual may hold only one elective office at any one time.

No person so elected for 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 (portions of those terms served to fill a vacancy in the office shall not be considered in the computation of time for this purpose).

**504.7.** 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.

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

**504.9.** 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 505**  
**BOARD OF DIRECTORS AND EXECUTIVE COMMITTEE**

**505.1.** Members of the Board of Directors shall be selected as set forth in this Article 505. 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.

**505.2.** Eight (8) Directors shall be the seven (7) elected officers of the Corporation and the Secretary (appointed by the Board). Two (2) Directors shall be elected from each zone by members of the House of Delegates, representing LSCs within each of the four zones. The National Team Coach shall also be a member.

**505.3.** Any organization which is a member of the Corporation pursuant to 501.3, 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.

**505.4.** 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.

**505.5.** Directors shall hold office for two years, with the exception of the National Team Coach, 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 505.11. The National Team Coach shall hold office as a Director for the full length of his term.

**505.6.** The immediate Past President of United States Swimming shall be an ex-officio member with voice but no vote. Additional ex-officio members may be appointed by the Board to serve at the pleasure of the Board with voice but no vote.

**505.7.** 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.

**505.8.** The Board of Directors shall have the authority to act for the Corporation between meetings of the House of Delegates, except that it cannot amend the Code. In the event of actual or potential lawsuits against the Corporation, with the concurrence of a majority of the Counselors Committee, or in the event of any extraordinary situation and with the concurrence of a majority of the officers, the President may assign to the Board emergency powers to act 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 any member of any class of membership:
- .2 Invoking or revoking any rule or regulation in the code, other than a technical rule; provided, however, that a technical rule, not also a FINA rule, may be modified or amended if the Board, with the advice and consent of the Safety Education Committee, the Rules Committee, and legal counsel, shall determine that safety considerations so demand.
- .3 Taking exclusive 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, including findings of fact, in writing to the entire membership of the House of Delegates (as last certified) within thirty (30) days of the action taken.

**505.9.** Meetings of the Board of Directors shall be held at any time or place, pursuant to resolution of the Board, 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. 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.

**505.10.** 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.

**505.11.** 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.

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

**505.13.** The Executive Committee shall have the authority to act for the Board of Directors and the Corporation between meetings of the Board and House of Delegates, except that it cannot amend the Code. It shall be comprised of the officers of the Corporation, acting with advice and consent of legal counsel. Meetings of the Executive Committee shall be held at any time or place upon the call of the President or any three members of the Committee, and upon no less than ten (10) days written notice of such meeting to each member. Special matters may be voted upon by the Committee by mail, telegraphic vote, or by telephone (confirmed in writing within twenty-four (24) hours), but no action can be taken without the concurrence of all members of the Committee. At the next regular or special meeting of the Board of Directors the Committee shall make a report of its activities since the last Board meeting for the Board's confirmation, ratification, modification, or rejection.

## **ARTICLE 506**

### **OLYMPIC INTERNATIONAL OPERATIONS COMMITTEE**

**506.1.** The Olympic International Operations Committee shall be formed at the annual meeting of the House of Delegates in the year preceding the Olympic Games and the terms of the newly elected members shall commence on the day



## 506.2

following the conclusion of the Olympic Games and extend until the last day of the next Olympic Games.

**506.2.** There shall be a maximum number of fifty (50) members in the Committee 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 Committee;
- .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 Committee, the number representing Allied members to be determined by the Board. Such organizations must have joined United States Swimming as organizational members pursuant to 501.3;
- .3 The President of the Corporation, the Program Operations Vice President, the National Team Coach and the National Steering Committee, shall be members of the Committee;
- .4 That number of members necessary to bring the Committee membership to a total of fifty (50) shall be elected by the House of Delegates.

**506.3.** Organizations entitled to appoint members to the Committee 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 Committee 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.

**506.4.** At the initial meeting of the Committee, the Olympic International Operations Coordinator, a vice coordinator, 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.

**506.5.** The elected officers and one athlete member shall constitute the Executive Committee of the Committee. The Executive Committee shall act for the Committee in all matters wherein time does not permit full Committee consideration, as determined by the Committee Coordinator.

**506.6.** The Committee is responsible for all international competition by United States Swimming. It shall develop and administer all international competition for the National Teams and shall monitor all other international programs for National Teams. It shall select swimmers and staff of all National Junior, National Senior, and National Long Distance Teams; arrange for and conduct developmental programs to aid National Teams; arrange for and conduct training camps; approve foreign invitations; develop schedules for foreign competition; and develop budget for approval by the Program Operations Vice President.

**506.7.** Any member who fails to attend two meetings of the Committee shall be dropped unless excused by majority vote of the Committee. Should a member elected by the House of Delegates or by the Committee 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 507 PLANNING COMMITTEE

**507.1.** The Planning Committee shall be comprised of ten (10) members who shall be elected as follows: The House of Delegates elects annually a non-coach; the Athletes Committee elects annually one (1) athlete member; the Board of Directors elects two (2) active coaches at the annual meeting in odd-numbered years and three (3) active coaches at the annual meeting in even-numbered years; the Sports Medicine Committee elects one (1) member at the annual meeting in even-numbered years. The Age Group Technical Planning Committee Chairman shall be an ex-officio member of the committee.

**507.2.** Each member shall serve for two years; he may not serve for more than three (3) successive terms.

**507.3.** Any member who missed two (2) meetings, unless excused by majority vote of the Committee, shall be removed from the Committee and will be ineligible for selection the following year. The Board of Directors shall be empowered to appoint successors to removed members.

## ARTICLE 508 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.

**508.1.** 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. Twenty percent (20%) of the voting membership of each standing committee, except the Finance, Investment, Insurance and Counselors committees shall be athletes, each of whom must at the time of his appointment be engaged in amateur swimming within eight (8) years preceding his appointment.

**508.2.** The Program Operations Division shall elect the following at the time of the annual meeting of the Corporation in even-numbered years: Domestic Operations Coordinator, National Events Coordinator, and Long Distance Swimming Coordinator. Each of these Coordinators shall be directly responsible to the Program Operations Vice-President. Each shall be subject to the same limitations as to terms and successions as are officers of the Corporation (Section 504.6).

**508.3.** The following committees shall be directly responsible to the President: International Relations.

**508.4.** The following committees shall be responsible to the National Administration Vice President: Rules, Legislation/ Redistricting, Public Relations, Marketing, Conventions/ Elections, Publications, Awards and All America.

**508.5.** The following committees shall be responsible to the Local Administration Vice President: Registration/ Membership, Insurance, Education, and Club Fundraising.

## **508.6**

**508.6.** The following committees shall be responsible to the Program Development Vice President: Sports Medicine, Planning, Club Development, Camps and Adapted Swimming.

**508.7** The following committees shall be responsible to the National Events Coordinator: Officials, OVC Coordination, Championship Coordination, Site Selection/ Facilities, Championship Evaluation, Championship Time Standards, and Reimbursement.

**508.8.** The following committees shall be responsible to the Domestic Operations Coordinator: National Swimming Records, Age Group Time Standards, and Top 16 Tabulation.

**508.9.** The following committees shall be responsible to the Treasurer: Finance and Investment.

**508.10.** The following committee shall be responsible to the Secretary: Counselors.

## **ARTICLE 509 RULES COMMITTEE**

**509.1.** The Rules Committee shall consist of the following:

- .1 The Program Operations Vice President; the Program Development Vice President; 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.

**509.2.** The President shall appoint a chairman, with approval of the House of Delegates, to serve two years. The chairman shall appoint a secretary.

**509.3.** 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.

**509.4.** The Rules Committee shall have the sole authority to officially interpret the technical rules of this Code.



## ARTICLE 510 ATHLETES COMMITTEE

**510.1.** The Athletes Committee shall be composed of the athlete members of the House of Delegates selected pursuant to Sections 502.2, 502.5, 510.3, and those athlete representatives elected to the Olympic International Operations Committee.

**510.2.** The Athletes Committee shall elect the following:

.1 In even-numbered years to serve a two (2) year term (but no more than two consecutive terms):

- A A Vice President who shall be chairman of the Committee and shall serve as an officer of the Corporation and on its Board of Directors;
- B A vice chairman who shall also serve on the USS Board of Directors;
- C 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%).
- D Four Directors: The Olympic International Operations Director, the National Operations Director, the LSC Coordinator Director, and the Educational/Development Director.

.2 Quadrennially in the year of the Olympics:

- A A number of athletes equal to twenty percent (20%) of the Olympic International Operations Committee 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.

**510.3.** The Athletes Executive Committee shall be comprised of the chairman, vice chairman, and four directors (Olympic International Operations Director, National Operations Director, LSC Coordinator Director, and the Education/Development Director), the Secretary/Treasurer, and three additional athletes appointed by the chairman.

**510.4.** Currently registered athletes attending the athletes meeting at the Long Course Senior National Championships shall elect five (5) athletes to the Athletes Committee, each to serve a term of two (2) years.

**510.5.** 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.

**510.6.** The Athletes Vice-President shall appoint representatives to serve one (1) year terms on each committee of the Corporation except the Finance, Investment, Insurance, Olympic International Operations, and Counselors committees.

**510.7.** 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 511  
FINANCIAL**

**511.1.** The Corporation shall have a fiscal period for tax and accounting purposes commencing on the first day of January in each year.

**511.2.** 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.

**511.3.** 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.

**511.4.** 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.

**511.5.** 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 512  
LEGISLATION COMMITTEE**

**512.1.** 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.

**512.2.** The President shall appoint a chairman of the Committee. The chairman shall appoint a secretary.

**512.3.** 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.

**512.4.** 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.

**512.5.** The Legislation Committee shall also be known as the Legislation/Redistricting Committee and shall be responsible for all redistricting procedures for the Corporation (see Appendix 6D).

## **ARTICLE 513 INDEMNIFICATION**

**513.1.** 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).

**513.2.** 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 513, references to "the Corporation" include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

## **ARTICLE 514 AMENDMENTS**

**514.1.** 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 Five: by two-thirds (2/3) of the House members present and voting.
- C Parts Two, Three, Four and Six: 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.



## **514.2**

**514.2.** An amendment may be proposed only by an LSC, a duly constituted Operations 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.

**514.3.** 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.

**514.4.** 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.

**514.5.** 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.

**514.6.** 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.

**514.7.** 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.

**514.8.** 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 515 DISSOLUTION**

**515.1.** 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.

**515.2.** 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 SIX

## GOVERNING REGULATIONS 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 Addendum 6-A (see page 130). 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 601 OBJECTIVES, BOUNDARIES, JURISDICTION

6

**601.1. OBJECTIVES**—The objectives and primary purpose of the corporation shall be the education, i.e. instruction and training, of all individuals for the purpose of developing and improving their capabilities in the sport of swimming. The Corporation shall promote 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.

**601.2. NAME AND BOUNDARIES**—The geographic boundaries and name designation of the LSC shall be as set forth in Appendix 6-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.”

**601.3. JURISDICTION**—The LSC has jurisdiction over the sport of swimming as has been delegated to it by USS.

## ARTICLE 602 MEMBERSHIP

**\*602.1. TYPES**—The membership shall consist of the following:

**.1 Group members**

- A Clubs which have joined and are in good standing as members of the LSC and United States Swimming, and have athletes and coaches, all of whom are members in good standing of the LSC and United States 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 from its membership a representative to the LSC House of Delegates. 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.
- D Each group member shall also appoint a club safety coordinator. He shall be responsible for disseminating USS and LSC safety education information to the club and its members.

**.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.

## 602.2. 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 603 MANAGEMENT

### 603.1. 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 elected, one each annually for a two year term. One of those elected should reside with LSC throughout his term. The athlete representative senior in term shall attend the USS annual meeting as a representative of the LSC. The representative junior in term shall act as an alternate. Each must, at the time of his election, 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.

## 603.2. LSC BOARD OF DIRECTORS AND EXECUTIVE COMMITTEE

\*.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.

## 604.1

- .3 **Executive Committee**—The Executive Committee shall have the authority to act for the Board of Directors and the LSC between meetings of the Board and the LSC House of Delegates. It shall be comprised of the officers of the LSC. Meetings of the Committee shall be held at any time or place upon the call of the President or any three members of the Committee and upon no less than five (5) days written notice of such meeting to each member. Special matters may be voted upon by mail, telegraphic vote, or by telephone (confirmed in writing within twenty-four (24) hours), but no action can be taken without concurrence of all members of the Committee. At the next regular or special meeting of the Board of Directors the committee shall make a report of its activities since the last Board meeting for the Board's confirmation, ratification, modification, or rejection.

## ARTICLE 604 OFFICERS

- \***604.1. 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.

**604.2. ELIGIBILITY**—Only current members of United States Swimming, Inc. are eligible to hold office.

- \***604.3. 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 (portions of those terms served to fill a vacancy in the office shall not be considered in the computation of time for this purpose).

**604.4. 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 at the time of the election.

**604.5. 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 610.
- .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.

**604.6. 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 605 MEETINGS

**\*605.1. 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.

**605.2. 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.

### 605.3. NOTICES

- .1 **Time**—Not less than fifteen (15) days written 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.

**605.4. 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



## **605.5**

- .7 New business
- .8 Resolutions and Orders
- .9 Adjournment

**\*605.5. QUORUM**—A quorum at all meetings shall consist of those present and eligible to vote.

**605.6. RULES OF ORDER**—At all meetings, the current Roberts Rules of Order are the procedural rules.

## **ARTICLE 606**

### **DIVISIONS AND COMMITTEES**

#### **\*606.1. TYPES**

##### **.1 Divisions**

- A Administrative Division
  - (1) Officials Committee
  - (2) Records Committee
  - (3) O.V.C. Committee
  - (4) Equipment Committee
  - (5) Publicity/Promotion Committee
  - (6) Survey Committee
- B Senior Division
  - (1) Rules Committee Chairman
  - (2) Technical Planning Committee Representative
  - (3) Coach Representative(s)
  - (4) Zone or Area Representatives
  - (5) Long Distance Committee
- C Age Group Division
  - (1) Age Group Rules Chairman
  - (2) Technical Planning Committee Representative
  - (3) Coach Representative(s)
  - (4) Zone or Area Representatives.

##### **.2 Standing Committees**

(other than those within specified sections)

- A Finance
- B Legislation
- C Marketing
- D Membership
- E Registration
- F Safety Education Committee
- G Technical Planning

#### **606.2. CHAIRMEN**

- \*.1** The Registration Chairman shall be responsible for registration of swimmers. Registration of non-athlete members and clubs of USS and the LSC shall be the responsibility of the Membership Chairman. The LSC shall have the option

to charge an LSC fee for non-athlete membership. 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 The Safety Education Chairman shall be responsible for coordinating water safety training opportunities as needed in the LSC. He shall be responsible for the dissemination of USS safety education information to all member clubs, coaches and officials. He shall chair a committee which develops safety education programs for the LSC and makes recommendations for the implementation of these programs to the Board of Directors.
- .4 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.
- .5 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.

**606.3. 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 607 CONDITIONS OF COMPETITION

**607.1. 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 608 CHAMPIONSHIPS

**608.1. 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 609 DUES AND FEES

**609.1. 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.

**609.2. ATHLETE REGISTRATION**—Each athlete member pays to the registration committee an annual or seasonal fee established by the LSC and USS.

### **609.3. 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.

**609.4. 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 610 REPORTS AND REMITTANCES

**610.1. MINUTES**—The secretary of the LSC shall, within thirty (30) days after each meeting of the LSC Board of Directors and the LSC House of Delegates, mail a copy of the minutes of each of said meeting to USS National Headquarters.

**610.2. FINANCIAL REPORTS**—The secretary shall forward to USS National Headquarters a copy of the annual audit of the accounts of the LSC, within thirty (30) days following acceptance by the LSC. 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.

**610.3. 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.

**610.4. SAFETY REPORT**—The Safety Education Chairman or his designee shall make a written report of injuries within that LSC at each official LSC House of Delegates meeting. The report shall list the sex and age of the injured, and the location, occurrence and resulting injury. Such report will be made available to each club safety coordinator or club representative. A copy of the report shall also be sent to the appropriate person at the National Headquarters office.

**610.5. GENERAL**—The LSC shall make all reports required by this article, and such other reports and remittances to USS as specified in this Code or by the



National Board of Directors or House of Delegates, in such a manner and on such written forms as shall be determined by USS National Headquarters. The general chairman, secretary, and the treasurer are responsible for seeing that all required reports and remittances are made.

## ARTICLE 611

### HEARINGS, APPEALS, AND ATHLETES' RIGHTS

(NOTE: See Appendix 4-A For Guide to Hearings and Appeals.)

**611.1. ATHLETES' BILL OF RIGHTS**—The LSC, in accordance with Article 301, 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.

**611.2. REVIEW SECTION**—The LSC House of Delegates shall annually elect a Review Section comprised of no less than five (5) members. In no case shall elected members of the Board of Directors constitute a majority of the review section. 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). In the event a member of the Review Section is unable to act for any reason in any particular circumstance, the General Chairman is empowered to appoint a disinterested alternate to act in his place and stead.

**611.3. GENERAL JURISDICTION**—The Review Section may conduct hearings on any matter affecting the LSC, and involving only a member or members of the LSC and involving only members of the LSC. The Review Section (or the LSC House of Delegates on exclusive jurisdiction) may:

- 1 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. All disciplinary hearings may be closed at the option of the Respondent.
- 2 Conduct hearings on any matter relating to the responsibility of the LSC as the local administrative governing body for swimming.

Upon a majority vote of the Board of Directors, the House of Delegates may be assigned exclusive jurisdiction at any stage of any matter within the purview of this Article 611 when the best interests of the LSC or the Corporation will be served thereby.

## 611.4

**611.4. 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 competition. The individual or entity charged must be 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 shall in every instance contain all notice requirements set forth in sub-paragraph (1) of this Section 611.4.

Within ten (10) days of the emergency hearing, the decision of the Review Section, or its duly authorized agent(s) or representative(s), shall be reduced to writing which shall include findings of fact and a copy mailed to the chairman of the LSC Review Section and the individual or entity charged.

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 611.5.

**611.5. 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 twenty (20) days after mailing of written notice of the decision of the Review Section. Upon timely petition to the LSC General Chairman, and upon showing of good cause therefore, the time for appeal from the decision of the Review Section may be extended. The 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. The decision of the LSC House of Delegates or Board of Directors including findings of fact shall be reduced to writing and mailed by certified or registered mail to all parties within ten (10) days of hearing. An appeal to the National Board of Review must be filed with the National Executive Director together with an appellate filing fee of \$50 within thirty (30) days after receipt of written notice of the decision of the LSC House of Delegates or Board of Directors. Upon timely petition to the chairman of the National Board of Review, and upon showing of good cause therefore, the time for appeal from the decision of the LSC House of Delegates or Board of Directors may be extended. Any person representing a real party in interest in the case may appeal.

**611.6. 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 612 MISCELLANEOUS

**612.1. 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 present and voting. At least thirty (30) days written notice must be given to every member of the House of any proposed amendment. Any amendment not submitted or proposed in time to give thirty (30) days written notice to the House may be adopted only by nine-tenths (9/10ths) vote of the House present and voting.

**612.2. FISCAL YEAR**—The fiscal year of the LSC shall correspond to the calendar year.

**612.3. MAILING ADDRESS**—All LSCs must submit a permanent mailing address for use by the national headquarters.

**\*612.4. 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.

**612.5. 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.



## 612.6

**612.6. 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.

## **APPENDIX 6-A**

### **PERMITTED MODIFICATIONS OF LSC BYLAWS**

The following Sections of Part Six are not mandatory and may be modified by each LSC within the following guidelines:

#### **602.1.**

**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.

#### **603.1.1 LSC HOUSE OF DELEGATES**

**Appointment**—An LSC may have additional members on its LSC House of Delegates, including individual members with or without vote.

#### **603.2 .1 Board of Directors**

**Members**—An LSC House of Delegates may elect at large members to the Board of Directors with or without vote.

**603.2.3** An LSC may establish an Executive Committee as defined if it wishes. This is advantageous if the Board meets infrequently, is large, or its members must travel from a distance to meet. An LSC cannot establish an Executive Committee unless its bylaws so authorize.

**604.1. 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.

**604.3. TERM OF OFFICE**—Terms may be for one, two or four years, but in no event for more than four successive years in any one office. 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.

**605.1. 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.

**605.5. QUORUM**—An LSC may establish what constitutes a quorum depending on local needs.

**606.1. TYPES**—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.

**606.2.1** 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.

**612.4. MAIL VOTE**—The provision for mail vote is optional.

**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.



## APPENDIX 6-B

### LSC REGISTRATION CODES

AD Adirondack	MT Montana
AK Alaska	NE New England
AM Allegheny Mtn.	NJ New Jersey
AZ Arizona	NM New Mexico
AR Arkansas	NI Niagara
BD Border	NC North Carolina
CC Central California	ND North Dakota
CO Colorado	OH Ohio
CT Connecticut	OK Oklahoma
FL Florida	OR Oregon
FG Fl. Gold Coast	OZ Ozark
GA Georgia	PC Pacific
GU Gulf	PN Pacific Northwest
HI Hawaiian	PV Potomac Valley
IL Illinois	SI San Diego-Imperial
IN Indiana	SN Sierra Nevada
IE Inland Empire	SR Snake River
IA Iowa	SC South Carolina
KY Kentucky	SD South Dakota
LA Louisiana	ST South Texas
LE Lake Erie	SE Southeastern
ME Maine	CA Southern California
MD Maryland	SW Southwestern
MR Metropolitan	UT Utah
MI Michigan	VA Virginia
MA Middle Atlantic	WT West Texas
MW Midwestern	WV West Virginia
MN Minnesota	WI Wisconsin
MS Mississippi	WY Wyoming
MV Missouri Valley	

## APPENDIX 6-C

### 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 (except the city of Bishop), Mono, Kern and Merced in the State of California.

**Colorado**—State of Colorado, except the Burlington and Wray Swim Teams in Kit Carson County.

**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**—State of Illinois, except St. Clair, Calhoun, Greene, Jackson, Jersey, Monroe and Madison Counties.

**Indiana**—All of State of Indiana except Floyd, and Clark 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.

**Louisiana**—State of Louisiana.

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

**Minnesota**—State of Minnesota and Counties of St. Croix, Dunn and Pierce in Wisconsin.

**Mississippi**—The State of Mississippi.

**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, and the Burlington and Wray Swim Teams in Kit Carson County in Colorado.

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

**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 except the Counties of Camden, Curituck and Pasquotank.

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

**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.

**Oklahoma**—State of Oklahoma.

**Oregon**—State of Oregon, except Malheur 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, Jackson, 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 excluding the counties of Siskiyou, Modoc, Trinity, Shasta, Lassen, Tehama Plumas, Glenn, Butte, Sierra, Colusa, Sutter, Yuba, Nevada, Placer, Yolo, Solano (east of Vallejo), Amador and the portions of: El Dorado west of Highway 50; Alpine and Calaveras north of Highway 4; San Joaquin north and east of Highway 4, Highway 99, Hammer Lane and Interstate 5; and Sacramento County north of Highway 50 and Interstate 80



from the intersection of Highway 50 to the Sacramento River and the city of Bishop in Inyo County; and including the Counties of Lyon, Storey, Douglas, Carson City and the portion of Washoe lying south of the northerly boundary of the Pyramid Lake Indian Reservation in the State of Nevada.

Until the 1988 annual convention of United States Swimming, the Salano Community College pool shall be available for the use of both Pacific Swimming LSC and Sierra-Nevada Swimming LSC and their respective club members, and both LSCs may sanction swimming events at this pool under their own rules and regulations.

**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 Fairfax and cities of Alexandria and Falls Church in the Commonwealth of Virginia.

**San Diego-Imperial**—San Diego and Imperial Counties, California.

**Sierra-Nevada**—The California Counties of Siskiyou, Modoc, Trinity, Shasta, Lassen, Tehama, Plumas, Glenn, Butte, Sierra, Colusa, Sutter, Yuba, Nevada, Placer, Yolo, Solano (east of Vallejo), Amador and the portions of: El Dorado west of Highway 50; Alpine and Calaveras north of Highway 4; San Joaquin north and east of Highway 4, Highway 99, Hammer Lane and Interstate 5; and Sacramento County north of Highway 50 and Interstate 80 from the intersection with Highway 50 to the Sacramento River; and the Nevada Counties of Humboldt, Mineral, Churchill, Pershing and Lander, and the portion of Washoe lying north of the northerly boundary of the Pyramid Lake Indian Reservation.

Until the 1988 annual convention of United States Swimming, the Salano Community College pool shall be available for the use of both Pacific Swimming LSC and Sierra-Nevada Swimming LSC and their respective club members, and both LSCs may sanction swimming events at this pool under their own rules and regulations.

**Snake River**—All of Idaho, except the counties of Boundary, Banner, Kootenai, 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 Malheur.

**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, Bureson, 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 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, Haskell 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; and the Counties of Camden, Curituck and Pasquotank in the State of North Carolina.

**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.

**Note:**

The following provisions shall be applicable only to the Sierra Nevada LSC and Pacific Swimming LSC:

With respect to those swim teams located within the boundaries of Pacific Swimming lying east of Contra Costa, Alameda and Santa Clara Counties, the Redistricting Procedures under the Code will be suspended until September 1, 1987 and the following Redistricting Procedures substituted in lieu thereof:

1. On or before October 31, 1986, each club within said area must elect which LSC it shall join by resolution of its members or its Board of Directors or, in the event the team has neither members nor a Board of Directors, by its authorized representative. An election made in response to the formation of the Sierra Nevada LSC shall be deemed a valid election for the purpose of this paragraph unless a new election is made pursuant hereto on or before October 31, 1986. A club failing to make its election pursuant to this paragraph 1 shall be deemed to have elected to remain in Pacific Swimming LSC.
2. On or before August 31, 1987, each team within this area must make its election whether to continue its membership in its present LSC or to transfer its membership to the other LSC by resolution of the members of its club or, in the event a club does not have members, by its authorized representative. A certified copy of the resolution shall be delivered in person or mailed by registered or certified mail, return receipt requested, to each LSC and be effective September 1, 1987 without further action by either LSC or this House of Delegates. Any

club failing to make its election pursuant to this paragraph shall be deemed to have elected not to change its membership. Thereafter, any further change by a club from one LSC to another shall be made under the Redistricting Procedures of the Code.

3. Each LSC shall send written notice by registered or certified mail, return receipt requested, to each club within this area no sooner than June 1, 1987 nor later than July 1, 1987 of the club's obligation to make an election under paragraph 2 above.



# APPENDIX D

## REDISTRICTING PROCEDURES

- .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. Club approval of change in affiliation shall be a majority vote of its General Membership at a regular club meeting or at a special meeting called for that purpose; the vote is to be duly certified by the club's president.
- .2 **Change in LSC Territory.** If two-thirds (2/3) of the 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. Club approval of change in affiliation shall be a majority vote of its General Membership at a regular club meeting or at a special meeting called for that purpose; the vote is to be duly certified by the club's president.
- .3 **Formation of a new LSC.** If two thirds (2/3) of the 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 Legislation/Redistricting Committee. Such request must be received by the chairman prior to April 1. The committee shall make a recommendation to the House of Delegates at the next annual meeting 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. Club approval of change in affiliation shall be a majority vote of its General Membership at a regular club meeting or at a special meeting called for that purpose; the vote is to be duly certified by the club's president. Should approval be granted, the formation of the new LSC shall become effective at commencement of the next succeeding fiscal year of the Corporation. The change shall include all clubs in the specified contiguous area. At the time of the effective date the net assets of the old LSC (after payment of or provision for all debts) shall be divided with the new LSC in ratio to the number of registered athletes in each LSC territory as of August 31 of the preceding calendar year.

During the period of time between that when the new LSC is approved by the House of Delegates and January 1 of the following year, the President shall appoint a governing ad hoc committee of no less than seven (7) members from among USS members of the new LSC, including one athlete and one coach, to be charged with the responsibility of (a) notifying all clubs within the new LSC to elect at least one delegate and alternate to the new LSC House of Delegates;

(b) scheduling and noticing in writing a meeting of the new LSC House of Delegates as soon as conveniently possible after January 1; (c) providing an agenda for the first meeting to permit the orderly election of officers and directors, adoption of Bylaws, appointment of committees and their respective chairmen; and (d) attending to such other matters as may be necessary to permit the new LSC to become a fully functioning administrative unit of United States Swimming.

- .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.
- .5 **Review.** Should the House of Delegates of any LSC mentioned in subsections (1), (2), or (3), or any Zone mentioned in subsection (4), disapprove the proposed changes, the proponents may submit the matter to the Legislation/Redistricting Committee at least one hundred (100) days prior to the next regular or special meeting of the USS House of Delegates.

Submission to the Committee shall be in writing; shall contain the name of the proponent(s), the name(s) of the club(s) involved, a record of vote(s) taken at any level certified in writing by an appropriate officer; and shall contain a summary of the rationale for the proposed change(s).

The Committee shall study the matter and hold a public hearing thereon at the time of the next annual meeting of the USS House of Delegates. The Committee shall then make recommendations to the House for its final determination.

**Note:** Redistricting procedures are now the responsibility of the Legislation/Redistricting Committee.

## APPENDIX 6-E

### 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, Louisiana, Mississippi, North Carolina, South Carolina, South Texas, Southeastern, Southwestern, West Texas, West Virginia.

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

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

**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.)



## APPENDIX 6-F

### REGIONAL ALIGNMENT

The LSCs are divided into 14 regions for competition. These regions are formed in order to reduce the travel distance for athletes competing in regional competition and to equalize the competition. Competition at this level is discretionary with those LSCs in any particular region. 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, Louisiana, Mississippi, South Texas, 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, Sierra Nevada, Southern California,
- Region 14:** Alaska

# PART SEVEN

## UNITED STATES MASTERS SWIMMING

### EXECUTIVE COMMITTEE

**President**—Thomas D. Boak, Jr., 1200 Sawmill Rd., The Woodlands, TX 77380  
**Vice President**—Gail M. Dummer, Michigan State University, 132 Intramural Sports Circle Building, East Lansing, MI 48824  
**Secretary**—Nancy Ridout, 580 Sunset Parkway, Novato, CA 94947  
**Treasurer**—E. Kevin Kelly, 1300 Des Moines Bldg., Des Moines, IA 50309  
**Past President**—Michael A. Laux, 8 Myrtle Ave., Westport, CT 06880  
**Legal Counsel**—Jack Geoghegan, 155 Osborne Rd., Rye, NY 10580  
**Chairman, Zone Committee**—Edie Gruender, 3329 N. Valencia Lane, Phoenix, AZ 85018

### NATIONAL OFFICE

**Executive Secretary**—Dorothy Donnelly, 495 Lovely St., Avon, CT 06001,  
~~203-670-0508~~ (508) 886-6631

**Rules Chairman**—June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305  
**Legislation Chairman**—Arthur C. Smith III, 337 Chesapeake Dr., Great Falls, VA 22206

### ZONE REPRESENTATIVE

**Colonies**—Betsy Durrant, 211 - 66th St., Virginia Beach, VA 23451  
**Dixie**—Frank Tillotson - 2494 13th Ave. North #46, St. Petersburg, FL 33713  
**Heartland**—Mary Pat Maley - 5450 Foley Rd., Cincinnati, OH 45238  
**South Central**—Kris Wingenroth - 3830 Drummond, Houston, TX 77025  
**Continental Divide**—Margaret Stannard - 4725 W. Quincy #20B, Denver, CO 80236  
**Breadbasket**—Marie Kreipe - 7138 SE 2nd St., Tecumseh, KS 66542  
**Oceana**—Katherine Casey - 11114 - 111th St. SW, Tacoma, WA 98498

### UNITED STATES MASTERS SWIMMING, INC.

**Note:** This appendix is the responsibility of United States Masters Swimming, Inc., and is inserted in this Code by agreement between United States Swimming, Inc. and United States Masters Swimming, Inc.

## DEFINITIONS

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

**Club**—an organization or group of permanent character that is registered with the Corporation through its LMSC and that actively promotes and/or participates in masters Swimming.

**Event**—Any race or series of races in a given stroke and distance.

**FINA**—Federation Internationale de Natation Amateur, the world governing body for swimming, diving, water polo and synchronized swimming.

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

**LDSC**—Long Distance Swimming Committee of USMS.

**LMSC**—Local Masters Swimming Committee, a division of United States Masters Swimming, Inc., with supervisory responsibilities within a geographic territory as defined for LSCs in the USS code with the following exceptions:

- Cecil County, MD shall be part of Middle Atlantic LMSC
- The City of Fairfax, VA shall be part of Potomac Valley LMSC
- The LMSC of Pacific includes the USS LSCs of Pacific and Sierra-Nevada
- Martin County, Florida shall be part of the Florida LMSC

**LSC**—Local Swimming Committee; a division of United States Swimming, Inc., with supervisory responsibilities within its geographic territory.

**Masters (the word)**—term to be used in that form only; not to be used as a descriptive term (master) or a possessive term (master's, masters'); to be used with a capital "M".

**Meet**—a series of events held under a single sanction within ten consecutive days.

**MSI**—Masters Swimming International.

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

**Registration**—refers to the registration of an individual member of the Corporation (19 years of age and older).

**Sanction/Approval**—The written authorization of an LMSC to permit registered Masters swimmers to participate in a specific competition, demonstration, clinic, exhibition or Swim-a-Thon.

**Split Time**—time recorded from official start to completion of an initial distance within a longer event.

**Team**—A group of swimmers representing the same club in a competition.

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

**USMS**—United States Masters Swimming, Inc., the entire national organization.

**USS**—United States Swimming, Inc., the entire national organization.

**Zone**—a geographic section of the country that includes all LMSCs 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

**South Central**—Arkansas, Border, Gulf, Oklahoma, South Texas, South-western, 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, Hawaii, Inland Empire, Oregon, Pacific, Pacific NW, Snake River, Southern Pacific, San Diego Imperial

## **I. OBJECTIVES OF UNITED STATES MASTERS SWIMMING PROGRAMS**

- A To offer the opportunity to continue or initiate conditioning and competition in those adults who are 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 in organizing and conducting life-long physical, recreational and competitive Masters programs.
- D To enhance fellowship amongst participants in masters programs.
- E To stimulate participation in Masters programs at all possible levels of involvement by physical educators, recreation personnel, clubs, businesses, communities and other organizations.
- 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, 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 or 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, INC.**

#### **A Membership**

- (1) The membership of United States Masters Swimming, Inc. hereinafter sometimes referred to as the Corporation, shall consist of:
  - (a) club members, which are swimming clubs with Masters swimmers. Every swimming club which competes in Masters swimming competition sponsored by the Corporation shall register with the Corporation through its respective LMSC.
  - (b) individual members, who are those individuals who register with the Corporation through an LMSC.
  - (c) any organization which is interested in swimming on either the national or local level. The House of Delegates may establish classes for such membership.
- (2) All members of the House of Delegates and Board of Directors, and all members of any committee of the Corporation must hold an individual membership in the Corporation.
- (3) Membership in the Corporation shall not be denied by virtue of race, creed, sex, religion, political affiliation or national origin.

#### **B Local Masters Swimming Committee (LMSC)**

- (1) Each LMSC shall consist of individual members and club members, currently registered through that LMSC.
- (2) Each LMSC shall be governed by by-laws which are consistent with USMS objectives and goals.
- (3) Each LMSC shall hold an annual meeting.
- (4) Each LMSC, as by-laws, shall provide for periodic election of officers.

#### **C House of Delegates**

- (1) The House of Delegates 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 members. 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 Executive Committee.
  - (c) All members of the Zone Committee.
  - (d) All members of the Rules and Legislation Committees, the Controller, and the Chairman of all standing committees appointed by the President shall be at-large members, if not already members.
  - (e) The President of the Corporation shall be empowered to appoint up to ten percent of the total membership of the House of Delegates as at-large members of the House of Delegates.
  - (f) 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.

- (2) The powers of the House of Delegates 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.

#### D Meetings of the House of Delegates

- (1) The annual meeting of the House of Delegates shall be held at such time and place, within or without the State of Ohio, as may be fixed in the notice of such meeting.
- (2) Special meetings of the House of Delegates may be held at any time, pursuant to a resolution of either the Board of Directors or the House of Delegates.
- (3) A written notice of all annual and special meetings of the House of Delegates, stating the time, place and preliminary agenda, shall be given to each member of the House of Delegates by mailing the same to each member's last known address at least three (3) weeks prior to the meeting date.
- (4) Each member of the House of Delegates shall have one vote on each matter submitted to the House of Delegates of the Corporation for his vote, consent, waiver, release or other action. There shall be no voting by proxy.
- (5) A quorum shall consist of those members of the House of Delegates present and voting.

#### E 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)
  - (a) All officers of the Corporation shall be elected by the members of the House of Delegates at annual meetings held in odd numbered years. Elected officers shall hold office for two years, or until their successors are elected and qualified.
  - (b) 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.



- (3) Vacancies in any office of the Corporation may be filled for the unexpired term by the Board of Directors at any meeting of the Board of Directors.
- (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 House of Delegates.
    - (ii) Conducting all official correspondence of the Corporation.
    - (iii) Issuing all official notices of all meetings of the House of Delegates and Board of Directors.
    - (iv) Serving as Secretary of the House of Delegates and the Board of Directors.
  - (d) The Treasurer shall:
    - (i) be the custodian of all Corporate funds.
    - (ii) receive all funds of the Corporation and deposit to the accounts of the Corporation.
    - (iii) disburse funds as directed by the Controller, or by the House of Delegates.
    - (iv) invest funds of the Corporation in a prudent manner for the benefit of the Corporation, in accordance with the investment policies established by the Finance Committee.
    - (v) maintain adequate and accurate financial records which document the income and disbursement of the Corporation's funds.
    - (vi) submit all financial records to the Audit Committee annually within one month following the end of the Corporation's fiscal year.

#### F 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 all Standing Committees.
  - (e) The Legal advisor.
  - (f) The Controller
  - (g) 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, except vacancies in the Officers, caused by death, resignation or otherwise, shall be filled by the President from among the members of the House of Delegates for the unexpired term.
- (5) The Board of Directors shall have the authority to act for the Corporation between meetings of the House of Delegates.
- (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.

#### **G 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.

#### **H Standing Committees**

Whenever possible, each committee shall have representation from each zone.

- (1) The Finance Committee shall consist of the Chairman appointed by the President for a two year term. The Chairman shall choose from the House of Delegates nine members, with at least one from each Zone. The Treasurer, the Chairman of the Audit Committee and the Controller shall serve as Ex-Officio members of the Committee.
  - (a) The Finance Committee shall:
    - (i) Develop policies pertaining to the financial affairs of the Corporation
    - (ii) Receive and review the annual reports of the Audit Committee, Treasurer, and Controller.
    - (iii) Prepare or cause to be prepared a summary of the above reports to be presented to the House of Delegates at each annual convention.
    - (iv) Annually receive and compile all budget requests from each Officer and Committee for the next fiscal year.

- (v) At each annual convention, prepare the Corporation's budget for the next fiscal period and, after approval of the Budget by the Committee, submit same to the House of Delegates for approval.
  - (vi) Report to the Board of Directors.
- (b) Committee requests for budget items or requests for funding that are disapproved by the Finance Committee (or those not submitted to the Finance Committee) may be approved by the House of Delegates at the annual meeting by a two-thirds vote.
- (2) The Sports Medicine and Research 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 House of Delegates 10 members with at least 1 member from each Zone. The Rules committee recommends to the House of Delegates at its Annual Meeting rule changes for the improvement of the sport. Such recommendations shall be based on proposals submitted to the Rules Committee in writing and in the proper form in accordance with the provisions of Section III (M) Amendments.
- (4) The Records and 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 committee appointed by the Chairman. The duties of this committee are to establish and maintain a standardized process of recording and verifying times, of publishing annually the Top Ten times in each course along with the current Records in the following categories:
  - (a) American USMS Records—published with Top Ten for that course.
  - (b) Open USMS Records—published with Top Ten for that course.
- (5) 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 House of Delegates. 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.
- (6) 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 House of Delegates and with the written consent of the nominee(s).

- (7) 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 House of Delegates.
- (8) The Legislation Committee shall consist of the chairman, appointed by the president for a two-year term. The chairman shall choose from the House of Delegates 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 Part V, Rules for Masters Swimming, and Part VI, Long Distance Swimming Rules, and shall present them to the annual meeting of the House of Delegates with recommendations.
- (9) 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 other members as may be appropriate, who represent a broad range of experience in all aspects of the Masters swimming program. The committee shall develop long range plans, goals and objectives related to the vitality and quality of the Masters swimming program, and shall recommend appropriate projects, policies and priorities in response to issues which impact USMS programs. In addition, the committee shall conduct periodic reviews of the organizational structure and, when appropriate, shall suggest changes designed to enhance communications, efficiency and productivity.
- (10) 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.
- (11) The Long Distance 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.
- (12) The Zone Committee shall consist of a representative from each zone elected by the members of the House of Delegates from each LMSC in each zone at the Annual Meeting of the House of Delegates for a two-year term. Zone representatives shall be 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 House of Delegates, 2) the President, 3) the Code of USMS, and 4) the stated need of the LMSC's.

- (13) The Audit Committee shall consist of at least two members of the Corporation, appointed by the President with the concurrence of the Board of Directors, one of whom shall be designated by the President as Chairman. The members of the committee shall serve at the pleasure of the President, and shall make their reports to the House of Delegates through the Finance Committee.

The Audit Committee shall:

- (a) Receive the financial records of the Corporation from the Treasurer and Controller.
  - (b) Examine at least annually all financial records received pursuant to paragraph (a) above to determine the accuracy and validity of the records maintained by the Treasurer and Controller.
  - (c) Prepare and audit the annual income statement and balance sheet of the Corporation, along with any other appropriate financial statements as of the close of the Corporation's fiscal year.
  - (d) Present the financial statements listed in paragraph (c) above to the Finance Committee as soon as practical after the close of the fiscal year, with a statement as to the Audit Committee's position regarding the accuracy and validity of those documents.
  - (e) Submit to the Finance Committee recommendations for the improvement of the financial management of the Corporation.
  - (f) The members of the Audit Committee shall be reimbursed for expenses incurred in the performance of their duties, following authorization by an Officer or the Chairman of the Finance Committee.
- (14) The Convention Committee shall consist of the Chairman appointed by the President for a two year term and as many members as needed to carry out the duties of the Committee appointed by the Chairman with the concurrence of the President. The Committee shall coordinate with United States Aquatic Sports, Inc. in the preparation of each year's national convention and carry out the operational needs of the House of Delegates and its committees at that convention.
- (15) The Marketing/Publications Committee shall consist of the chairman appointed by the President for a two-year term and other members as necessary to carry out the appropriate duties. The committee shall define the marketing and communications goals and objectives which are supportive of the purposes and philosophy of Masters swimming and will execute the activities and produce materials necessary to accomplish these goals and objectives.
- (16) The President may establish other committees on an *Ad-hoc* basis which are deemed necessary to carry out the duties of the President.

## I Financial

- (1) The Corporation shall have a fiscal period for tax and accounting purposes commencing on the first day of January in each year (calendar year).

- (2) The Controller shall be appointed by and serve at the pleasure of the President and shall report to the Finance Committee. The Controller shall:
- (a) Establish and maintain the financial records of the Corporation using generally accepted accounting principles and practices.
  - (b) Record Corporate income from the Registrar and all other sources on the books of the Corporation.
  - (c) Receive and record all invoices and/or bills, which invoice and/or bills shall have been approved by an Officer or Committee Chairman or other person authorized to approve expenses.
  - (d) Authorize the Treasurer to disburse Corporate funds pursuant to paragraph (c) above.
  - (e) Prepare annual financial summaries of the Corporation's financial status within one month following the end of the Fiscal year.
  - (f) Prepare the annual financial reports 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 provisions of any subsequent tax laws). Such annual financial reports shall be made available for inspection by members of the general public at the Corporation's principal office on request made within 180 days after notice of its availability.
  - (g) Prepare the Corporation's annual tax returns.
  - (h) Submit all financial records to the Audit Committee annually within one month following the end of the fiscal year.
  - (i) Submit recommendations for improvements in the management of the Corporation's fiscal affairs to the Chairman of the Finance Committee as requested or deemed advisable.
  - (j) The Controller shall be reimbursed for expenses incurred in the performance of the duties of the position, following authorization by an Officer or the Chairman of the Finance Committee.
- (3) Fees shall be as established by the House of Delegates

## **J 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 III J(1), references to "the Corporation" include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.



## **K Dissolution**

- (1) If deemed advisable by the members, the Corporation may be dissolved pursuant to the applicable provision of the Corporation laws of the State of Ohio.
- (2) Upon the dissolution of the Corporation, the Board of Directors shall, after paying or making provision for the payment of all the liabilities of the Corporation, dispose of all the assets of the Corporation exclusively for the purposes of the Corporation or to such organization or organizations organized and operated exclusively for charitable, educational, religious, literary or scientific purposes as shall qualify as exempt organizations under Section 501(c)(3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law).

## **L 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 (Part Four) and its actions shall be binding.
- (3) Appeal from Review Section—The appeal may be made to the Board of Directors of USMS.

## **M Amendments**

- (1) The Code and Rules for Masters Swimming may only be altered, amended, repealed, or otherwise changed at the annual meeting of the House of Delegates and only as follows:
  - (a) In odd numbered years, Parts I, II, III and IV of the Code: By a majority vote of the House of Delegates members present and voting if submitted to and reported out favorably by the Legislation Committee, or by a two-thirds vote of the House of Delegates members present and voting if submitted to and NOT reported out favorably by the Legislation Committee.
  - (b) In even numbered years, Part V, Rules for Masters Swimming: By a majority vote of the House of Delegates members present and voting if submitted to and reported out favorably by the Rules Committee, or by a two-thirds vote of the House of Delegates members present and voting if submitted to and NOT reported out favorably by the Rules Committee.
  - (c) In even numbered years, Part VI of the Code: By a majority vote of the House of Delegates members present and voting if submitted to and reported out favorably by the Long Distance Swimming Committee, or by a two-thirds vote of the House of Delegates members present and voting if submitted to and NOT reported out favorably by the Long Distance Swimming Committee.
  - (d) Emergency legislation: By a nine-tenths vote of the House of Delegates present and voting if not submitted in conformity with (a), (b), or (c) above.

- (2) Any changes to the Rules or Code may be proposed only by a Local Masters Swimming Committee, a standing committee of the House of Delegates, the Board of Directors or the Executive Committee. All proposed changes to the Rules for Masters Swimming (Part V) shall be considered by the Rules Committee for report and recommendation to the House of Delegates, and changes to Rules for Long Distance Swimming (Part VI) shall be considered by the Long Distance Swimming Committee, and all other proposed changes to the Code shall be considered by the Legislation Committee for report and recommendation to the House of Delegates, and all other proposed changes to the Code shall be considered by the Legislation Committee for report and recommendation to the House of Delegates 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 Rules of Code changes by the LMSC must be submitted to the Chairman of the Rules, Legislation, or Long Distance Swimming Committee not less than seventy-five (75) days prior to the first day of the annual meeting of the House of Delegates. All such proposed changes to the Rules or Code shall be published and mailed to each LMSC not less than thirty (30) days prior to the first day of the annual meeting of the House of Delegates members.
- (4) A proposed Rules or Code provision may be modified in any manner by the Rules, Legislation, or Long Distance Swimming Committee, where appropriate, while under consideration by said Committee. Such modification must be germane to the subject matter of the proposed change.
- (5) All changes approved as prescribed shall become effective on January 1 of the year following their adoption unless otherwise specified at the time of adoption.

#### IV. ATHLETES AND ATHLETIC EVENTS

##### A **Membership of athletes**—all swimmers competing in events sanctioned by Masters swimming must be registered.

- (1) Athlete registration is for the period November 1 through October 31 of each year. Swimmers applying for registration on or after October 1 will be issued a registration card valid through October 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 House of Delegates.
  - (b) A local fee established by the LMSC.

##### B **Sanctions/Approvals**—All Masters Swimming and Long Distance Swimming competition must be sanctioned through the LMSC within whose territorial limits the event is held. An LMSC may also approve competitions, benefits, exhibitions, clinics or entertainment held within its geographical boundaries

subject to Section (2). Sanction or Approval is required if Masters times are to be considered for USMS National records or Top Ten considerations. Foreign approvals are obtained from the National Registration Chairman.

(1) Sanction Requirements.

- (a) No sanction of any event will be granted with the word "Olympic" or any derivative thereof used in any manner in connection with said event unless consent is obtained from 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) Application for sanction must be accompanied by a copy of the entry blank and applicable fee.
- (d) The sanction fee shall be as established by the LMSC.
- (e) No further sanction will be given to any organization which has failed to conduct such meet as stated on the entry blank.
- (f) All sanctioned events are subject to the following conditions:
  - (i) No swimmer's entry will be accepted unless he is registered, or has a valid travel permit or its equivalent.
  - (ii) 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.
  - (iii) 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.
  - (iv) Entry forms must contain the following clause and must be signed by the registered Masters swimmer entering the meet: "I, the undersigned participant, intending to be legally bound, do hereby waive all rights to claims for loss or damages against United States Masters Swimming, Inc., the Local Masters Swimming Committee, the meet committee, or any officiating individual of the meet, as a condition of my participation in the meet."
  - (v) Closed competition in which all swimmers are registered with USMS may be sanctioned.

(2) Approval Requirements: approvals will be issued, withheld, or withdrawn in accordance with the following:

- (a) No event may be approved unless the conduct of the events conforms to the relevant USMS, Inc. technical and administrative rules and meet standards. Closed competition in which not all swimmers are registered with USMS may only receive an approval.
- (b) USMS swimmers may use the times obtained in approved meets for USMS records or National Top Ten consideration provided a designated USMS observer is present and verifies in writing that the conduct of the competition conforms to the relevant USMS technical and administrative rules and meet standards.
- (c) 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 general welfare of the promoting organization as a whole.

- (d) Approvals issued to one organization cannot be transferred to another. Any approval so transferred shall be void for all purposes, and the LMSC may deny further approval to any organization violating this provision.
- (e) All approvals must be signed by a designated member of the LMSC and a record thereof must be retained in a book kept for such purpose. The following clause will appear on all Approval applications forms and on all forms upon which official approvals are granted: "I, the undersigned participant, intending to be legally bound, do hereby waive all rights to claims for loss or damages against United States Masters Swimming, Inc., the local LMSC, the meet committee, or any officiating individual of the meet, as a condition of my participation in the meet."
- (f) Application for approvals must be accompanied by a copy of the entry blank and any applicable fee.
- (g) An approval fee may be established by the LMSC.
- (h) No further approval will be given to any organization which has failed to conduct said competition in accordance with USMS, Inc. standards or in accordance with its own entry blank.

#### **C 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.

#### **D 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) Swimmers 19 years of age and over may register with USMS but may not compete in national competitions until they are 25 years of age.
- (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**

- (1) Individual Events—19-24 (not to be swum at National Championships), 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.
- (2) Relay Events
  - (a) Short Course (25 yard) — 19+ (not to be swum at National Championships), 25+, 35+, 45+, 55+, 65+ and 75+. The age of the youngest relay team member shall determine the age group.
  - (b) Short Course (25 meter) and Long Course (50 meter) — 76+ (not to be swum at National Championships), 100+, 120+, 160+, 200+, 240+ and 280+. The aggregate age of the four relay team members shall determine the age group.

**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(5N). A surcharge of up to \$5.00 per swimmer may be charged at local and regional meets to help defray pool use fees and/or automatic timing costs.

**E Swimming Rules**—Articles 101 and 102 of U.S. Swimming Technical Rules as amended to govern all Masters competitions with the following exceptions:

- (1) Articles 102.1, 102.2.1, 102.2.4, 102.2.5, 102.3, 102.4, 102.4.2, 102.4.3, 102.4.4, 102.4.7, 102.5.1, 102.5.2, 102.7.4, 102.12.2, 102.12.5, 102.14.3, 102.22.1, 102.22.3 and 102.29.
- (2) Times shall not be subject to the provisions of Article 104.2.1H, as it concerns placement in such race.
- (3) Times may be submitted for Masters records only.
- (4) 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. However, when the breaststroke or whip kick is used the arms must be recovered over the top of the water at least once per breaststroke kick, except after the last such kick before the turn or finish.

- (5) Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.
- (6) The forward start may be taken from the starting block, the pool deck or a push from the wall.
- (7) Competitors may be allowed to swim only once per meet in each of the following relays: men's/women's 200 medley, 400 medley, 200 freestyle, 400 freestyle and 800 freestyle; mixed 200 medley, and 400 medley, 200 freestyle, 400 freestyle and 800 freestyle.
- (8) All masters events shall be conducted on a timed final basis.
- (9) Any swimmer or relay team not reporting for or competing in an event shall not be penalized.
- (10) Seeding at meets other than National Championships may be either fast-to-slow or slow-to-fast. The order of heats may differ for sprint and distance events. The meet announcement shall state the order of heats.
  - (a) Seeding within heats. Within each heat, lanes shall be assigned in descending order of submitted times in accordance with the following pattern:  
TEN LANES: 5-6-4-7-3-8-2-9-1-10  
NINE LANES: 5-4-6-3-7-2-8-1-9  
EIGHT LANES: 4-5-3-6-2-7-1-8  
SEVEN LANES: 4-3-5-2-6-1-7  
SIX LANES: 3-4-2-5-1-6  
FIVE LANES: 3-2-4-1-5  
FOUR LANES: 2-3-1-4
  - (b) Minimum number of swimmers per heat. There shall be a minimum of three swimmers per heat whenever three or more swimmers have entered an event. The fastest heat shall be filled first, then the next fastest heat, etc.
  - (c) Fast-to-slow seeding. The first heat of each event shall be composed of the swimmers with the fastest submitted times, the second heat composed of the next fastest swimmers, etc.
  - (d) Slow-to-fast seeding. The last heat of each event shall be composed of the swimmers with the fastest submitted times, the next-to-last heat composed of the next fastest swimmers, etc.
- (11) Willing and able competitors in the freestyle events over 200 meters, may be swum 2 to a lane when only one course is available for the event. Such heats will be seeded by time, slowest first, and these heats completed before the heats with a single competitor per lane. Separate timing will be required for each swimmer. Obstructing another swimmer by swimming across or otherwise interfering may disqualify the offender and the offender shall immediately be removed from the lane.
- (12) 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.
- (13) The short course start shall be used for all events.



- (14) For all meets not using automatic timing, a minimum of two (2) timers per lane shall be required. Automatic timing, manual- electronic timing, or 3 timers per lane shall be recommended for all meets.
- (15) The minimum number of officials at USMS sanctioned or approved Masters swimming meets shall include the following. (The Referee and Starter may double as Stroke and Turn Judges, but the Referee and Starter may not be the same person.)
  - 1 Referee
  - 1 Starter
  - 2 Stroke and Turn Judges
  - 2 Timers per lane (if automatic timing is not being used)

## **F Records and Top Ten Times**

- (1) Requirements for Records and Top Ten Times
  - (a) All times must be made in USMS sanctioned and/or USMS approved competitive meets or events.
  - (b) Times to be considered for Records and Top Ten listing must be made on or before May 31st for short course yard times, September 15th for long course meter times and December 31st for short course meter times. These times shall be forwarded to the Records and Tabulation Chairman by July 15th, October 20th and February 5th respectively.
  - (c) Each LMSC is responsible for reporting the Top Ten Times and National Records in each event made in its LMSC only, even though the times were made by swimmers from other LMSC's.
  - (d) To be considered for National Top Ten or for American Records, 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.
  - (e) American USMS Records shall be published in USS Rules and Regulations.
- (2) Top Ten Times
  - (a) The ten best times nationally in each age division shall be published annually for the events listed under Section G below.
  - (b) Relay leadoff times and individual split times will be considered for Top Ten Times if recorded by fully automatic officiating equipment and provided such splits are brought to the attention, in writing, of the LMSC Top Ten Recorder.
  - (c) In order for a time to be valid for Top Ten consideration, a minimum timing quality of two hand-held watches, averaged per USS rules, must be used.
- (3) Records
  - (a) Classification

- (i) American USMS Record—The fastest time by a USMS registered swimmer in each event in USMS sanctioned or approved competition.
- (ii) Open USMS Record—The fastest time by any swimmer in each event in USMS sanctioned competition.
- (b) Recognized distances and strokes as listed in Section G below.
- (c) Records must be made in accordance with all pertinent rules of USMS.
- (d) A record can only be made in still water.
- (e) Records shall require 3 watches, manual-electronic timing or automatic timing.
- (f) Records established by a swimmer in the first leg of a relay race or by a swimmer's split time in an individual event shall be acceptable as individual performances for all official purposes if recorded by fully automatic officiating equipment and provided such splits are brought to the attention, in writing, of the LMSC Records Chairman.
- (g) 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.
- (h) 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.
- (i) When a record is claimed, an official record application form shall be filled out, signed by the designated officials, and transmitted immediately following performance, with all supporting data, including official meet results, the primary printout tape and/or copy of the entry card with the timers' signatures to the Records and Tabulation Chairman. Responsibility for this lies with either the LMSC Records Chairman or the Official Scorer of the meet.
- (j) Records set outside the United States shall be applied for on official record application forms and are subject to all pertinent requirements.

**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
- 200-400 yards Medley Relay
- 200-400-800 yards Freestyle Relay
- 200-400-800 yards Mixed Freestyle Relay (2 female and 2 male)
- 200-400 yards Mixed Medley Relay (2 female and 2 male)

Long Course (50 meters) and Short Course (25 meters)

50-100-200-400-800-1500 meters Freestyle

50-100-200 meters Backstroke

50-100-200 meters Breaststroke

50-100-200 meters Butterfly

100\*-200-400 meters Individual Medley

200-400 meters Medley Relay

200-400-800 meters Freestyle Relay

200-400-800 meters Mixed Freestyle Relay (2 female and 2 male)

200-400 meters Mixed Medley Relay (2 female and 2 male)

\*Short Course only

**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 (25 yards) swimming championships, which shall be held between April 15 and May 31.
- (b) 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 area 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 club 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 House of Delegates, those bids which are certified shall be presented. The awarding of the bid shall be made by majority vote of the House of Delegates.
  - (vi) In the event that suitable bids are not received from the designated area 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 areas, 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 area 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 House of Delegates.
  - (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 USMS, Inc.
  - (x) Successful bidders of National Championships will pay to United States Masters Swimming, Inc., prior to the beginning of the meet, a fee of \$4.00 per individual entrant in the meet. Upon compliance with the conditions set forth in the Meet Contract, the sum of \$3.00 per entrant shall be returned as stipulated in the Contract. Non-compliance with said conditions, as determined by the meet evaluation committee within 30 days of the receipt of the final meet report shall result in forfeiture of part or all of this amount.
  - (xi) A 5 member meet evaluation subcommittee shall be composed of the USMS Records & Tabulation chairperson, if present, plus Championship Committee members present who are not serving on the protest committee. If the above designated composition does not have 5 members, then elected USMS officers present at the meet may be asked to serve.
- (4) National Championships shall be awarded using the three area system as set forth in Article 105.6.1A of the Technical Rules of USS.

YEAR	AREA I -WEST	AREA II - CENTRAL	AREA III -EAST
1988	—	SC	LC
1989	LC	—	SC
1990	SC	LC	—
1991	—	SC	LC
1992	LC	—	SC
1993	SC	LC	—
1994	—	SC	LC

- (5) Conduct of National Championships will be governed under the technical rules of USMS, Inc.
- (a) A general meeting of the House of Delegates, members of the Championship Committee, organizing personnel, interested officials, coaches, and swimmers shall be held the evening prior to the first day of the meet. 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. House of Delegates. 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.
    - (i) All courses must have electronic read out boards. For at least one course, the electronic read out board must have the capability to display times for all lanes simultaneously.
    - (ii) Automatic timing equipment shall be provided for all courses during the competition. Photocopies of event/heat tapes must be posted for each heat and lane before or simultaneously with the posting of the results.
    - (iii) The event number and heat number for each heat in the water must be visually displayed in a location easily seen by the participants, for each course being used.
  - (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. One copy each of the meet entry form and the meet information shall be sent to all LMSC chairpersons and to all registered clubs as soon as the entry form and information are available and no later than five months prior to the first day of the meet.
  - (d) Computerization—the organization conducting the championship shall compile entry lists, heat sheets, entry cards, and final results, by computer.
  - (e) Heat Sheets—listing name, age, club, seed time, and heat and lane assignments for pre-seeded events and entry list by time for deck-seeded events, except relays, 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. All competitors including members of relay teams must fill out and sign the appropriate entry form. Relay teams must list the full name, as registered, and the age of each relay member on the relay card. The leadoff swimmer must be clearly designated as the first swimmer on the relay card.
- (j) Swimmers affiliation as stated on the entry form will apply throughout the meet, except that swimmers may unattach at any time.
- (k) Relays may be entered the day before the meet starts. Participants therein must have entered the meet 30 days in advance. Relays entered after the original meet entry deadline and up through the day before the meet will pay 1.5 times the normal entry fee.
- (l) Seeding
  - (i) All events 200 yards/meters or less shall be pre-seeded, with oldest age groups first, slowest heats swum first within each age group.
  - (ii) 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.



- (iii) After all full heats are seeded within each age group the remaining swimmers shall be seeded with the next available age group of remaining swimmers.
- (iv) If, in any age group, there are not enough swimmers for a complete heat, all swimmers in that age group shall be seeded in adjacent lanes for pre-seeded events.
- (v) Events over 200 yards/meters except for the 1000/ 1650 yards or 800/ 1500 meters may be pre-seeded as above, or may be deck-seeded by time only as in (ii) above. Willing and able competitors in the freestyle events over 200 meters may be swum 2 to a lane when only one course (7, 8, 9 or 10 lanes) is available for the event. Heats with 2 to a lane to be completed before the heats with a single competitor per lane.
- (vi) The 1000/1650 yards or 800/1500 meters freestyle shall be deck seeded by time only as in (ii) above. 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 and able competitors may swim 2 to a lane when only one course (7, 8, 9 or 10 lanes) is available for the events. Heats with 2 to a lane to be completed before the heats with a single competitor per lane.
- (vii) At the option of the Meet Director, relays may be deck-seeded.
- (viii) All information regarding seeding must be stated on the entry form.
- (m) 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. Women's events shall be scheduled in the deeper course on days one and three in odd years, and on days two and four in even years. In the event that both courses are the same, then it shall not affect the rotation.
- (n) Entry fees for National Championships shall be \$3.00 for individual events and \$8.00 for relays. A \$13.00 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.
- (o) Four day program for Championship Meets (Women's events shall precede Men's events). At the option of the Meet Director, the 1000/1650 yards or 800/1500 meters freestyle may be swum as the first day program. If this option is chosen, the resulting second day program shall be interchanged with the resulting third day program.

#### **Short Course**

##### **1st Day**

200 yd Back  
 100 yd Breast  
 50 yd Free  
 200 yd Fly  
 100 yd IM

#### **Long Course**

200 mtr Back  
 100 mtr Breast  
 50 mtr Free  
 200 mtr Fly  
 200 mtr Med Relay

200 yd Med Relay  
500 yd Free

400 mtr Free

### 2nd Day

200 yd Breast  
100 yd Fly  
50 yd Back  
100 yd Free  
200 yd IM  
200 yd Free Relay  
200 yd Mixed Med  
Relay

200 mtr Breast  
100 mtr Fly  
50 mtr Back  
100 mtr Free  
200 mtr IM  
200 mtr Free Relay  
200 mtr Mixed Med  
Relay

### 3rd Day

200 yd Free  
50 yd Breast  
100 yd Back  
50 yd Fly  
400 yd IM  
200 yd Mixed Free  
Relay

200 mtr Free  
50 mtr Breast  
100 mtr Back  
50 mtr Fly  
400 mtr IM  
200 mtr Mixed Free  
Relay

### 4th Day

1000/1650 yd Free

800/1500 mtr Free

\*Swimmers may enter only one of the two longest freestyle events at the meet.

- (p) 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.
- (q) 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.
- (r) 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 first, second, and third place winners of the categories scored above in two divisions, based upon the number of swimmers entered in the meet from each club. In the women's and men's categories, those clubs with more than 16 entrants will fall into Division I for that category; those clubs with 16 or fewer entrants will fall into Division II. In the combined category, those clubs with more than 32 entrants will fall into Division I; those with 32 or fewer will fall into Division II for that category. Meet results in the appropriate form 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 clubs, and USMS Records and Tabulation chairman.

- (s) 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.
- (t) 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.
- (u) 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.
- (v) The Meet Director of each National Championship Meet shall submit a written evaluation to the chairperson of the Championship Committee within 60 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.

**I MSI Championship Meets**—(meters 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.

**J 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 LMSC Top Ten times, as well as American Record applications, shall be in the hands of the National Records and Tabulation Chairman by the dates set forth in Section (F)(1)(b) of this article.

**K 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.

**L Medical Equipment**—Meet directors are encouraged to investigate the use of appropriate EMT equipment and personnel for all meets.

## **VI. USMS LONG DISTANCE SWIMMING RULES**

### **A Administration**

- (1) **Organization**—The conduct and organization of Long Distance Swimming for Masters shall be governed exclusively by the USMS through its Long Distance Swimming Committee and LMSCs. The Chair and committee member shall be appointed as provided in USMS Rules and Regulations, III (H) 11.
- (2) **Registration and Sanctions**
  - (a) All Masters Long Distance Swimming athletes will be required to register with USMS, and to conform to all rules and regulations prior to competing.



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

## **B Definition**

A long distance swimming event is any freestyle swimming event over 1650 yards (1508.8 meters) in length. The event may be conducted in any body of water including both natural and man made facilities.

## **C Events**

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

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

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

- (2) **Open water events**—As surf, beach tide and temperature and other physical factors vary, the meet director shall determine the course for open water events. The course should be measured as accurately as possible. 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, but separately.
- (3) **Time/Distance Event**—The object of the event is to determine who can swim the greatest distance in a given time period. The person swimming the farthest shall be declared the winner. The person swimming the second greatest distance shall be awarded second place, etc. In the event that two or more swimmers swim the same distance, a tie will be

declared. The events shall be swum in a pool at least 25 yards in length. The distance shall be computed by multiplying the total lengths swum by the length of the pool and adding the last completed five yard increment; if the event is swum in a metric pool, the distance shall be determined in meters and converted to yards by multiplying 1.0936 times the number of meters completed and rounding off the distance to the last completed five yard increment. All distances shall be reported in yards.

There shall be an adult acting in the capacity of a starter/head timer/referee (may be one person) present at all times, having no other responsibilities during the period of the swim. For each swimmer, there shall be a separate lap counter who shall record split times for every lap during the swim. A stop watch or electric timing system shall be used to time the event. Drafting shall not be permitted in pool time/distance events. The referee shall establish procedures to prevent drafting if more than one swimmer is competing per lane.

- (4) **Individual Long Distance Swims**—Swims must be sanctioned and conducted by the appropriate governing body or its designee in accordance with all pertinent rules and regulations. If more than one swimmer is attempting to swim, only one sanction need be issued. All times achieved in long distance individual attempts should be duly certified and made a matter of record by the appropriate governing body or its representatives. The certification should include:
  - (a) Swimmer(s) name, age, sex and registration number.
  - (b) Governing body sanctioning the event.
  - (c) Course: to include name of body of water, starting and finishing points and measured distances.
  - (d) Verifications and documentation that all rules were observed and the swimmer(s) either completed or failed to complete or attain the distance.
- (5) **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) Each entrant in a postal event will be responsible for the validity of the figures and the distance submitted.
- (6) **Team Events**—A team event may be contested on a total time/distance or point-system basis and may consist of any number of members.
  - (a) **Time/Distance Basis.** A specified number of contestants on each team shall be considered in the computations for team scoring. The team whose top specified number of swimmers have the lowest cumulative time or the greatest cumulative total yards shall be declared the winner. A similar method will be used to determine second, third and subsequent places. In the event of ties, the team whose individual member finished nearest to first place shall be declared the winner or awarded the place.
  - (b) **Point Basis.** Points are awarded on the basis of finishing position. One point for first place; two points for second place, etc. The points of specified 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.

- (c) No individual entries can be accepted in the team events. All entries must be made by registered USMS clubs and signed by an authorized official of the club making the entry.
- (d) Mixed sex teams may be contested, provided at least one swimmer of each sex is represented as follows:

Total number of team members	Females	Males
2	1	1
3	minimum 1	minimum 1
4	2	2
5	minimum 2	minimum 2
6	3	3

- (7) **Relays**—Relay teams shall normally consist of two or more swimmers as specified on the entry form. The team members shall rotate in the same order throughout the event. The time or distance each swimmer is required to spend in the water shall be specified on the entry form. The changeover to the new swimmer will be made as soon as is practically possible after the previous swimmer has completed his respective leg. In the exchange, physical contact must be made between the two swimmers.
- (8) **Age Groups**—Age groups in individual events for men and women shall be 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90 and older.

## D Safety Precautions

- (1) As conditions and courses vary, it is the responsibility of each swimmer to know and follow the safety standards necessary to protect him/herself from as many dangers as possible. The meet director can assist this endeavor by:
  - (a) Obtaining necessary permits/approvals from the US Coast Guard, park authorities, life guard associations, etc.
  - (b) Providing accurate maps, with course descriptions and other pertinent information with entry forms and meet information packets.
  - (c) Planning for possible medical evacuations.
  - (d) Assigning rescue/aid personnel and craft.
  - (e) Providing provisions for controlling escort craft and access of non race craft into the race area.
  - (f) Briefing all contestants, coaches, managers, trainers, and meet officials.
  - (g) Planning for possible cancellation, postponement and/or modification of the event.



- (h) Planning for escort paddlers or craft. Personal escorts should be considered for open water swims.
- (i) Considering use of day-glo orange and other brightly colored caps to assist in identification and visibility of swimmers in open water events.

LMSCs are encouraged to develop their own safety rules for conduct of long distance events, provided they are not in conflict with national USMS rules, policies or procedures.

- (2) An acknowledgment and release shall be included on each entry form or be signed by each participant prior to participation. The wording shall be as specified in the USMS Swimming Rules or LMSC Handbook. In addition, the wording "In this extremely hazardous event, water safety cannot be guaranteed," shall be included in all open water event acknowledgment and release forms.

## E Conduct of the Competition

### (1) Starts

#### (a) Types

- (i) **Stationary**—Swimmers start from a platform, or in the water with no forward motion.
- (ii) **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 the prescribed course.

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

### (2) Seeding

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

### (3) Finishes

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

**(4) Officials**

- (a) There shall be a meet director, referee, safety coordinator, scorer, announcer, clerk of course, starter, and a sufficient number of judges, inspectors, timers, and medical personnel.
- (b) The clerk of course shall ensure all entrants in open water events are visibly marked with their entrant numbers.
- (c) Official craft shall be placed in a position to best observe yet not physically hinder the swimmers.

**(5) Disqualifications**—Swimmers shall be disqualified if they:

- (a) 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).
- (b) Fail to complete the prescribed distance or course.
- (c) Fail to follow race rules.
- (d) Receive assistance by pulling on the cable or buoys at the turn or on the course.
- (e) Receive propulsive aid from anyone in boats, surfboards, etc.
- (f) Receive unauthorized assistance at the start or finish.
- (g) Violate costume rules.
- (h) Draft off another swimmer in time/distance pool events.

**F National Championships**

**(1) Eligibility**

- (a) USMS National Long Distance championship meets will be open to any USMS registrant.
- (b) USMS Long Distance Swimming Championships are open to foreign swimmers registered with their national masters swimming governing body.

**(2) Events**—The USMS Long Distance Swimming Committee shall award USMS Long Distance Swimming National Championships.

- (a) National championships will be recognized in the following events:
  - (i) One Mile (quarter mile straightaway or openwater course).
  - (ii) Quarter-mile straightaway Long Distance Championship (2 miles).
  - (iii) Open Water Long Distance Championship (1.5-3 miles).
  - (iv) Open Water Long Distance Championship (3.5-5 miles).
  - (v) Open Water Long Distance Championship (6+ miles).
  - (vi) Postal One Hour Swimming Championship.
  - (vii) Postal 10 kilometer Swimming Championship.
- (b) Team events (as defined in III, F).
  - (i) Three person team events shall be recognized in the Quarter-mile Straightaway (2 mile) and Postal One Hour Swimming Championships.

- (ii) Men's and Women's Team events shall be recognized in the following age groups: 19+, 25+, 35+, 45+, 55+, 65+, and 75+ as determined by the age of the youngest swimmer.
- (c) Individual age groups for national championships shall be the same as III, H.
- (3) **Site Selection**—National Championships shall be awarded using the three area system as set forth in Article 205.6.1A of the Technical Rules of USS.
- (i) Bids shall be due at the first Long Distance Committee meeting of the annual meetings.
- (ii) Championships shall be awarded at the annual meeting.
- (iii) Events not awarded at the annual meetings shall be awarded by the USMS Long Distance Chair.
- (iv) The following area award system will be followed for the bidding of USMS Long Distance Swimming Championships. Bids will be received up to two years in advance of the year bid. If no bid is received from a qualifying area, bids will be received from any area. Area definitions will follow USS rule 205.6.1A.

	<u>WEST</u>	<u>CENTRAL</u>	<u>EAST</u>
YEAR	AREA I	AREA II	AREA III
1990	1 Mile Open Water 3.5 to 5 mi 1 HR Postal	Open Water 1.5 to 3 mi Marathon 6+ mi 10K Postal	2 mile on 1/4 Mile Straightaway
1991	2 mile on 1/4 Mile Straightaway	1 Mile Open Water 3 to 5 mi. 1 HR Postal	Open Water 1.5 to 3 mi Marathon 6+ mi 10K Postal
1992	Open Water 1.5 to 3 mi Marathon 6+ mi 10K Postal	2 mile on 1/4 Mile Straightaway	1 Mile Open Water 3.5 to 5 mi 1 HR Postal
1993	1 Mile Open Water 3.5 to 5 mi 1 HR Postal	Open Water 1.5 to 3 mi Marathon 6+ mi 10K Postal	2 Mile on 1/4 Mile Straightaway
1994	2 mile on 1/4 Mile Straightaway	1 Mile Open Water 3.5 to 5 mi 1 HR Postal	Open Water 1.5 to 3 mi Marathon 6+ mi 10K Postal

(4) **Rules of conduct of National Championships**

- (a) **Meet Director**—The meet director shall carry out the wishes of the Long Distance Committee Chairman in regard to the conduct of the meet.
- (b) **Entry Forms**—Entry forms shall be reviewed by the USMS Long Distance Swimming Committee Chair and the LMSC for content and sanctioning *prior to distribution*. Approved entry sheets shall be sent to the USMS Long Distance Swimming Chair, all LMSCs, and the USMS National office at least ninety (90) days prior to the first day of the meet.



- (c) **Officials**—The USMS Long Distance Swimming Committee shall appoint a Meet Advisor to aid the meet director and insure that all rules are observed.
- (d) **Costume**—
  - (i) One cap, one suit, goggles, ear plugs and grease will be allowed. The suit shall be made of a porous material.
  - (ii) Flotation aids and any devices used to maintain body heat are not allowed. Wet Suits, neoprene caps, or any similar costumes are not allowed.
  - (iii) Propulsive devices are not permitted.
- (e) **Assistance during the race:**
  - (i) Feeding is permissible but use of alcohol or illegal drugs are forbidden.
  - (ii) Paddlers and escort boats are authorized if approved by meet director.
- (5) **Financial**—The sponsoring organization must agree to underwrite the full meet expenses including but not limited to the following:
  - (a) Costs associated with the meet, i.e., setting up course, supplies and equipment, etc.
  - (b) Cost of National USMS Championship awards (medals and patches) and other supplemental awards.
  - (c) \$1.00 per individual entrant shall be paid by the event sponsor to USMS for each entry in National Championship Long Distance events no later than sixty (60) days after the conclusion of the event.
  - (d) Costs reflected in USMS National Championship contracts.
- (6) **Entry Fees**—The entry fees for national championship Long Distance Swimming meets shall not exceed \$10.00 for individual events and \$5.00 per team member in team events. A surcharge may be added for swimmers in individual events subject to the approval of the USMS L.D.S. Chair.
- (7) **Results**—Individual and team results and records shall be kept and submitted to the USMS Long Distance Swimming Committee. Records will not be submitted for open water swims. Results submitted to the committee must include the following information: finish places, times/distances, swimmers' names, ages, verified USMS registration number, LMSC of registry and club affiliation.

Results shall also be mailed to the clubs represented at the championship meet and shall include the following information: places, times, swimmers' names, ages and club affiliation.
- (8) **Club Scoring**—No club scores shall be officially tallied or recognized for national championship events.
- (9) **Awards**
  - (a) USMS championship medals shall be awarded at least to the first through third place winners of individual championships in each age group.

- (b) Scoring contestants on at least the 1st, 2nd, and 3rd place teams shall receive USMS Championships medals.
- (c) Trophies may be awarded to individuals and teams at the discretion of the meet director. No club points or awards shall be made for USMS LDS Championship events.
- (d) A national USMS championship patch will be awarded to the individual champions and each scoring member of a championship team. An individual will receive only one patch per meet.

**G All-American**

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

**H Records**

- (1) National records will be maintained in the quarter-mile straightaway events (1 mile and 2 mile) and Time/Distance events (1 hour and 10K postal pool events).
- (2) Record times must be swum in a sanctioned event and must be routed through the sanctioning body to the USMS Long Distance Committee Chairman.
- (3) No national records will be maintained in open water events because of differences in courses, currents, and other physical factors.

# PART EIGHT

## LONG DISTANCE SWIMMING

### I. ADMINISTRATION

#### A Organization

The Long Distance Swimming Co-ordinator shall be elected by the Program Operation Committee and will be responsible to the Program Operations Vice President for the conduct and administration of the Long Distance Program.

The membership of the Long Distance Swimming Committee of United States Swimming shall consist of the following:

- (1) Coordinator selected by Program Operation Division
- (2) One member from each Local Swim Committee
- (3) Member(s) appointed by the Athletes Committee
- (4) Master's Liaison appointed by USMS
- (5) Past Coordinators
- (6) At-Large Members selected by the Committee
- (7) Technical Directors of USS (Domestic and International (Non Voting))

#### B Registration and Sanctions

- (1) All Long Distance swimming athletes will be required to register with USS, 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.
- (3) USS Events may be held in conjunction with masters or novice meets. The USS Sanction will apply only to those portions of the meet involving USS athletes. When two groups, i.e., masters and USS swimmers, compete at the same time, the race shall be considered as two separate meets. Under no circumstances should a USS and master swimmer be considered as part of the same competition.
- (4) Masters swimmers may compete in USS Long Distance meets providing they are duly registered and meet the criteria as is established in Article 304, and meet the entry requirements.

#### C Rule

- (1) The rules for Long Distance Swimming in this Part of the Rules and Regulations may be altered, amended, repealed, or otherwise changed only upon the recommendation of the Long Distance Committee at the annual meeting of the House of Delegates.
- (2) The general provisions contained in Article 514 shall apply except amendment proposals to Part Eight Long Distance Swimming shall be considered by the Long Distance Swimming Committee for report and recommendation to the House of Delegates.



## 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  $\frac{1}{2}$  mile has been completed. The last recorded  $\frac{1}{2}$  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.
- 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.
- C **Time/Distance Event (One hour swim for distance)**—The object of the event is to determine who can swim the greatest distance in a given time period. The person swimming the farthest shall be declared the winner. The person swimming the second greatest distance shall be awarded second place, etc. In the event that two or more swimmers swim the same distance, a tie will be declared. The events shall be swum in a pool at least 25 yards in length. The distance shall be computed by multiplying the total lengths swum by the length of the pool and adding the last completed five yard increment; if the event is swum in a metric pool, the distance shall be determined in meters and converted to yards by multiplying 1.0936 times the number of meters completed and rounding off the distance to the last completed five yard increment. All distances shall be reported in yards. 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.

- D Individual Long Distance Swims**—Swims must be sanctioned and conducted by the appropriate governing body or its designee in accordance with all pertinent rules and regulations. 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 Coordinator 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.

**E Team Events**

- (1) A team event may be contested on a total time or point-system basis. Clubs may enter any number of swimmers in the Team Event. The first three (3) swimmers from a club to finish, will automatically comprise the "A" Team. The next (second) three (3) swimmers from the same club to finish will be considered the "B" Team, etc.
- (2) 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.
- (3) 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 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.
- (4) All entries must be made by clubs and signed by an authorized official of the club making the entry.
- (5) Team awards will be presented only to swimmers involved in the team's point or time totals.

- F **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 conditions and courses vary, it is the responsibility of each swimmer to know and follow the safety standards necessary to protect himself or herself from any and all dangers. The meet manager can assist this endeavor by:
- (1) Obtaining necessary permits/approvals from the US Coast Guard, Park Authorities, Life Guards Associations, etc.
  - (2) Providing accurate maps, with course descriptions and other pertinent information with entry forms and meet information packets.
  - (3) Planning for possible medical evacuations.
  - (4) Assigning rescue/aid personnel and craft.
  - (5) Providing for provisions for controlling escort craft and access into race area.
  - (6) Briefing all contestants, coaches, managers, trainers, and meet officials.
  - (7) Planning for possible cancellation, postponement and or modification of the event.

#### 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, medical officer, safety officer, starter, and sufficient number of judges, inspectors, timers, and medical/safety personnel. The general duties of the officials are outlined in Article 102. Additional requirements unique to the conduct of a Long Distance event are outlined below:
  - (1) The meet director/referee shall:
    - (a) Have full control and authority over all officials and shall approve their assignments and instruct them regarding all special features or regulations related to the competition. The referee shall enforce all the rules and shall decide all questions relating to the actual conduct of the meeting, the event or competition, the final settlement of which is not otherwise covered by the rules.
    - (b) Have authority to intervene in the competition at any stage to ensure that the regulations are observed.
    - (c) Adjudicate on all protests related to the competition in progress.
    - (d) Give a decision in cases where the judges' decision and times recorded do not agree.
    - (e) Ensure that all necessary officials for the conduct of the event or competition are at their respective posts. He may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He may appoint additional officials if considered necessary.
    - (f) Disqualify any competitor for any violation of the rules that he personally observes or which is reported to him by other authorized officials.
    - (g) Have authority to use any electronic, mechanical judging and/or timing devices in any case of doubt or protests.
  - (2) The safety officer shall:
    - (a) Be responsible to the referee for all aspects of safety related to the conduct of the meet.
    - (b) Inspect each escort boat and ensure that it is suitable for its task.
    - (c) Check that the entire course, with special regard to the start and finish areas, are safe, suitable, and free of any obstruction.

- (d) Be responsible for ensuring that sufficient powered safety craft are available during the event so as to provide full safety backup to the escort boats.
  - (e) Issue to all competitors a tide/current chart clearly indicating the time of tide changes on the course and showing the effect of tides or current on a swimmer's progress along the course.
  - (f) In conjunction with the medical officer advise the referee if, in their opinion, conditions are unsuitable for staging the event and/or make recommendations for the modification of the course or the manner in which the competition is conducted.
- (3) The medical officer shall:
- (a) Be responsible to the referee for all medical aspects related to the competition and competitors.
  - (b) Inform the local medical facilities of the nature of the championships and ensure that any casualties can be evacuated to medical facilities at the earliest opportunity.
  - (c) Ensure that a medical inspection is made of each competitor prior to the start of the competition and report any persons who, in their opinion, are unfit to compete to the referee and management committee. The referee shall stop any thus-reported person from competing in the event.
  - (d) In conjunction with the safety officer, advise the referee if, in their opinion, conditions are unsuitable for staging the championships and/or make recommendations for the modification of the course or the manner in which the competition is conducted.
- (4) The clerk of the course shall:
- (a) Be responsible to the meet committee for the correct survey of the course.
  - (b) Ensure the start and finish areas are correctly marked and all equipment has been correctly installed and, where applicable, is in working order.
  - (c) Ensure all course alteration points are correctly marked and manned prior to the commencement of the event.
  - (d) With the referee and safety officer, inspect the course and markings prior to the commencement of the competition.
  - (e) Assemble and prepare competitors prior to each competition and ensure proper reception facilities at the finish are available for all competitors.
  - (f) Check all competitors to be present, in the assembly area, at the required time prior to the start.
  - (g) Keep competitors and officials informed of the time remaining before the start, at suitable intervals, until the last five minutes after which one-minute warnings shall be given.
  - (h) Be responsible for ensuring that all clothing and equipment left in the start area is transported to the finish area and kept in safe keeping.

- (5) The starter (may be an honorary position) shall:
  - (a) Be in such a position as to clearly view and be visible to all swimmers.
  - (b) After being so advised by the clerk of the course or referee, give the proper signal to begin the event.
- (6) The chief timekeeper shall:
  - (a) Assign timekeepers to their positions for the start and finish.
  - (b) Ensure that a time check is made to allow all persons to synchronize their watches with the official running clocks 15 minutes before start time.
  - (c) Collect from each timekeeper a card showing the time recorded for each competitor and, if necessary, inspect their watches.
  - (d) Record or examine the official time on the card for each competitor.
- (7) The timekeepers shall:
  - (a) Take the time of each competitor assigned. (The watches shall be certified correct to the satisfaction of the committee of management of the meeting.)
  - (b) Start their watches at the starting signal, and only stop their watches when instructed by the chief timekeeper.
  - (c) Promptly after each finish, record the time and competitor's number on the time card and turn it over to the chief timekeeper.
  - (d) When electronic starting and time equipment is used, the same complement of hand timers is to be used.
- (8) The chief judge shall:
  - (a) Assign each judge to his position.
  - (b) Collect, after the race, signed result sheets from each judge and establish the results and placings which shall be sent directly to the referee.
- (9) The finishing judges (one of whom may be the chief judge) shall:
  - (a) Be positioned in line with the finish where they shall have, at all times, a clear view of the finish.
  - (b) Record after the finish the placing of the competitors according to the assignment given.
  - (c) Finishing judges shall not act as timekeepers in the same event.
- (10) The turn judges shall:
  - (a) Be positioned so as to ensure that all competitors execute the alterations in the course, as indicated in the competition information documents and as given at the pre-race briefing.
  - (b) Record any infringement of the turn procedures on the record sheets provided, and indicate the infringement to the race judge at the earliest opportunity after the incident.
  - (c) Promptly, upon completion of the event, deliver the signed record sheet to the chief judge.



- (11) The race judges are assigned only in the event of an escorted swim, and they shall:
- (a) Be positioned in an escort boat, assigned by random draw immediately prior to the start, so as to be able to observe at all times their appointed competitor.
  - (b) Ensure at all times that the rules of competition are complied with; all violations being recorded in writing and reported to the referee at the earliest opportunity.
  - (c) Keep a complete record of the competitor, including distance covered per hour, stroke rate, times of feedings, and any incidents.
  - (d) Have the authority to order a swimmer from the water upon expiration of any time limit so ordered by the referee.
  - (e) Ensure that their appointed swimmer does not take unfair advantage or commit unsporting impedence on another competitor, and instruct a swimmer to maintain a 3-meter from any other swimmer.

**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.
- (6) Violations pertaining to costume irregularities.
- (7) Receives aid from another person in the form of pacing. Pacing is defined as a person entering the water to swim along with the swimmer.

**VI. NATIONAL CHAMPIONSHIPS**—Senior and 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 201).
- (2) USS Long Distance Swimming Championships are open to foreign swimmers under the provision of 202.4.1. 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 Five Kilometer. Race may be contested in distances between 4.5 and 5.5 kilometers (2.8 to 3.4 miles)

- (4) Open Water Fifteen Kilometer. Race may be contested in distances between 13.5 and 15.5 kilometers (8.4 to 10.3 miles)
- (5) Open Water Twenty Five Kilometer. Race may be contested in any distance over 22 kilometers (13.6 miles)

**C Rules of conduct of National Championships**

- (1) Meet Director—The meet director shall carry out the wishes of the Long Distance committee chairman in regard to the conduct of the meet.
- (2) Entry Forms—Entry forms shall be reviewed by the LSC.
- (3) Officials—  
In addition to officials designated in Section V paragraph D, the appropriate USS or USMS National Chairman shall appoint a USS or USMS Championship Meet Advisor to aid the meet director and insure that all rules are observed.
- (4) Costume—
  - (a) One cap, one suit, goggles, ear plugs and grease will be allowed. The suit shall be made of a porous material.
  - (b) Flotation aids and any devices used to maintain body heat are not allowed.
  - (c) Wet Suits, neoprene caps or any similar items are not allowed.
- (5) Assistance during the race:
  - (a) Any assistance given to the swimmer at the start or finish will result in disqualification.
  - (b) Feeding is permissible but use of alcohol or illegal drugs are forbidden.
  - (c) The swimmer will be disqualified if there is any intentional physical contact with another swimmer or other persons or objects.
  - (d) Paddlers and escort boats are authorized if approved by meet director.

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

- (1) Costs associated with the meet; i.e., setting up course, shipping special equipment, insurance, etc.
- (2) Cost reflected in USS National Championship contracts.

**E Entry Fees—**The entry fees for national championship Long Distance Swimming meets shall not exceed \$10.00 for individual events and \$5.00 per individual entered in team events.

**F Meet invitation and entry blanks** shall be sent to the national Long Distance Swimming Coordinator, LSC Long Distance Chairman, and the USS national headquarters.

- G Qualifying times and/or qualifying criteria shall be established by the meet manager.
- H Individual and team results and records shall be kept and submitted to the national Long Distance Swimming Coordinator. 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.
- I 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.
- J **Awards**
  - (1) USS championship medals shall be awarded to the first through eighth place winners of individual junior and senior championships as follows: 1st place, gold; 2nd place, silver; 3rd through 8th 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.

The selections will be made from the top three finishers in the USS Long Distance Championships, swimmers placed on the National Long Distance Team, and consideration for individuals nominated by the LSCs.

**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. 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)
  - (3) Age Group 1000-2000 -3000 Postal Meet
    - Event will be contested in yearly increments: 9 and 10 Year olds will swim 1000 yards/meters
    - 11 and 12 year olds will swim 2000 yards/meters
    - 13, 14, 15, 16, 17, and 18 Year olds will swim 3000 yards/meters

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

## **XI. 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.



# SWIMMING RECORDS

## LONG COURSE RECORDS — MEN

### 50 meter Freestyle

<b>WORLD:</b>	22.32	Tom Jager, USA	Brisbane, AUS	8-13-87
<b>AMERICAN:</b>	22.32	Tom Jager, USA	Brisbane, AUS	8-13-87
<b>U.S. OPEN:</b>	22.33	Matt Biondi, Golden Bear	Orlando, Florida	6-26-86
	22.33	Matt Biondi, Golden Bear	Clovis, California	7-30-87

### 100 meter Freestyle

<b>WORLD:</b>	48.74	Matt Biondi, Golden Bear	Orlando, Florida	6-24-86
<b>AMERICAN:</b>	48.74	Matt Biondi, Golden Bear	Orlando, Florida	6-24-86
<b>U.S. OPEN:</b>	48.74	Matt Biondi, Golden Bear	Orlando, Florida	6-24-86

### 200 meter Freestyle

<b>WORLD:</b>	1:47.44	Michael Gross, F.R.G.	Los Angeles, California	7-29-84
<b>AMERICAN:</b>	1:47.89	Matt Biondi, Golden Bear	Mission Viejo, California	8-07-85
<b>U.S. OPEN:</b>	1:47.44	Michael Gross, F.R.G.	Los Angeles, California	7-29-84

### 400 meter Freestyle

<b>WORLD:</b>	3:47.80	Michael Gross, F.R.G.	Wuppertal, F.R.G.	6-27-85
<b>AMERICAN:</b>	3:49.41	Dan Jorgensen, Irvine Nova	Orlando, Florida	6-25-86
<b>U.S. OPEN:</b>	3:49.41	Dan Jorgensen, Irvine Nova	Orlando, Florida	6-25-86

### 800 meter Freestyle

<b>WORLD:</b>	7:50.64	Vladimir Salnikov, U.R.S.	Moscow, USSR	7-4-86
<b>AMERICAN:</b>	7:52.45	Sean Killion, Jersey Wahoos	Clovis, California	7-27-87
<b>U.S. OPEN:</b>	7:52.33	Vladimir Salnikov, U.R.S.	Los Angeles, California	7-14-83

### 1500 meter Freestyle

<b>WORLD:</b>	14:54.76	Vladimir Salnikov, U.R.S.	Moscow, U.R.S.	2-22-83
<b>AMERICAN:</b>	15:01.51	George DiCarlo, Tucson Farmer John	Indianapolis, Indiana	6-30-84
<b>U.S. OPEN:</b>	15:01.51	George DiCarlo, Tucson Farmer John	Indianapolis, Indiana	6-30-84

### 100 meter Backstroke

<b>WORLD:</b>	55.19	Rick Carey, USA	Caracas, Venezuela	8-21-83
<b>AMERICAN:</b>	55.19	Rick Carey, USA	Caracas, Venezuela	8-21-83
<b>U.S. OPEN:</b>	55.19	Rick Carey, USA	Caracas, Venezuela	8-21-83

### 200 meter Backstroke

<b>WORLD:</b>	1:58.14	Igor Poliansky, USSR	Erfurt, G.D.R.	3-03-85
<b>AMERICAN:</b>	1:58.86	Rick Carey, Badger Swim Club	Indianapolis, Indiana	6-27-84
<b>U.S. OPEN:</b>	1:58.86	Rick Carey, Badger Swim Club	Indianapolis, Indiana	6-27-84

### 100 meter Breaststroke

<b>WORLD:</b>	1:01.65	Steve Lundquist, USA	Los Angeles, California	7-29-84
<b>AMERICAN:</b>	1:01.65	Steve Lundquist, USA	Los Angeles, California	7-29-84
<b>U.S. OPEN:</b>	1:01.65	Steve Lundquist, USA	Los Angeles, California	7-29-84

### 200 meter Breaststroke

<b>WORLD:</b>	2:13.34	Victor Davis, CAN	Los Angeles, California	8-02-84
<b>AMERICAN:</b>	2:14.99	Steve Bentley, USA	Brisbane, AUS	8-16-87
<b>U.S. OPEN:</b>	2:13.34	Victor Davis, CAN	Los Angeles, California	8-02-84

### 100 meter Butterfly

<b>WORLD:</b>	52.84	Pablo Morales, Concord-Pleasant Hill	Orlando, Florida	6-23-86
<b>AMERICAN:</b>	52.84	Pablo Morales, Concord-Pleasant Hill	Orlando, Florida	6-23-86
<b>U.S. OPEN:</b>	52.84	Pablo Morales, Concord-Pleasant Hill	Orlando, Florida	6-23-86

R



## 200 meter Butterfly

WORLD:	1:56.24	Michael Gross, F.R.G.	Bonn, F.R.G.	6-27-86
AMERICAN:	1:57.75	Pablo Morales, USA	Los Angeles, California	8-03-84
U.S. OPEN:	1:57.04	Jon Sieben, AUS	Los Angeles, California	8-03-84

## 200 meter Individual Medley

WORLD:	2:00.56	Tamas Darnyi, HUN	Strasbourg, FRA	8-23-87
AMERICAN:	2:02.23	Pablo Morales, Concord-Pleasant Hill	Orlando, Florida	6-27-86
U.S. OPEN:	2:01.42	Alex Baumann, CAN	Los Angeles, California	8-04-84

## 400 meter Individual Medley

WORLD:	4:15.42	Tamas Darnyi, HUN	Strasbourg, FRA	8-19-87
AMERICAN:	4:16.12	David Wharton, USA	Brisbane, AUS	8-14-87
U.S. OPEN:	4:17.41	Alex Baumann, CAN	Los Angeles, California	7-30-84

## 200 meter Freestyle Relay

WORLD BEST:	1:29.16	USA National Team	Indianapolis, IN	8-14-87
		(Scott McCadam, James Born, Mike Neuhofer, Tom Williams)		
AMERICAN:	1:29.37	USA National Team	Austin, Texas	4-12-80
		(Kris Kirchner, Bruce Stahl, Ambrose Gaines, Gary Schatz)		
U.S. OPEN:	1:29.37	USA National Team	Austin, Texas	4-12-80
		(Kris Kirchner, Bruce Stahl, Ambrose Gaines, Gary Schatz)		
AM. CLUB:	1:34.17	Ft. Lauderdale Swim Team	Ft. Lauderdale, FL	7-26-78
		(Scott Allbritton, Bruce Rindahl, Tim McKeon, Andy Coan)		
OPEN CLUB:	1:32.87	Ft. Lauderdale Swim Team	Ft. Lauderdale, FL	7-30-83
		(Peng Siong Ang, Dennis Damron, Joe Gentile, Kurt Wienants)		

## 400 meter Freestyle Relay

WORLD:	3:17.08	USA National Team	Tokyo, Japan	8-17-85
		(Scott McCadam, Mike Heath, Paul Wallace, Matt Biondi)		
AMERICAN:	3:17.08	USA National Team	Tokyo, Japan	8-17-85
		(Scott McCadam, Mike Heath, Paul Wallace, Matt Biondi)		
U.S. OPEN:	3:17.08	USA National Team	Tokyo, Japan	8-17-85
		(Scott McCadam, Mike Heath, Paul Wallace, Matt Biondi)		
CLUB:	3:21.16	U.C.L.A.	Austin, Texas	12-08-85
		(Steven Creamer, Richard Oppel, John Sauerland, Tom Jager)		

## 800 meter Freestyle Relay

WORLD:	7:13.10	FRG National Team	Strasbourg, FRA	8-19-87
		(Peter Sitt, Rainer Henkel, Thomas Fahrner, Michael Gross)		
AMERICAN:	7:15.69	USA Olympic Team	Los Angeles, California	7-30-84
		(Mike Heath, David Larson, Jeff Float, L. Bruce Hayes)		
U.S. OPEN:	7:15.69	USA Olympic Team	Los Angeles, California	7-30-84
		(Mike Heath, David Larson, Jeff Float, L. Bruce Hayes)		
CLUB:	7:26.26	Holmes Lumber Gators	Ft. Lauderdale, Florida	8-15-84
		(Matt Cellinski, Duffy Dillon, Keith Switzer, Geoff Gaberino)		
AM. CLUB:	7:26.26	Holmes Lumber Gators	Ft. Lauderdale, FL	8-15-84
		(Matt Cellinski, Duffy Dillon, Keith Switzer, Geoff Gaberino)		
OPEN CLUB:	7:24.64	University of Florida	Austin, Texas	12-06-85
		(Albert Mestre, Matt Cellinski, Duffy Dillon, Mike Heath)		

## 200 meter Medley Relay

WORLD BEST:	1:41.07	USA National Team	Mission Viejo, California	7-21-84
		(Rick Carey, Steve Lundquist, Pablo Morales, Rowdy Gaines)		
AMERICAN:	1:41.07	USA National Team	Mission Viejo, California	7-21-84
		(Rick Carey, Steve Lundquist, Pablo Morales, Rowdy Gaines)		
U.S. OPEN:	1:41.07	USA National Team	Mission Viejo, California	7-21-84
		(Rick Carey, Steve Lundquist, Pablo Morales, Rowdy Gaines)		

<b>CLUB:</b>	1:47.41	.....Concord-Pleasant Hill .....	Charlotte, NC .....	6-19-87
		(Clay Britt, Steve Bentley, Pablo Morales, John Hodge)		
<b>AM. CLUB:</b>	1:47.42	.....University of Arkansas .....	Ft. Lauderdale, FL .....	12-28-83
		(Larry Craft, John Ulibarri, David Gean, Normal Wyatt)		
<b>OPEN CLUB:</b>	1:46.91	.....Ft. Lauderdale Swim Team .....	Ft. Lauderdale, FL .....	7-30-83
		(Dave Ross, Henry Mather, Peng Siong Ang, Kurt Wienants)		

#### 400 meter Medley Relay

<b>WORLD:</b>	3:38.28	.....USA National Team .....	Tokyo, Japan .....	8-18-85
		(Rick Carey, John Moffet, Pablo Morales, Matt Biondi)		
<b>AMERICAN:</b>	3:38.28	.....USA National Team .....	Tokyo, Japan .....	8-18-85
		(Rick Carey, John Moffet, Pablo Morales, Matt Biondi)		
<b>U.S. OPEN:</b>	3:38.28	.....USA National Team .....	Tokyo, Japan .....	8-18-85
		(Rick Carey, John Moffet, Pablo Morales, Matt Biondi)		
<b>CLUB:</b>	3:44.88	.....UCLA .....	Austin, Texas .....	12-07-85
		(Tom Jager, Giovanni Minervini, Craig Oppel, John Sauerland)		
<b>AM. CLUB:</b>	3:45.31	.....Concord Pleasant Hills .....	Clovis, CA .....	7-31-87
		(Jay Mortenson, Jeff Kubiak, Pablo Morales, Brian Jones)		
<b>OPEN CLUB:</b>	3:44.88	.....U.C.L.A. ....	Austin, Texas .....	12-07-85
		(Tom Jager, Giovanni Minervini, Craig Oppel, John Sauerland)		

**NOTE:** U.S. Open Records are the fastest times swum in a pool in the 50 United States. Until Dec. 31, 1985, the fastest American time swum anywhere was included in this definition. U.S. Open records set outside of the USA will continue to stand until they are broken inside U.S. boundaries.

### LONG COURSE RECORDS — WOMEN

#### 50 meter Freestyle

<b>WORLD:</b>	25.28	.....Tamara Costache, Romania .....	Madrid, Spain .....	8-23-86
<b>AMERICAN:</b>	25.60	.....Angel Myers, USA .....	Moscow, USSR .....	7-4-86
<b>U.S. OPEN:</b>	25.61r	.....Dara Torres, USA .....	Mission Viejo, California ..	7-21-84

#### 100 meter Freestyle

<b>WORLD:</b>	54.73r	.....Kristin Otto, G.D.R. ....	Madrid, Spain .....	8-19-86
<b>AMERICAN:</b>	55.57	.....Jenna Johnson, Industry Hills .....	Orlando, Florida .....	6-22-86
<b>U.S. OPEN:</b>	55.51	.....Kristin Otto, G.D.R. ....	Austin, Texas .....	1-08-84

#### 200 meter Freestyle

<b>WORLD:</b>	1:57.55	.....Heike Friedrich, .....	Berlin, G.D.R. ....	6-18-86
<b>AMERICAN:</b>	1:58.23	.....Cynthia Woodhead, USA .....	Tokyo, Japan .....	9-03-79
<b>U.S. OPEN:</b>	1:58.23	.....Cynthia Woodhead, USA .....	Tokyo, Japan .....	9-03-79

#### 400 meter Freestyle

<b>WORLD:</b>	4:05.45	.....Janet Evans .....	Orlando, Florida .....	12-20-87
<b>AMERICAN:</b>	4:05.45	.....Janet Evans .....	Orlando, Florida .....	12-20-87
<b>U.S. OPEN:</b>	4:05.45	.....Janet Evans .....	Orlando, Florida .....	12-20-87

#### 800 meter Freestyle

<b>WORLD:</b>	8:19.53	.....Anke Mohring, GDR .....	Strasbourg, FRA .....	8-22-87
<b>AMERICAN:</b>	8:22.44	.....Janet Evans, Fullerton Aquatics .....	Clovis, California .....	7-27-87
<b>U.S. OPEN:</b>	8:22.44	.....Janet Evans, Fullerton Aquatics .....	Clovis, California .....	7-27-87

#### 1500 meter Freestyle

<b>WORLD:</b>	16:00.73	.....Janet Evans, Fullerton Aquatics .....	Clovis, California .....	7-31-87
<b>AMERICAN:</b>	16:00.73	.....Janet Evans, Fullerton Aquatics .....	Clovis, California .....	7-31-87
<b>U.S. OPEN:</b>	16:00.73	.....Janet Evans, Fullerton Aquatics .....	Clovis, California .....	7-31-87

#### 100 meter Backstroke

<b>WORLD:</b>	1:00.59r	.....Ina Kleber, G.D.R. ....	Moscow, U.R.S. ....	8-24-84
<b>AMERICAN:</b>	1:01.20	.....Betsy Mitchell, Longhorn .....	Orlando, Florida .....	6-24-86
<b>U.S. OPEN:</b>	1:01.20	.....Betsy Mitchell, Longhorn .....	Orlando, Florida .....	6-24-86

## 200 meter Backstroke

WORLD:	2:08.60	Betsy Mitchell, Longhorn	Orlando, Florida	6-27-86
AMERICAN:	2:08.60	Betsy Mitchell, Longhorn	Orlando, Florida	6-27-86
U.S. OPEN:	2:08.60	Betsy Mitchell, Longhorn	Orlando, Florida	6-27-86

## 100 meter Breaststroke

WORLD:	1:07.91	Silke Hoerner, G.D.R.	Strasbourg, FRA	8-21-87
AMERICAN:	1:09.53	Tracy Caulkins, Nashville	Tuscaloosa, Alabama	7-24-81
U.S. OPEN:	1:09.36	Silke Hoerner, G.D.R.	Austin, Texas	12-8-85

## 200 meter Breaststroke

WORLD:	2:27.40	Silke Hoerner, G.D.R.	Madrid, Spain	6-18-86
AMERICAN:	2:29.58	Amy Shaw, USA	Brisbane, AUS	8-16-87
U.S. OPEN:	2:29.78	Silke Hoerner, G.D.R.	Austin, Texas	12-07-85
	2:29.78	Amy Shaw, Mission Viejo	Clovis, CA	8-28-87

## 100 meter Butterfly

WORLD:	57.93	Mary T. Meagher, Lakeside, S.C.	Brown Deer, Wisconsin	8-16-81
AMERICAN:	57.93	Mary T. Meagher, Lakeside, S.C.	Brown Deer, Wisconsin	8-16-81
U.S. OPEN:	57.93	Mary T. Meagher, Lakeside, S.C.	Brown Deer, Wisconsin	8-16-81

## 200 meter Butterfly

WORLD:	2:05.96	Mary T. Meagher, Lakeside, S.C.	Brown Deer, Wisconsin	8-13-81
AMERICAN:	2:05.96	Mary T. Meagher, Lakeside, S.C.	Brown Deer, Wisconsin	8-13-81
U.S. OPEN:	2:05.96	Mary T. Meagher, Lakeside, S.C.	Brown Deer, Wisconsin	8-13-81

## 200 meter Individual Medley

WORLD:	2:11.73	Ute Geweniger, G.D.R.	E. Berlin, G.D.R.	7-04-81
AMERICAN:	2:12.64	Tracy Caulkins, USA	Los Angeles, California	8-03-84
U.S. OPEN:	2:12.64	Tracy Caulkins, USA	Los Angeles, California	8-03-84

## 400 meter Individual Medley

WORLD:	4:36.10	Petra Schneider, G.D.R.	Guayaquil, Ecuador	8-01-82
AMERICAN:	4:39.24	Tracy Caulkins, USA	Los Angeles, California	7-29-84
U.S. OPEN:	4:39.24	Tracy Caulkins, USA	Los Angeles, California	7-29-84

## 200 meter Freestyle Relay

WORLD BEST:	1:43.25	USA National Team	Mission Viejo, California	7-21-84
		(Dara Torres, Carrie Steinseifer, Jenna Johnson, Jill Sterkel)		
AMERICAN:	1:43.25	USA National Team	Mission Viejo, California	7-21-84
		(Dara Torres, Carrie Steinseifer, Jenna Johnson, Jill Sterkel)		
U.S. OPEN:	1:43.25	USA National Team	Mission Viejo, California	7-21-84
		(Dara Torres, Carrie Steinseifer, Jenna Johnson, Jill Sterkel)		
CLUB:	1:44.64	Starlit Aquatic Club	Indianapolis, Indiana	8-21-82
		(Susan Tietjen, Krissie Bush, Heather Strang, Barb Major)		

## 400 meter Free Relay

WORLD:	3:40.57	G.D.R. National Team	Madrid, Spain	8-19-86
		(Kristin Otto*, Manuela Stellmach, Sabina Schulze, Heike Friedrich)		
AMERICAN:	3:43.43	USA National Team	West Berlin, F.R.G.	8-26-78
		(Tracy Caulkins, Stephanie Elkins, Jill Sterkel, Cynthia Woodhead)		
	3:43.43	USA National Team	Los Angeles, California	7-31-84
		(Jenna Johnson, Carrie Steinseifer, Dara Torres, Nancy Hogshead)		
U.S. OPEN:	3:43.43	USA National Team	West Berlin, F.R.G.	8-26-78
		(Tracy Caulkins, Stephanie Elkins, Jill Sterkel, Cynthia Woodhead)		
	3:43.43	USA National Team	Los Angeles, California	7-31-84
		(Jenna Johnson, Carrie Steinseifer, Dara Torres, Nancy Hogshead)		
CLUB:	3:45.68	Mission Viejo Nadadores	Brown Deer, Wisconsin	8-15-81
		(Sue Habernigg, Barb Major, Cynthia Woodhead, Julie Williams)		

r = performance in first leg of relay



## 800 meter Free Relay

<b>WORLD:</b>	7:55.47	.....G.D.R. National Team .....	Strasbourg, FRA.....	8-18-87
		(Manuela Stellmach, Astrid Strauss, Anke Mohring, Heike Friedrich)		
<b>AMERICAN:</b>	8:02.12	.....USA National Team .....	Madrid, Spain .....	8-17-86
		(Betsy Mitchell, Mary T. Meogher, Kim Brown, Mary Wayte)		
<b>U.S. OPEN:</b>	8:06.74	.....USA National Team.....	Tokyo, Japan .....	8-18-85
		(Mary Wayte, Trina Radke, Laura Walker, Carrie Steinseifer)		
<b>CLUB:</b>	8:07.44	.....Mission Viejo, Nadadores.....	Brown Deer, Wisconsin....	8-14-81
		(Marybeth Linzmeier, Sue Habernigg, Tiffany Cohen, Cynthia Woodhead)		

## 200 meter Medley Relay

<b>WORLD:</b>	1:55.00	.....USA National Team .....	Mission Viejo, California ..	7-21-84
		(Betsy Mitchell, Tracy Caulkins, Jenna Johnson, Jill Sterkel)		
<b>AMERICAN:</b>	1:55.00	.....USA National Team .....	Mission Viejo, California ..	7-21-84
		(Betsy Mitchell, Tracy Caulkins, Jenna Johnson, Jill Sterkel)		
<b>U.S. OPEN:</b>	1:55.00	.....USA National Team .....	Mission Viejo, California ..	7-21-84
		(Betsy Mitchell, Tracy Caulkins, Jenna Johnson, Jill Sterkel)		
<b>CLUB:</b>	1:58.99	.....Nashville Aquatic Club .....	Carbondale, Illinois .....	7-12-81
		(Amy Caulkins, Tracy Caulkins, Patty King, Lisa Brown)		

## 400 meter Medley Relay

<b>WORLD:</b>	4:03.69	.....G.D.R. National Team .....	Moscow, U.R.S. ....	8-24-84
		(Ina Kleber*, Sylvia Gerasch, Ines Geissler, Birgit Meineke)		
<b>AMERICAN:</b>	4:07.75	.....USA National Team .....	Madrid, Spain .....	8-22-86
		(Betsy, Mitchell, Jenny Hau, Mary T. Meagher, Jenna Johnson)		
<b>U.S. OPEN:</b>	4:08.12	.....USA National Team .....	Guayaquil, Ecuador.....	8-06-82
		(Sue Walsh, Kim Rhodenbaugh, Mary T. Meagher, Jill Sterkel)		
<b>CLUB:</b>	4:11.22	.....University of Florida .....	Austin, Texas .....	12-07-85
		(Holley Green, Cindy Ounpuu, Dara Torres, Mary Wayte)		

\*Achieved World record in 100 meter backstroke with relay performance.

## SHORT COURSE RECORDS (YARDS) — MEN

### 50 yard Freestyle

<b>AMERICAN:</b>	19.15	.....Matt Biondi, University of California .....	Austin, Texas .....	4-02-87
<b>U.S. OPEN:</b>	19.15	.....Matt Biondi, University of California .....	Austin, Texas .....	4-02-87

### 100 yard Freestyle

<b>AMERICAN:</b>	41.80	.....Matt Biondi, University of California .....	Austin, Texas .....	4-04-87
<b>U.S. OPEN:</b>	41.80	.....Matt Biondi, University of California .....	Austin, Texas .....	4-04-87

### 200 yard Freestyle

<b>AMERICAN:</b>	1:33.03	.....Matt Biondi, University of California .....	Austin, Texas .....	4-03-87
<b>U.S. OPEN:</b>	1:33.03	.....Matt Biondi, University of California .....	Austin, Texas .....	4-03-87

### 500 yard Freestyle

<b>AMERICAN:</b>	4:13.06	.....Mike O'Brien, USC.....	Austin, Texas .....	3-28-85
<b>U.S. OPEN:</b>	4:13.06	.....Mike O'Brien, USC.....	Austin, Texas .....	3-28-85

### 1000 yard Freestyle

<b>AMERICAN:</b>	8:47.38	.....Mike O'Brien, Mission Viejo .....	E. Los Angeles, Calif. ....	4-02-85
<b>U.S. OPEN:</b>	8:47.38	.....Mike O'Brien, Mission Viejo .....	E. Los Angeles, Calif. ....	4-02-85

### 1650 yard Freestyle

<b>AMERICAN:</b>	14:37.87	.....Jeff Kostoff, Stanford .....	Indianapolis, Indiana .....	4-5-86
<b>U.S. OPEN:</b>	14:37.87	.....Jeff Kostoff, Stanford .....	Indianapolis, Indiana .....	4-5-86

r = performance in first leg of relay

**R**

## 100 yard Backstroke

AMERICAN:	47.94r	Jay Mortenson, Stanford	Austin, Texas	4-02-87
U.S. OPEN:	47.94r	Jay Mortenson, Stanford	Austin, Texas	4-02-87

## 200 yard Backstroke

AMERICAN:	1:44.43	Rick Carey, Badger, S.C.	Indianapolis, Indiana	4-06-83
U.S. OPEN:	1:44.43	Rick Carey, Badger, S.C.	Indianapolis, Indiana	4-06-83

## 100 yard Breaststroke

AMERICAN:	52.48	Steve Lundquist, SMU	Indianapolis, Indiana	3-25-83
U.S. OPEN:	52.48	Steve Lundquist, SMU	Indianapolis, Indiana	3-25-83

## 200 yard Breaststroke

AMERICAN:	1:55.01	Steve Lundquist, SMU	Austin, Texas	3-28-81
U.S. OPEN:	1:55.01	Steve Lundquist, SMU	Austin, Texas	3-28-81

## 100 yard Butterfly

AMERICAN:	46.26	Pablo Morales, Stanford	Indianapolis, Indiana	4-4-86
U.S. OPEN:	46.26	Pablo Morales, Stanford	Indianapolis, Indiana	4-4-86

## 200 yard Butterfly

AMERICAN:	1:42.60	Pablo Morales, Stanford	Austin, Texas	4-04-87
U.S. OPEN:	1:42.60	Pablo Morales, Stanford	Austin, Texas	4-04-87

## 200 yard Individual Medley

AMERICAN:	1:45.00	William Barrett, UCLA	Brown Deer, Wisconsin	3-25-82
U.S. OPEN:	1:45.00	William Barrett, UCLA	Brown Deer, Wisconsin	3-25-82

## 400 yard Individual Medley

AMERICAN:	3:46.54	Jeff Kostoff, Stanford	Austin, Texas	3-29-85
U.S. OPEN:	3:43.04	Tamas Darnyi, HUN	Boca Raton, Florida	4-27-87

## 200 yard Freestyle Relay

AMERICAN:	1:18.55	Mission Viejo Nadadores	Cambridge, Mass.	4-10-81
		(Arthur E. Griffith, Jerry Spencer, Brad Hering, Robin Leamy)		
U.S. OPEN:	1:18.55	Mission Viejo Nadadores	Cambridge, Mass.	4-10-81
		(Arthur E. Griffith, Jerry Spencer, Brad Hering, Robin Leamy)		

## 400 yard Freestyle Relay

AMERICAN:	2:53.15	UCLA	Brown Deer, Wisconsin	3-27-82
		(William Barrett, Christopher Silva, Stuart MacDonald, Robin Leamy)		
U.S. OPEN:	2:53.02	University of California	Indianapolis, IN	4-05-86
		(Tom Werner, Thomas Lejdstrom, Mike Soderland, Matt Biondi)		
	2:53.15	University of California	Austin, Texas	3-29-85
		(Thomas Lejdstrom, Michael Soderlund, Bengt Baron, Matt Biondi)		

## 800 yard Freestyle Relay

AMERICAN:	6:25.42	Florida Aquatics	Monterey Park, Calif.	4-13-79
		(Rowdy Gaines, David Larson, David McCagg, Keith Dickson)		
U.S. OPEN:	6:21.29	University of Florida	Cleveland, Ohio	3-22-84
		(Geoff Gaberino, Albert Mestre, Duffy Dillon, Mike Heath)		

## 200 yard Medley Relay

AMERICAN:	1:28.95	Mission Viejo Nadadores	Cambridge, Mass.	4-09-81
		(Jesse Vassallo, William Barrett, David McCagg, Robin Leamy)		
U.S. OPEN:	1:28.95	Mission Viejo Nadadores	Cambridge, Mass.	4-09-81
		(Jesse Vassallo, William Barrett, David McCagg, Robin Leamy)		

## 400 yard Medley Relay

AMERICAN:	3:10.92	Stanford University	Austin, Texas	3-28-85
		(Dave Bottom, John Moffet, Pablo Morales, David Lundberg)		

r=performance in first leg of relay

**U.S. OPEN:** 3:10.92 .....Stanford University .....Austin, Texas ..... 3-28-85  
(Dave Bottom, John Moffet, Pablo Morales, David Lundberg)

## SHORT COURSE RECORDS (YARDS) — WOMEN

### 50 yard Freestyle

**AMERICAN:** 22.13 .....Tammy Thomas, University of Kansas .....Indianapolis, Indiana ..... 4-08-83  
**U.S. OPEN:** 22.13 .....Tammy Thomas, University of Kansas .....Indianapolis, Indiana ..... 4-08-83

### 100 yard Freestyle

**AMERICAN:** 48.40 .....Tammy Thomas, University of Kansas .....Lincoln, Nebraska ..... 3-19-83  
**U.S. OPEN:** 48.40 .....Tammy Thomas, University of Kansas .....Lincoln, Nebraska ..... 3-19-83

### 200 yard Freestyle

**AMERICAN:** 1:44.10 .....Cynthia Woodhead, Riverside A.A. .... Monterey Park, Calif. .... 4-12-79  
**U.S. OPEN:** 1:44.10 .....Cynthia Woodhead, Riverside A.A. .... Monterey Park, Calif. .... 4-12-79

### 500 yard Freestyle

**AMERICAN:** 4:36.25 .....Tracy Caulkins, Nashville Aquatic ..... Monterey Park, Calif. .... 4-11-79  
**U.S. OPEN:** 4:36.25 .....Tracy Caulkins, Nashville Aquatic ..... Monterey Park, Calif. .... 4-11-79

### 1000 yard Freestyle

**AMERICAN:** 9:28.32 .....Tiffany Cohen, Mission Viejo ..... Monterey Park, Calif. .... 4-02-85  
**U.S. OPEN:** 9:28.32 .....Tiffany Cohen, Mission Viejo ..... Monterey Park, Calif. .... 4-02-85

### 1650 yard Freestyle

**AMERICAN:** 15:46.54 .....Tiffany Cohen, Mission Viejo ..... Indianapolis, Indiana ..... 4-09-83  
**U.S. OPEN:** 15:46.54 .....Tiffany Cohen, Mission Viejo ..... Indianapolis, Indiana ..... 4-09-83

### 100 yard Backstroke

**AMERICAN:** 53.98 .....Betsy Mitchell, University of Texas ..... Indianapolis, Indiana ..... 3-20-87  
**U.S. OPEN:** 53.98 .....Betsy Mitchell, University of Texas ..... Indianapolis, Indiana ..... 3-20-87

### 200 yard Backstroke

**AMERICAN:** 1:55.16 .....Betsy Mitchell, U. of Texas ..... Indianapolis, IN ..... 3-21-87  
**U.S. OPEN:** 1:55.16 .....Betsy Mitchell, U. of Texas ..... Indianapolis, IN ..... 3-21-87

### 100 yard Breaststroke

**AMERICAN:** 1:01.13 .....Tracy Caulkins, Nashville Aquatic ..... Cambridge, Mass. .... 4-11-81  
**U.S. OPEN:** 1:00.68 .....Tracey McFarlane, Univ. of Texas (Canada) ..... Indianapolis, Indiana ..... 3-20-87

### 200 yard Breaststroke

**AMERICAN:** 2:11.46 .....Tracy Caulkins, Nashville Aquatic ..... Nashville, Tennessee ..... 1-13-80  
**U.S. OPEN:** 2:09.76 .....Hiroko Nagasaki, Golden Bear (Japan) ..... Boca Raton, Florida ..... 3-25-87

### 100 yard Butterfly

**AMERICAN:** 52.42 .....Mary T. Meagher, University of California ..... Indianapolis, Indiana ..... 3-20-87  
**U.S. OPEN:** 52.42 .....Mary T. Meagher, University of California ..... Indianapolis, Indiana ..... 3-20-87

### 200 yard Butterfly

**AMERICAN:** 1:52.99 .....Mary T. Meagher, Lakeside ..... Cambridge, Mass. .... 4-08-81  
**U.S. OPEN:** 1:52.99 .....Mary T. Meagher, Lakeside ..... Cambridge, Mass. .... 4-08-81

### 200 yard Individual Medley

**AMERICAN:** 1:57.06 .....Tracy Caulkins, University of Florida ..... Indianapolis, Indiana ..... 3-15-84  
**U.S. OPEN:** 1:57.06 .....Tracy Caulkins, University of Florida ..... Indianapolis, Indiana ..... 3-15-84

### 400 yard Individual Medley

**AMERICAN:** 4:04.63 .....Tracy Caulkins, Nashville Aquatic ..... Cambridge, Mass. .... 4-09-81  
**U.S. OPEN:** 4:04.63 .....Tracy Caulkins, Nashville Aquatic ..... Cambridge, Mass. .... 4-09-81



## 200 yard Freestyle Relay

AMERICAN:	1:31.01	.....University of Texas	.....Indianapolis, IN	3-20-87
		(Jeanne Doolan, Courtney Madsen, Carrie Steinseifer, Ann Drolsom)		
U.S. OPEN:	1:31.01	.....University of Texas	.....Indianapolis, IN	3-20-87
		(Jeanne Doolan, Courtney Madsen, Carrie Steinseifer, Ann Drolsom)		

## 400 yard Freestyle Relay

AMERICAN:	3:17.69	.....Stanford	.....Indianapolis, Indiana	3-21-87
		(Jenna Johnson, Laurie McLean, Susan Rapp, Aimee Berzins)		
U.S. OPEN:	3:17.69	.....Stanford	.....Indianapolis, Indiana	3-21-87
		(Jenna Johnson, Laurie McLean, Susan Rapp, Aimee Berzins)		

## 800 yard Freestyle Relay

AMERICAN:	7:06.98	.....University of Florida	.....Indianapolis, Indiana	3-15-84
		(Tracy Caulkins, Mary Wayte, Kathy Treible, Lauren Welting)		
U.S. OPEN:	7:06.98	.....University of Florida	.....Indianapolis, Indiana	3-15-84
		(Tracy Caulkins, Mary Wayte, Kathy Treible, Lauren Welting)		

## 200 yard Medley Relay

AMERICAN:	1:39.88	.....University of Texas	.....Indianapolis, IN	3-19-87
		(Betsy Mitchell, Tracey McFarlane, Jodi Eyles, Ann Drolsom)		
U.S. OPEN:	1:39.88	.....University of Texas	.....Indianapolis, IN	3-19-87
		(Betsy Mitchell, Tracey McFarlane, Jodi Eyles, Ann Drolsom)		

## 400 yard Medley Relay

AMERICAN:	3:38.17	.....Stanford	.....Indianapolis, Indiana	3-20-87
		(Michelle Donahue, Susan Rapp, Jenna Johnson, Aimee Berzins)		
U.S. OPEN:	3:38.17	.....Stanford	.....Indianapolis, Indiana	3-20-87
		(Michelle Donahue, Susan Rapp, Jenna Johnson, Aimee Berzins)		

## SHORT COURSE RECORDS (METERS) — MEN

### 50 meter Freestyle

WORLD BEST:	21.84	.....Matt Biondi, University of California	.....Los Angeles, CA	4-25-87
AMERICAN:	21.84	.....Matt Biondi, University of California	.....Los Angeles, CA	4-25-87
U.S. OPEN:	21.84	.....Matt Biondi, University of California	.....Los Angeles, CA	4-25-87

### 100 meter Freestyle

WORLD BEST:	48.52	.....David McCagg, USA	.....Austin, Texas	4-15-78
AMERICAN:	48.52	.....David McCagg, USA	.....Austin, Texas	4-15-78
U.S. OPEN:	48.52	.....David McCagg, USA	.....Austin, Texas	4-15-78

### 200 meter Freestyle

WORLD BEST:	1:44.50	.....Michael Gross, F.R.G.	.....Offenbach, F.R.G.	11-27-82
AMERICAN:	1:46.46	.....John Witchel, Stanford	.....Los Angeles, California	4-26-87
U.S. OPEN:	1:46.46	.....John Witchel, Stanford	.....Los Angeles, California	4-26-87

### 400 meter Freestyle

WORLD BEST:	3:42.40	.....Michael Gross, F.R.G.	.....Aachen, F.R.G.	2-03-85
AMERICAN:	3:43.71	.....Jeff Kostoff, USA	.....Bonn, F.R.G.	2-12-83
U.S. OPEN:	3:43.71	.....Jeff Kostoff, USA	.....Bonn, F.R.G.	2-12-83

### 800 meter Freestyle

WORLD BEST:	7:38.75	.....Michael Gross, F.R.G.	.....Bonn, F.R.G.	2-09-85
AMERICAN:	7:43.06	.....Jeff Kostoff, USA	.....Bonn, F.R.G.	2-13-85
U.S. OPEN:	7:43.06	.....Jeff Kostoff, USA	.....Bonn, F.R.G.	2-13-85

### 1500 meter Freestyle

WORLD BEST:	14:37.60	.....Vladimir Salnikov, USSR	.....Gothenburg, Sweden	12-19-82
AMERICAN:	14:50.37	.....Jeff Kostoff, USA	.....Indianapolis, Indiana	1-09-83
U.S. OPEN:	14:50.37	.....Jeff Kostoff, USA	.....Indianapolis, Indiana	1-09-83

## 100 meter Backstroke

WORLD BEST:	54.20	Dirk Richter, G.D.R.	Hertogenbosch, The Netherlands	12-15-85
AMERICAN:	54.31r	Jay Mortenson, Stanford University	Los Angeles, CA	4-26-87
U.S. OPEN:	54.31r	Jay Mortenson, Stanford University	Los Angeles, CA	4-26-87

## 200 meter Backstroke

WORLD BEST:	1:56.60	Tamas Darnyi, HUN	Bonn, F.R.G.	2-07-87
AMERICAN:	1:59.49	Rick Carey, USA	Gainesville, Florida	1-02-81
U.S. OPEN:	1:58.75	Dirk Richter, G.D.R.	Fayetteville, Arkansas	1-05-85

## 100 meter Breaststroke

WORLD BEST:	59.75	Adrian Moorhouse, GBR	Bonn, F.R.G.	2-08-87
AMERICAN:	1:01.26	Scott Spann, USA	Austin, Texas	4-15-78
U.S. OPEN:	1:01.26	Scott Spann, USA	Austin, Texas	4-15-78

## 200 meter Breaststroke

WORLD BEST:	2:08.82	Victor Davis, CAN	Bonn, F.R.G.	2-08-87
AMERICAN:	2:12.49	Steve Bentley, USC	Los Angeles, California	4-25-87
U.S. OPEN:	2:11.54	Victor Davis, CAN	Gainesville, Florida	1-09-82

## 100 meter Butterfly

WORLD BEST:	52.90	Michael Gross, F.R.G.	Offenbach, F.R.G.	11-24-84
AMERICAN:	53.29	Scott Spann, USA	Austin, Texas	4-15-78
U.S. OPEN:	53.29	Scott Spann, USA	Austin, Texas	4-15-78

## 200 meter Butterfly

WORLD BEST:	1:54.78	Michael Gross, F.R.G.	Bonn, F.R.G.	2-10-85
AMERICAN:	1:56.42	Craig Beardsley, USA	Gainesville, Florida	1-10-82
U.S. OPEN:	1:55.39	Anthony Mosse, Stanford (NZL)	Los Angeles, California	4-26-87

## 200 meter Individual Medley

WORLD BEST:	1:58.18	Pablo Morales, Stanford	Los Angeles, California	4-26-87
AMERICAN:	1:58.18	Pablo Morales, Stanford	Los Angeles, California	4-26-87
U.S. OPEN:	1:58.18	Pablo Morales, Stanford	Los Angeles, California	4-26-87

## 400 meter Individual Medley

WORLD BEST:	4:10.67	Alex Baumann, CAN	Winnipeg, Canada	1-27-84
AMERICAN:	4:14.29	Jeff Kostoff, Industry Hills	Mission Viejo, Calif.	7-27-86
U.S. OPEN:	4:14.29	Jeff Kostoff, Industry Hills	Mission Viejo, Calif.	7-27-86

## 200 meter Freestyle Relay

WORLD BEST:	1:28.32	USA National Team (Jim Born, Scott McCadam, Tom Williams, Todd Dudley)	Bonn, F.R.G.	2-07-87
AMERICAN:	1:28.32	USA National Team (Jim Born, Scott McCadam, Tom Williams, Todd Dudley)	Bonn, F.R.G.	2-07-87
U.S. OPEN:	1:30.85	University of Arkansas (Chris Cantwell, Norman Wyatt, Larry Craft, James Pringle)	Fayetteville, Arkansas	1-03-85
AMER. CLUB:	1:30.85	University of Arkansas (Chris Cantwell, Norman Wyatt, Larry Craft, James Pringle)	Fayetteville, Arkansas	1-03-85

## 400 meter Freestyle Relay

WORLD BEST:	3:16.11	USA (David McCagg, Scott Findorff, Andy Veris, Andy Coan)	Austin, Texas	4-16-78
AMERICAN:	3:16.11	USA (David McCagg, Scott Findorff, Andy Veris, Andy Coan)	Austin, Texas	4-16-78
U.S. OPEN:	3:16.11	USA (David McCagg, Scott Findorff, Andy Veris, Andy Coan)	Austin, Texas	4-16-78
USO CLUB:	3:20.07	University of Arkansas Swim Club (Art Griffith, Jerry Spencer, Larry Craft, Neil Brooks)	Indianapolis, Indiana	1-09-83

<b>AMER. CLUB:</b>	3:22.81	University of Florida	Gainesville, Florida	1-02-81
		(Geoff Gaberino, Mike St. Denis, David Zubero, David Larson)		
<b>CLUB:</b>	3:16.33	Stanford University	Los Angeles, CA	4-26-87
		(Pablo Morales, Doug Lillydahl, Byron Burson, John Hodge)		

### 800 meter Freestyle Relay

<b>WORLD BEST:</b>	7:05.17	F.R.G. National Team	Bonn, F.R.G.	2-09-86
		(Rainer Henkel, Alexander Schowtka, Dirk Korthals, Michael Gross)		
<b>AMERICAN:</b>	7:14.34	USA	Austin, Texas	4-15-78
		(Andy Veris, John Hillencamp, David McCagg, David Larson)		
<b>U.S. OPEN:</b>	7:13.99	G.D.R.	Fayetteville, Arkansas	1-05-85
		(Dirk Richter, Steffen Liess, Uwe Dassler, Sven Lodziewski)		
<b>CLUB:</b>	7:23.50	University of Florida	Gainesville, Florida	1-03-84
		(Geoff Gaberino, David Larson, David Zubero, Glynn Perry)		

### 200 meter Medley Relay

<b>WORLD BEST:</b>	1:39.36	F.R.G. National Team	Bonn, F.R.G.	2-08-87
		(Frank Hoffmeister, Rolf Beab, Stephan Guesgen, Bernd Hoffmeister)		
<b>AMERICAN:</b>	1:40.21	USA	Fayetteville, Arkansas	1-04-85
		(Coy Cobb, John Moffet, Pablo Morales, Matt Biondi)		
<b>U.S. Open:</b>	1:40.21	USA	Fayetteville, Arkansas	1-04-85
		(Coy Cobb, John Moffet, Pablo Morales, Matt Biondi)		
<b>CLUB:</b>	1:40.71	University of Arkansas	Fayetteville, Arkansas	1-04-85
		(Larry Craft, John Ulibarri, David Gean, Chris Cantwell)		

### 400 meter Medley Relay

<b>WORLD BEST:</b>	3:37.36	Stanford	Los Angeles, California	4-25-87
		(Jay Mortenson, Sam McAdam, Pablo Morales, Byron Burson)		
<b>AMERICAN:</b>	3:37.36	Stanford	Los Angeles, California	4-25-87
		(Jay Mortenson, Sam McAdam, Pablo Morales, Byron Burson)		
<b>U.S. OPEN:</b>	3:37.36	Stanford	Los Angeles, California	4-25-87
		(Jay Mortenson, Sam McAdam, Pablo Morales, Byron Burson)		
<b>CLUB:</b>	3:37.36	Stanford University	Los Angeles, California	4-25-87
		(Jay Mortenson, Sam McAdam, Pablo Morales, Byron Burson)		

## SHORT COURSE RECORDS (METERS) — WOMEN

### 50 meter Freestyle

<b>WORLD BEST:</b>	25.28	Caren Metschuck, G.D.R.	Gainesville, Florida	1-09-82
<b>AMERICAN:</b>	25.31	Jenna Johnson, Stanford University	Los Angeles, California	4-26-87
<b>U.S. OPEN:</b>	25.28	Caren Metschuck, G.D.R.	Gainesville, Florida	1-09-82

### 100 meter Freestyle

<b>WORLD BEST:</b>	53.99	Birgit Meineke, G.D.R.	Indianapolis, Indiana	1-09-83
<b>AMERICAN:</b>	54.47	Jenna Johnson, USA	Bonn, F.R.G.	2-10-85
<b>U.S. OPEN:</b>	53.99	Birgit Meineke, G.D.R.	Indianapolis, Indiana	1-09-83

### 200 meter Freestyle

<b>WORLD BEST:</b>	1:56.35	Birgit Meineke, G.D.R.	Indianapolis, Indiana	1-07-83
<b>AMERICAN:</b>	1:56.87	Cynthia Woodhead, USA	Austin, Texas	4-15-78
<b>U.S. OPEN:</b>	1:56.35	Birgit Meineke, G.D.R.	Indianapolis, Indiana	1-07-83

### 400 meter Freestyle

<b>WORLD BEST:</b>	4:02.05	Astrid Strauss, G.D.R.	Bonn, F.R.G.	2-08-87
<b>AMERICAN:</b>	4:02.59	Cynthia Woodhead, USA	Austin, Texas	4-16-78
<b>U.S. OPEN:</b>	4:02.59	Cynthia Woodhead, USA	Austin, Texas	4-16-78



## 800 meter Freestyle

<b>WORLD BEST:</b>	8:15.34	Astrid Strauss, G.D.R.	Bonn, F.R.G.	2-06-87
<b>AMERICAN:</b>	8:18.77	Cynthia Woodhead, USA	Paris, France	2-08-80
<b>U.S. OPEN:</b>	8:17.32	Petra Schneider, G.D.R.	Gainesville, Florida	1-08-82

## 1500 meter Freestyle

<b>WORLD BEST:</b>	15:43.31	Petra Schneider, G.D.R.	Gainesville, Florida	1-10-82
<b>AMERICAN:</b>	15:50.96	Kim Linehan, USA	Indianapolis, Indiana	1-09-83
<b>U.S. OPEN:</b>	15:43.31	Petra Schneider, G.D.R.	Gainesville, Florida	1-10-82

## 100 meter Backstroke

<b>WORLD BEST:</b>	59.89	Betsy Mitchell, Texas	Los Angeles, California	4-26-87
<b>AMERICAN:</b>	59.89	Betsy Mitchell, Texas	Los Angeles, California	4-26-87
<b>U.S. OPEN:</b>	59.89	Betsy Mitchell, Texas	Los Angeles, California	4-26-87

## 200 meter Backstroke

<b>WORLD BEST:</b>	2:07.74	Cornelia Sirch, G.D.R.	Indianapolis, Indiana	1-09-83
<b>AMERICAN:</b>	2:11.02	Linda Jezek, USA	Austin, Texas	4-15-78
<b>U.S. OPEN:</b>	2:07.74	Cornelia Sirch, G.D.R.	Indianapolis, Indiana	1-09-83

## 100 meter Breaststroke

<b>WORLD BEST:</b>	1:07.05	Silke Hoerner, G.D.R.	Bonn, F.R.G.	2-08-86
<b>AMERICAN:</b>	1:07.47	Tracy Caulkins, USA	Gainesville, Florida	1-02-81
<b>U.S. OPEN:</b>	1:07.47	Tracy Caulkins, USA	Gainesville, Florida	1-02-81

## 200 meter Breaststroke

<b>WORLD BEST:</b>	2:25.71	Silke Hoerner, G.D.R.	Bonn, F.R.G.	2-09-86
<b>AMERICAN:</b>	2:27.32	Tracy Caulkins, USA	Paris, France	2-07-81
<b>U.S. OPEN:</b>	2:26.17	Ute Geweniger, G.D.R.	Gainesville, Florida	1-09-82

## 100 meter Butterfly

<b>WORLD BEST:</b>	58.91	Mary T. Meagher	Gainesville, Florida	1-03-81
<b>AMERICAN:</b>	58.91	Mary T. Meagher	Gainesville, Florida	1-03-81
<b>U.S. OPEN:</b>	58.91	Mary T. Meagher	Gainesville, Florida	1-03-81

## 200 meter Butterfly

<b>WORLD BEST:</b>	2:05.65	Mary T. Meagher	Gainesville, Florida	1-02-81
<b>AMERICAN:</b>	2:05.65	Mary T. Meagher	Gainesville, Florida	1-02-81
<b>U.S. OPEN:</b>	2:05.65	Mary T. Meagher	Gainesville, Florida	1-02-81

## 200 meter Individual Medley

<b>WORLD BEST:</b>	2:10.60	Petra Schneider, G.D.R.	Gainesville, Florida	1-08-82
<b>AMERICAN:</b>	2:10.80	Tracy Caulkins, USA	Gainesville, Florida	1-04-81
<b>U.S. OPEN:</b>	2:10.60	Petra Schneider, G.D.R.	Gainesville, Florida	1-08-82

## 400 meter Individual Medley

<b>WORLD BEST:</b>	4:33.44	Tracy Caulkins, USA	Gainesville, Florida	1-03-81
<b>AMERICAN:</b>	4:33.44	Tracy Caulkins, USA	Gainesville, Florida	1-03-81
<b>U.S. OPEN:</b>	4:33.44	Tracy Caulkins, USA	Gainesville, Florida	1-03-81

## 200 meter Freestyle Relay

<b>WORLD BEST:</b>	1:42.51	GDR National Team	Bonn, F.R.G.	2-07-87
		(Kristin Otto, Daniela Hunger, Kornelia Gressler, Heike Friedrich)		
<b>AMERICAN:</b>	1:43.00	USA	Bonn, F.R.G.	2-09-85
		(Jenna Johnson, Paige Zemina, Lisa Dorman, Betsy Mitchell)		
<b>U.S. OPEN:</b>	1:43.00	USA	Bonn, F.R.G.	2-09-85
		(Jenna Johnson, Paige Zemina, Lisa Dorman, Betsy Mitchell)		
<b>CLUB:</b>	1:50.44	Northern Virginia Fun and Fitness	White Oak, MD	1-23-83
		(Chris Smith, Gretchen Wasserstrom, Lisa Farris, Michelle Griglione)		

### 400 meter Freestyle Relay

<b>WORLD BEST:</b>	3:38.77	G.D.R.	Monte Carlo, Mon.	12-12-87
			(Sabine Schulze, Kathrin Meissner, Daniela Hunger, Manuela Stellmach)	
<b>AMERICAN:</b>	3:42.80	USA	Indianapolis, Indiana	1-09-83
			(Tracy Caulkins, Jill Sterkel, Kim Linehan, Marybeth Linzmeier)	
<b>U.S. OPEN:</b>	3:41.74	G.D.R.	Indianapolis, Indiana	1-09-83
			(Kristin Otto, Carmela Schmidt, Cornelia Sirch, Birgit Meineke)	
<b>CLUB:</b>	3:43.67	University of Texas	Los Angeles, CA	4-26-87
			(Betsy Mitchell, Ann Drolsom, Courtney Madsen, Carrie Steinseifer)	

### 800 meter Freestyle Relay

<b>WORLD BEST:</b>	7:58.74	USA	Gainesville, Florida	1-03-81
			(Tracy Caulkins, Nancy Hogshead, Mary T. Meagher, Cynthia Woodhead)	
<b>AMERICAN:</b>	7:58.74	USA	Gainesville, Florida	1-03-81
			(Tracy Caulkins, Nancy Hogshead, Mary T. Meagher, Cynthia Woodhead)	
<b>U.S. OPEN:</b>	7:58.74	USA	Gainesville, Florida	1-03-81
			(Tracy Caulkins, Nancy Hogshead, Mary T. Meagher, Cynthia Woodhead)	
<b>U.S. OPEN CLUB:</b>	8:11.86	University of Florida	Gainesville, Florida	1-08-82
			(Rosie Brown, Lynette Gernaat, Linda Irish, Andrea Cross)	
<b>AMER. CLUB:</b>	8:13.25	Ft. Lauderdale Swim Team	Gainesville, Florida	1-08-82
			(Stephanie Mason, Beth Gardner, Christi Woolger, Paige Zemina)	

### 200 meter Medley Relay

<b>WORLD BEST:</b>	1:54.06	GDR National Team	Bonn, F.R.G.	2-08-86
			(Katrin Zimmerman, Silke Hoerner, Birte Weigang, Helke Friedrich)	
<b>AMERICAN:</b>	1:54.58	USA	Fayetteville, Arkansas	1-04-85
			(Betsy Mitchell, Kim Rhodenbaugh, Jenna Johnson, Kathy Coffin)	
<b>U.S. OPEN:</b>	1:54.58	USA	Fayetteville, Arkansas	1-04-85
			(Betsy Mitchell, Kim Rhodenbaugh, Jenna Johnson, Kathy Coffin)	
<b>CLUB:</b>	2:00.75	Stanford University	Los Angeles, CA	4-26-87
			(Jennifer Pokluda, Susan Smith, Monica Nielebeck, Almee Berzins)	

### 400 meter Medley Relay

<b>WORLD BEST:</b>	4:02.85	G.D.R.	Indianapolis, Indiana	1-08-83
			(Kristen Otto, Ute Geweniger, Ines Geissler, Birgit Meineke)	
<b>AMERICAN:</b>	4:06.43	USA	Gainesville, Florida	1-09-82
			(Sue Walsh, Tracy Caulkins, Melanie Buddemeyer, Jill Sterkel)	
<b>U.S. OPEN:</b>	4:02.85	G.D.R.	Indianapolis, Indiana	1-08-83
			(Kristen Otto, Ute Geweniger, Ines Geissler, Birgit Meineke)	
<b>U.S. OPEN CLUB:</b>	4:15.88	Williams Wasps (Great Britain)	Gainesville, Florida	1-09-82
			(Anna-Louise Mason, Gaynor Stanley, Ann Osgerby, June Croft)	
<b>AMER. CLUB:</b>	4:20.21	Florida Aquatic Swim Team	Gainesville, Florida	1-04-81
			(Susan Hagberg, Tori Blazey, Holly Green, Kathy Treible)	

# 1987 UNITED STATES MASTERS SWIMMING RECORDS Long Course — Women

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	29:27	26:77	26:60	28:74	29:10	29:08	31:10	32:60	35:08	36:40	39:03	43:50	1:00:77	1:06:49
100 Free	1:02:31	58:97	58:34	1:01:92	1:06:70	1:05:44	1:11:24	1:13:80	1:20:10	1:22:50	1:31:03	1:50:49	2:28:56	2:48:56
200 Free	2:14:17	2:11:50	2:10:06	2:14:11	2:24:38	2:24:24	2:38:26	2:44:47	2:52:75	3:15:59	3:27:09	3:59:83	5:17:64	6:13:73
400 Free	5:03:95	4:32:67	4:33:08	4:34:20	5:00:18	5:08:67	5:37:18	5:51:20	6:09:79	7:06:65	7:44:80	8:27:00	11:18:98	13:22:48
800 Free	10:31:45	9:37:44	9:51:94	10:21:68	10:28:26	10:48:41	11:40:50	12:16:49	12:43:70	14:05:13	15:39:40	19:13:63	23:43:50	29:14:16
1500 Free	20:27:52	17:50:23	18:04:42	18:12:11	20:17:80	21:08:30	22:00:76	23:55:10	25:55:57	27:20:13	31:04:57	33:01:50	42:56:35	57:03:68
50 Back	34:27	31:92	32:21	32:64	36:67	37:64	38:48	39:17	40:58	47:31	48:44	1:01:68	1:08:92	1:14:83
100 Back	1:06:09	1:08:44	1:11:26	1:14:51	1:18:50	1:21:04	1:23:82	1:27:61	1:31:06	1:46:95	1:51:41	2:11:89	2:40:84	2:49:73
200 Back	2:41:21	2:28:50	2:36:61	2:43:47	2:47:57	2:56:28	3:01:07	3:11:43	3:16:98	3:50:16	4:02:01	4:42:61	5:33:49	5:51:89
50 Brst	37:74	34:36	36:34	37:04	38:37	39:86	40:22	43:82	45:86	49:13	56:48	1:00:55	1:17:90	1:42:40
100 Brst	1:24:28	1:18:31	1:21:63	1:22:46	1:24:95	1:28:07	1:31:55	1:36:32	1:43:73	1:50:29	2:06:46	2:14:40	2:58:55	3:32:03
200 Brst	3:05:24	2:50:04	2:53:08	3:05:62	3:07:35	3:11:24	3:24:83	3:31:50	3:48:72	4:05:90	4:26:93	4:39:52	6:11:63	7:45:92
50 Fly	32:00	28:79	29:98	30:17	32:16	30:74	34:67	35:29	41:94	44:67	55:54	1:02:81	1:16:09	1:27:77
100 Fly	1:08:31	1:03:91	1:07:56	1:06:63	1:11:80	1:12:67	1:24:40	1:27:49	1:38:21	1:48:37	2:03:80	2:22:53	2:57:05	3:22:83
200 Fly	2:28:01	2:22:42	2:32:65	2:36:20	2:41:67	2:44:10	3:15:92	3:19:84	3:34:66	3:58:77	4:37:05	4:57:27	6:41:20	7:40:47
100 I.M.	—	—	—	—	—	—	—	—	—	—	—	—	—	—
200 I.M.	2:34:52	2:27:48	2:31:52	2:42:43	2:46:81	2:46:91	3:05:13	3:07:65	3:17:40	3:53:46	4:10:91	4:25:80	6:02:99	7:08:59
400 I.M.	5:20:39	5:12:46	5:28:33	5:40:56	5:53:62	5:54:98	6:35:20	6:42:05	6:59:45	8:31:05	8:47:36	9:11:23	12:25:51	14:16:56
200 Fr. Rel.	76+	2:10:57	—	1:56:56	—	1:53:05	—	1:50:17	2:07:17	2:18:43	2:43:47	2:43:47	280+	3:28:76
200 Med. Rel.	—	2:15:79	—	2:12:71	—	2:11:61	—	2:21:79	—	2:35:47	3:14:69	—	—	3:45:37
400 Fr. Rel.	—	—	—	5:33:84	—	5:34:96	—	5:52:88	—	5:40:36	—	—	—	—
400 Med. Rel.	—	—	—	7:41:20	—	5:09:67	—	6:10:08	—	6:44:16	8:06:95	—	—	—
800 Fr. Rel.	—	—	—	—	—	—	—	11:29:46	—	—	—	—	—	—
200 Mix. Fr. Rel.	—	1:55:94	—	1:46:28	—	1:44:84	—	1:52:55	—	1:59:04	2:14:93	—	2:48:02	—
200 Mix. Med. Rel.	—	2:08:18	—	2:00:93	—	1:58:03	—	2:07:61	—	2:20:00	2:42:29	—	3:03:75	—
400 Mix. Fr. Rel.	—	4:36:56	—	4:45:64	—	4:50:77	—	4:30:63	—	5:33:66	7:40:62	—	—	—
400 Mix. Med. Rel.	—	5:01:19	—	—	—	6:12:23	—	5:28:18	—	5:38:87	13:22:80	—	—	—
800 Mix. Med. Rel.	—	—	—	9:54:57	—	10:49:72	—	10:16:62	—	—	—	—	—	—

Updated 9-15-87



# 1987 UNITED STATES MASTERS SWIMMING RECORDS Long Course — Men

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
50 Free	24.93	22.59	24.34	24.97	25.25	26.12	26.16	27.43	28.60	29.17	29.35	32.50	38.95	46.97	59.88
100 Free	54.72	51.25	52.32	55.38	56.36	58.76	59.25	1:04.19	1:03.94	1:08.15	1:11.61	1:14.86	1:33.72	2:07.87	2:14.06
200 Free	2:02.03	1:53.78	1:55.48	2:00.45	2:05.76	2:09.30	2:17.97	2:23.09	2:26.94	2:32.90	2:44.86	2:53.73	3:31.79	4:42.61	—
400 Free	4:23.89	4:07.73	4:08.70	4:18.35	4:32.52	4:37.15	4:52.28	4:58.43	5:26.31	5:38.79	6:08.19	6:27.76	7:23.09	11:19.63	—
800 Free	9:36.78	8:51.04	8:46.99	9:14.04	9:28.48	10:18.72	10:17.40	10:32.04	11:38.34	12:09.27	13:32.63	13:35.96	15:53.13	—	—
1500 Free	17:55.72	16:28.69	17:06.74	17:28.84	18:23.82	18:34.73	19:28.41	20:17.72	21:56.61	23:04.59	25:14.63	25:41.55	28:54.95	41:06.87	—
50 Back	28.06	27.86	27.93	28.04	29.94	30.90	32.41	34.13	35.02	36.82	39.36	40.47	45.69	1:01.44	2:16.90
100 Back	1:01.85	1:00.30	1:00.40	1:02.53	1:07.40	1:10.12	1:11.27	1:18.16	1:18.06	1:23.99	1:29.89	1:32.92	1:50.05	2:27.15	5:04.51
200 Back	2:15.36	2:12.99	2:11.77	2:17.31	2:29.51	2:35.57	2:35.44	2:51.91	2:52.67	3:12.68	3:18.06	3:34.86	4:04.79	5:15.15	—
50 Brst	30.10	29.88	29.74	31.52	32.39	33.91	33.85	34.51	37.61	40.21	41.44	45.07	54.29	1:06.00	2:12.09
100 Brst	1:10.15	1:06.61	1:06.87	1:10.20	1:11.58	1:15.47	1:15.60	1:18.65	1:27.50	1:31.99	1:33.20	1:39.69	2:04.84	2:43.08	5:16.03
200 Brst	2:36.88	2:30.96	2:28.61	2:35.66	2:38.02	2:52.13	2:53.76	3:04.14	3:17.55	3:27.47	3:36.00	3:50.51	4:43.91	6:23.90	—
50 Fly	26.59	25.16	25.84	26.35	27.56	28.68	28.90	30.94	32.19	33.85	38.79	41.25	56.27	1:33.56	—
100 Fly	59.41	56.34	57.08	58.59	1:02.05	1:06.65	1:07.13	1:14.20	1:20.84	1:29.32	1:39.69	1:48.44	2:43.61	—	—
200 Fly	2:13.67	2:06.88	2:07.71	2:12.91	2:27.47	2:32.11	2:33.79	3:04.49	3:09.15	3:34.69	3:43.08	4:04.13	5:56.13	—	—
100 I.M.	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
200 I.M.	2:12.88	2:09.21	2:15.10	2:20.37	2:23.20	2:32.06	2:35.51	2:44.00	2:56.57	3:02.81	3:21.96	3:30.50	4:22.70	5:33.20	—
400 I.M.	5:12.26	4:34.08	4:54.65	4:59.66	5:08.30	5:27.32	5:41.04	5:53.77	6:32.33	6:50.63	7:29.78	7:48.38	10:44.82	—	—
200 Fr. Rel.	76+	1:43.05	1:41.18	1:41.18	1:37.43	1:37.43	1:37.43	1:43.93	1:50.45	2:02.48	2:10.99	2:23.63	2:49.34	2:49.34	—
200 Med. Rel.	1:59.61	1:59.61	1:59.61	1:59.61	1:52.54	1:52.54	1:52.54	2:01.21	2:10.99	2:23.63	2:49.34	2:49.34	2:49.34	2:49.34	—
400 Fr. Rel.	—	—	—	—	4:26.55	4:26.55	4:26.55	4:44.02	4:50.09	4:50.09	5:31.75	5:31.75	5:31.75	5:31.75	—
400 Med. Rel.	—	—	—	—	4:48.97	4:48.97	4:48.97	4:48.97	4:48.97	4:48.97	4:48.97	4:48.97	4:48.97	4:48.97	—
800 Fr. Rel.	—	—	—	—	10:04.45	10:04.45	10:04.45	9:12.20	11:02.34	11:02.34	11:02.34	11:02.34	11:02.34	11:02.34	—

Updated 9-15-87

# 1987 UNITED STATES MASTERS SWIMMING RECORDS Short Course (Yards) — Women

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
50 Free	24.70	23.69	23.26	24.66	25.31	26.15	27.40	29.20	30.67	32.44	34.66	36.17	36.55	59.89	1:27.65
100 Free	53.74	52.11	50.83	54.22	55.97	57.91	1:01.58	1:05.80	1:08.11	1:12.28	1:21.70	1:21.57	1:57.98	2:22.40	3:31.33
200 Free	2:00.75	1:52.14	1:52.57	1:56.29	2:06.71	2:07.49	2:19.30	2:27.88	2:37.76	2:45.81	3:07.01	3:05.04	4:24.77	5:43.80	8:28.07
500 Free	5:26.50	4:59.00	5:07.60	5:11.40	5:36.92	5:42.92	6:11.76	6:33.76	6:52.36	8:02.90	8:24.47	9:41.78	12:01.10	15:11.61	—
1000 Free	11:11.78	10:26.63	11:02.07	11:36.20	11:41.01	11:55.72	12:44.88	13:40.00	14:04.75	16:18.49	18:12.99	21:40.27	24:34.79	32:19.92	—
1650 Free	17:31.70	17:48.56	17:41.63	19:07.37	19:25.96	20:12.73	21:32.25	23:12.73	25:01.78	27:17.62	30:15.38	33:14.90	40:21.50	50:54.73	—
50 Back	29.14	27.61	28.97	29.10	32.00	32.85	30.23	34.63	36.80	41.70	44.64	54.05	1:00.20	1:07.57	—
100 Back	1:02.84	58.76	1:02.87	1:02.92	1:08.57	1:12.10	1:13.49	1:17.48	1:20.41	1:32.70	1:37.58	2:00.48	2:15.78	2:41.15	—
200 Back	2:15.05	2:12.46	2:16.92	2:23.45	2:26.34	2:38.68	2:39.39	2:54.55	2:54.92	3:26.20	3:34.17	3:59.09	4:52.78	5:32.57	—
50 Brst	32.60	30.61	31.65	32.87	33.31	34.85	35.55	37.70	40.38	42.91	49.07	56.54	1:06.58	1:23.67	2:26.52
100 Brst	1:08.12	1:08.86	1:08.85	1:12.38	1:12.49	1:17.46	1:18.80	1:25.13	1:28.02	1:37.97	1:51.00	2:06.95	2:24.67	3:57.04	5:30.32
200 Brst	2:25.40	2:30.34	2:31.19	2:37.73	2:38.86	2:46.59	2:56.30	3:05.29	3:14.45	3:30.37	3:55.78	4:28.53	5:39.12	7:10.40	11:48.36
50 Fly	27.46	25.68	26.85	26.68	28.28	28.82	30.57	31.76	35.32	38.39	45.75	55.76	1:06.25	1:16.00	—
100 Fly	58.63	57.11	59.01	59.02	1:01.88	1:04.62	1:12.16	1:15.77	1:23.43	1:30.04	1:47.29	2:22.34	2:36.36	3:01.71	—
200 Fly	2:21.28	2:03.38	2:10.62	2:10.80	2:20.27	2:22.49	2:51.58	2:51.18	3:12.12	3:29.24	4:06.22	5:05.34	5:43.94	7:15.95	—
100 IM	1:01.44	1:01.08	1:01.52	1:02.98	1:05.94	1:08.96	1:10.73	1:14.80	1:20.40	1:28.58	1:37.35	2:04.14	2:24.88	2:41.31	—
200 IM	2:13.92	2:09.45	2:09.99	2:22.59	2:24.13	2:26.89	2:41.96	2:45.47	2:53.05	3:21.39	3:39.02	4:28.74	5:13.80	5:57.63	—
400 IM	4:49.34	4:32.30	4:53.12	5:02.95	5:07.91	5:10.24	5:50.83	5:56.00	6:17.58	7:31.89	7:36.45	9:18.91	11:16.00	17:13.92	—
200 Fr. Rel.	1:48.84	1:37.79	1:47.05	1:47.05	1:58.14	2:17.24	2:17.24	2:17.24	2:17.24	2:17.24	2:17.24	2:17.24	2:17.24	2:17.24	4:29.97
200 Med. Rel.	2:04.18	1:52.62	2:02.02	2:02.02	2:17.76	2:40.35	2:40.35	2:40.35	2:40.35	2:40.35	2:40.35	2:40.35	2:40.35	2:40.35	5:39.54
400 Fr. Rel.	3:55.39	3:51.58	4:18.09	4:18.09	5:08.21	5:08.21	5:08.21	5:08.21	5:08.21	5:08.21	5:08.21	5:08.21	5:08.21	5:08.21	—
400 Med. Rel.	4:47.25	4:38.53	4:52.72	4:52.72	6:38.86	6:38.86	6:38.86	6:38.86	6:38.86	6:38.86	6:38.86	6:38.86	6:38.86	6:38.86	—
800 Fr. Rel.	8:35.58	8:45.03	9:00.25	9:00.25	11:08.22	11:08.22	11:08.22	11:08.22	11:08.22	11:08.22	11:08.22	11:08.22	11:08.22	11:08.22	—
200 Mix. Fr. Rel.	1:37.52	1:30.65	1:37.33	1:37.33	1:47.48	1:47.48	1:47.48	1:47.48	1:47.48	1:47.48	1:47.48	1:47.48	1:47.48	1:47.48	2:44.49
200 Mix. Med. Rel.	1:51.84	1:43.17	1:48.59	1:48.59	2:03.26	2:03.26	2:03.26	2:03.26	2:03.26	2:03.26	2:03.26	2:03.26	2:03.26	2:03.26	3:28.37
400 Mix. Fr. Rel.	3:53.21	3:36.34	4:04.97	4:04.97	4:44.74	4:44.74	4:44.74	4:44.74	4:44.74	4:44.74	4:44.74	4:44.74	4:44.74	4:44.74	—
400 Mix. Med. Rel.	4:08.80	4:24.47	4:49.11	4:49.11	6:10.49	6:10.49	6:10.49	6:10.49	6:10.49	6:10.49	6:10.49	6:10.49	6:10.49	6:10.49	10:56.58
800 Mix. Fr. Rel.	9:03.83	8:09.45	10:12.33	10:12.33	13:19.20	13:19.20	13:19.20	13:19.20	13:19.20	13:19.20	13:19.20	13:19.20	13:19.20	13:19.20	—

Updated 5-31-87

# 1987 UNITED STATES MASTERS SWIMMING RECORDS Short Course (Yards) — Men

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
50 Free	21.11	20.18	20.99	21.72	22.22	22.78	22.93	23.41	25.19	25.62	27.45	28.73	33.77	39.47	135.84
100 Free	46.20	44.94	45.29	47.52	49.38	50.40	52.31	52.59	56.09	56.24	1:01.22	1:04.46	1:19.32	1:28.95	4:00.62
200 Free	1:44.02	1:41.72	1:40.45	1:44.48	1:48.18	1:52.42	1:57.72	2:06.48	2:07.53	2:10.80	2:24.72	2:31.43	3:01.25	4:20.00	—
500 Free	4:43.54	4:37.41	4:40.83	4:47.05	4:50.80	5:03.96	5:21.51	5:35.91	6:01.23	6:17.42	6:54.49	7:16.39	8:03.55	9:43.40	—
1000 Free	9:49.98	9:33.93	9:57.46	10:09.63	10:19.81	10:48.89	11:00.03	11:39.16	12:39.56	13:35.33	14:32.82	15:00.25	16:54.23	25:51.50	—
1650 Free	17:07.43	15:51.43	16:42.50	17:03.80	17:05.84	17:59.11	18:53.29	19:37.78	21:00.20	22:21.28	24:01.58	25:06.67	28:04.21	39:46.87	—
50 Back	26.03	24.20	24.29	25.40	25.93	27.09	28.16	29.62	30.65	33.10	35.16	37.14	41.17	57.68	—
100 Back	54.58	52.44	51.95	55.10	57.44	1:00.64	1:02.33	1:06.14	1:07.47	1:13.04	1:19.30	1:23.22	1:35.29	1:58.65	—
200 Back	1:59.81	1:55.59	1:54.53	1:59.73	2:07.02	2:15.70	2:16.94	2:27.23	2:30.32	2:43.54	2:55.59	3:08.20	3:34.78	4:30.54	—
50 Brst	28.36	26.07	26.53	27.05	28.01	29.27	29.70	30.95	33.24	35.17	36.45	38.58	47.00	56.10	—
100 Brst	59.86	57.16	57.99	59.11	1:01.92	1:06.62	1:05.29	1:08.47	1:16.20	1:18.98	1:23.65	1:27.44	1:45.41	2:10.50	—
200 Brst	2:21.65	2:04.82	2:08.13	2:14.19	2:18.89	2:27.28	2:29.42	2:37.58	2:53.04	2:57.28	3:10.58	3:35.26	4:03.66	6:59.01	—
50 Fly	23.64	22.41	22.83	23.80	24.33	24.91	26.23	27.34	28.50	29.99	34.24	35.44	48.33	1:32.25	—
100 Fly	52.08	49.81	50.20	51.61	54.04	56.54	1:00.06	1:03.80	1:07.32	1:11.93	1:23.06	1:34.77	2:19.14	—	—
200 Fly	1:57.22	1:51.01	1:50.67	1:53.88	2:02.39	2:09.45	2:17.78	2:34.02	2:43.18	2:58.52	2:58.78	3:52.20	5:12.57	—	—
100 I.M.	54.62	51.17	52.69	55.77	56.72	59.04	1:02.11	1:04.39	1:06.39	1:06.74	1:15.89	1:16.57	1:43.23	2:05.62	—
200 I.M.	1:57.90	1:54.03	1:55.86	2:00.79	2:04.11	2:11.54	2:15.42	2:24.91	2:32.47	2:40.26	2:53.83	2:58.90	3:48.22	4:40.51	—
400 I.M.	4:11.25	4:04.17	4:10.30	4:22.04	4:30.30	4:42.53	4:57.03	5:13.07	5:34.42	5:54.74	6:26.40	7:28.30	9:26.94	10:41.12	—
200 Fr. Rel.	1:31.73	1:23.92	1:28.69	1:35.63	1:40.83	1:51.41	1:57.74	2:14.04	2:26.59	3:01.85	—	—	—	—	—
200 Med. Rel.	1:44.83	1:34.30	1:40.83	1:51.41	2:02.39	2:17.78	2:34.02	2:43.18	2:58.52	2:58.78	3:10.58	3:35.26	4:03.66	6:59.01	—
400 Fr. Rel.	3:27.97	3:19.80	3:35.06	4:12.42	4:25.43	4:48.59	5:11.79	5:34.42	5:54.74	6:26.40	7:28.30	9:26.94	10:41.12	—	—
400 Med. Rel.	4:02.13	3:44.49	4:06.16	4:48.59	5:11.79	5:34.42	5:54.74	6:26.40	7:28.30	9:26.94	10:41.12	—	—	—	—
800 Fr. Rel.	7:51.28	7:28.59	8:08.95	9:52.40	10:04.39	10:40.39	11:04.39	11:39.16	12:39.56	13:35.33	14:32.82	15:00.25	16:54.23	25:51.50	—

Updated 5-31-87



# 1987 UNITED STATES MASTERS SWIMMING RECORDS

## Short Course (Meters) — Women

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	28.62	28.21	26.55	30.33	29.38	30.52	34.28	34.95	35.49	37.13	40.80	48.70	1:12.38	1:16.66
100 Free	1:03.70	1:01.51	58.10	1:05.35	1:08.10	1:10.03	1:16.72	1:16.84	1:21.59	1:27.81	1:33.83	1:52.90	—	—
200 Free	2:21.12	2:18.99	2:06.93	2:23.34	2:40.89	2:38.39	2:36.25	2:52.73	3:03.95	3:23.26	3:28.41	4:22.29	5:18.06	—
400 Free	5:25.48	4:45.57	4:34.68	5:00.08	5:27.49	5:34.44	5:32.67	6:02.77	6:02.43	7:06.04	7:36.66	8:56.32	—	—
800 Free	11:29.21	9:55.22	9:59.43	9:46.95	11:32.96	11:14.64	11:35.78	12:35.31	13:14.48	14:43.29	15:37.27	19:08.57	—	—
1500 Free	21:38.53	18:34.42	19:17.08	18:27.71	21:55.64	24:49.08	21:44.35	29:35.29	25:01.23	28:03.99	36:31.73	37:06.10	—	—
50 Back	34.34	32.92	34.98	34.32	38.15	38.38	38.55	43.99	41.59	48.35	52.52	1:03.62	1:24.47	1:42.12
100 Back	1:17.30	1:11.49	1:16.77	1:17.30	1:22.56	1:23.57	1:24.58	1:34.23	1:33.70	1:47.84	1:56.32	2:15.89	—	3:47.15
200 Back	2:40.71	2:40.53	2:49.99	2:51.72	2:55.85	2:57.86	3:03.17	3:20.46	3:27.69	3:47.03	4:32.35	4:44.66	—	—
50 Brst	43.60	36.95	36.78	37.89	38.36	40.43	46.20	44.17	45.86	50.48	57.91	1:12.20	1:20.10	—
100 Brst	1:33.71	1:21.25	1:22.40	1:23.58	1:24.33	1:28.48	1:45.22	1:39.43	1:49.59	1:53.42	2:04.62	3:17.98	—	—
200 Brst	3:39.01	2:58.86	2:53.24	3:04.49	3:01.86	3:08.27	3:49.24	3:34.34	3:55.83	4:07.92	4:35.75	—	—	—
50 Fly	32.97	30.10	32.12	32.45	32.18	36.66	38.39	38.04	42.54	49.45	58.44	1:13.75	2:08.22	1:44.56
100 Fly	—	1:12.78	1:10.22	1:11.42	1:23.39	1:20.94	1:40.06	1:31.20	1:36.95	2:02.40	2:13.12	2:44.73	3:09.18	—
200 Fly	—	2:36.94	2:38.87	2:36.70	2:39.33	3:27.52	3:49.56	3:20.43	3:38.76	4:12.23	4:36.96	5:45.52	—	—
100 IM	1:16.00	1:10.48	1:08.00	1:15.80	1:21.37	1:22.39	1:34.21	1:28.47	1:29.46	1:45.67	1:57.56	2:24.76	3:28.03	—
200 IM	2:46.05	2:38.50	2:27.11	2:42.56	3:06.73	3:11.73	3:20.94	3:15.18	3:25.90	4:06.32	4:17.56	5:02.08	—	—
400 IM	6:39.38	5:30.95	5:52.22	5:47.34	6:41.77	6:50.58	7:12.67	7:20.07	7:19.60	8:50.76	8:55.77	11:53.24	—	—
200 Fr. Rel.	76+	2:11.26	2:14.72	2:03.37	2:33.74	2:35.40	2:44.85	—	—	—	—	—	280+	3:25.09
200 Med. Rel.	2:33.84	2:20.92	2:32.53	2:32.53	2:53.40	2:53.40	2:44.85	—	—	—	—	—	—	3:46.84
400 Fr. Rel.	5:11.09	5:56.80	4:56.99	6:22.30	8:43.27	—	—	—	—	—	—	—	—	—
400 Med. Rel.	5:54.71	—	—	—	—	—	—	—	—	—	—	—	—	—
800 Fr. Rel.	—	—	—	—	—	—	—	—	—	—	—	—	—	—
200 Mix. Fr. Rel.	2:11.41	1:57.87	1:59.06	2:10.29	2:13.41	2:13.41	2:17.86	2:17.86	2:17.86	2:17.86	2:17.86	2:17.86	2:54.83	—
200 Mix. Med. Rel.	2:21.99	2:06.55	2:18.25	2:18.25	2:18.25	2:18.25	2:50.02	2:50.02	2:50.02	2:50.02	2:50.02	2:50.02	—	—
400 Mix. Fr. Rel.	—	4:52.34	4:38.67	6:06.46	6:13.51	6:13.51	8:30.23	8:30.23	8:30.23	8:30.23	8:30.23	8:30.23	—	—
400 Mix. Med. Rel.	5:26.32	—	—	—	—	—	—	—	—	—	—	—	—	—
800 Mix. Fr. Rel.	—	—	—	—	—	—	—	—	—	—	—	—	—	—

Updated 11-30-87



# 1987 UNITED STATES MASTERS SWIMMING RECORDS Short Course (Meters) — Men

	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
50 Free	26.78	24.39	24.39	25.35	25.98	26.41	27.43	29.35	29.83	31.26	32.31	33.94	42.21	—	—
100 Free	1:00.15	54.10	54.13	57.14	57.52	1:01.63	1:03.48	1:06.56	1:09.57	1:13.66	1:14.48	1:29.62	1:42.85	—	—
200 Free	2:16.72	2:03.55	2:03.44	2:05.37	2:11.47	2:12.40	2:19.25	2:34.12	2:36.74	2:39.78	2:56.84	3:22.31	3:51.37	—	—
400 Free	5:00.56	4:24.09	4:26.47	4:34.07	4:41.30	4:37.92	4:45.96	5:00.88	5:38.89	5:50.98	6:38.62	7:26.67	7:32.64	10:37.19	—
800 Free	10:38.49	9:01.20	9:26.90	9:50.14	9:41.39	9:46.55	10:44.85	10:35.60	12:01.65	12:15.41	14:35.89	15:56.44	15:41.78	—	—
1500 Free	19:59.34	17:11.55	17:38.93	17:54.26	17:38.17	18:27.36	19:16.63	20:20.95	24:06.50	23:41.14	28:02.05	31:19.52	29:58.32	—	—
50 Back	33.52	28.73	28.56	29.15	29.58	31.62	32.91	36.83	34.81	37.53	39.72	43.24	50.13	—	—
100 Back	1:16.84	1:04.50	1:01.42	1:04.17	1:07.69	1:12.09	1:14.77	1:19.16	1:17.31	1:24.81	1:28.56	1:51.56	1:50.89	—	—
200 Back	3:00.70	2:31.51	2:15.74	2:23.28	2:34.02	2:41.11	2:37.52	3:10.50	2:53.32	3:07.65	3:15.22	5:01.03	4:01.12	—	—
50 Brst	32.67	30.78	32.27	33.70	32.14	34.16	34.15	35.54	37.79	40.99	44.77	46.66	1:03.51	—	—
100 Brst	1:14.36	1:08.65	1:12.39	1:11.16	1:16.07	1:16.35	1:16.75	1:20.06	1:27.55	1:31.45	1:39.53	1:53.54	2:31.16	—	—
200 Brst	3:04.63	2:43.19	2:42.64	2:45.36	2:49.00	2:55.92	2:58.14	3:00.76	3:17.21	3:22.26	3:43.52	4:20.91	5:16.38	—	—
50 Fly	30.49	27.24	27.10	28.14	28.56	29.75	31.17	31.47	32.74	37.90	41.31	43.99	59.72	—	—
100 Fly	1:11.19	58.87	1:00.38	1:03.84	1:03.82	1:07.20	1:10.69	1:15.75	1:20.55	1:33.78	1:48.39	2:01.63	2:38.61	—	—
200 Fly	—	2:14.26	2:15.97	2:23.49	2:24.28	2:42.24	2:57.53	3:00.74	3:08.50	3:34.81	4:50.52	4:35.63	—	—	—
100 IM	1:09.74	1:02.89	1:02.32	1:05.83	1:06.20	1:08.97	1:11.37	1:15.76	1:18.02	1:20.20	1:31.47	1:49.30	1:53.59	2:51.07	—
200 IM	2:38.35	2:19.28	2:19.95	2:23.33	2:23.44	2:32.81	2:35.50	2:47.38	2:59.39	3:05.38	3:28.92	4:03.99	—	—	—
400 IM	5:49.81	5:14.54	5:06.11	5:10.83	5:19.20	5:54.32	5:40.54	5:58.03	6:53.77	6:46.37	8:14.65	9:28.90	—	—	—
76+	—	—	100+	—	120+	160+	200+	240+	280+	—	—	—	—	—	—
200 Fr. Rel.	—	—	1:50.17	—	1:46.19	1:55.57	2:03.53	2:36.98	2:49.74	—	—	—	—	—	—
200 Med. Rel.	—	—	2:05.07	—	2:08.13	2:12.81	2:14.27	4:11.97	2:49.78	—	—	—	—	—	—
400 Fr. Rel.	—	—	—	—	4:34.05	—	6:03.66	—	—	—	—	—	—	—	—
400 Med. Rel.	5:43.59	—	—	—	5:08.91	5:22.18	6:19.62	—	—	—	—	—	—	—	—
800 Fr. Rel.	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—

Updated 11-30-87

# LONG DISTANCE SWIMMING RECORDS

MEN			EVENT	WOMEN		
Ron Nuegent	1984	76:21:54	<b>Qtr-Mile Straightaway (Four Mile)</b>	Shelley Taylor	1984	82:44:35
Ray Pedin (M)		2:00:35.10	<b>5 Mile</b>	Robin Boughey	1984	2:10:48.50
Chad Fallin	1985	2:14:48.00				
Ray Pedin (M)	1984	4:06:48.70	<b>10 Mile</b>	Stacy Chanin (M)	1984	4:37:39.20
Chad Fallin	1985	4:52:20.00		Robin Boughey	1984	4:38:41.70
Ray Pedin (M)	1984	6:19:00.30	<b>15 Mile</b>	Stacy Chanin (M)	1984	7:19:10.50
Chad Fallin	1985	7:30:07.00		Robin Boughey	1984	7:24:49.00
Ray Pedin (M)	1984	8:46:32.70	<b>20 Mile</b>	Robin Boughey	1984	10:17:18.70
Chad Fallin	1985	10:08:05.00				
Ray Pedin (M)	1984	11:24:42.40	<b>25 Mile</b>	Stacy Chanin (M)	1984	13:13:08.00
Chad Fallin	1985	12:23:26.00		Robin Boughey	1984	14:07:27.90
Ray Pedin (M)	1984	12:04:31.70	<b>Marathon</b>	Stacy Chanin (M)	1984	13:48:58.30
Chad Fallin	1985	13:10:28.00	<b>26 Mile-385 Yds</b>	Robin Boughey	1984	14:07:27.90
Christopher Gleason	1984	1:07:10.87	<b>5 Kilometer</b>	Mellisa Hoy	1984	1:04:27.00
David Swanson	1982	1:54:05.00	<b>10 Kilometer</b>	Libby Pruden	1983	2:00:48.00
			<b>15 Kilometer</b>	Penny Lee Dean	1978	3:22:44.00
(M = Master)			<b>20 Kilometer</b>	Penny Lee Dean	1978	4:31:00.00
			<b>25 Kilometer</b>	Penny Lee Dean	1978	5:40:21.00
			<b>30 Kilometer</b>	Penny Lee Dean	1978	6:48:26.00
			<b>35 Kilometer</b>	Penny Lee Dean	1978	7:57:11.00
Gary Brinkman, SIV	1985	6:135 Yards	<b>One Hour Swim</b>	Tiffany Cohen	1981	5700 Yards
				Vera Baker	1981	5700 Yards

## AGE GROUP

Kent Johnson, PC	1984	11:40.65	<b>9 Year 1000 Yard</b>	L. Kline, SI	1986	11:51.42
Kent Johnson, PC	1985	10:56.13	<b>10 Year 1000 Yard</b>	S. Rosenthal, SC	1983	11:21.01
J. Szymanowski, PC	1986	22:22.27	<b>11 Year 2000 Yard</b>	S. Rosenthal, SC	1984	22:21.28
Scott Hubbard, PC	1984	21:22.02	<b>12 Year 2000 Yard</b>	Janet Evans, SC	1983	21:04.33
Scott Hubbard, PC	1986	30:52.75	<b>13 Year 3000 Yard</b>	Janet Evans, SC	1984	30:50.03
Chad Hundebey, CA	1985	29:59.98	<b>14 Year 3000 Yard</b>	Janet Evans, SC	1985	30:41.09
Dan Jorgensen	1983	29:04.74	<b>15 Year 3000 Yard</b>	Kim Brown, CA	1986	30:00.32
Dan Jorgensen	1984	28:45.61	<b>16 Year 3000 Yard</b>	Julie Nartin, CA	1986	30:31.03
Dan Jorgensen, CA	1985	28:25.53	<b>17 Year 3000 Yard</b>	Stacy Shupe	1983	30:15.72
Jeff Kostoff	1983	27:39.81	<b>18 Year 3000 Yard</b>	Stacy Shupe	1984	30:48.44

## TEAM EVENTS

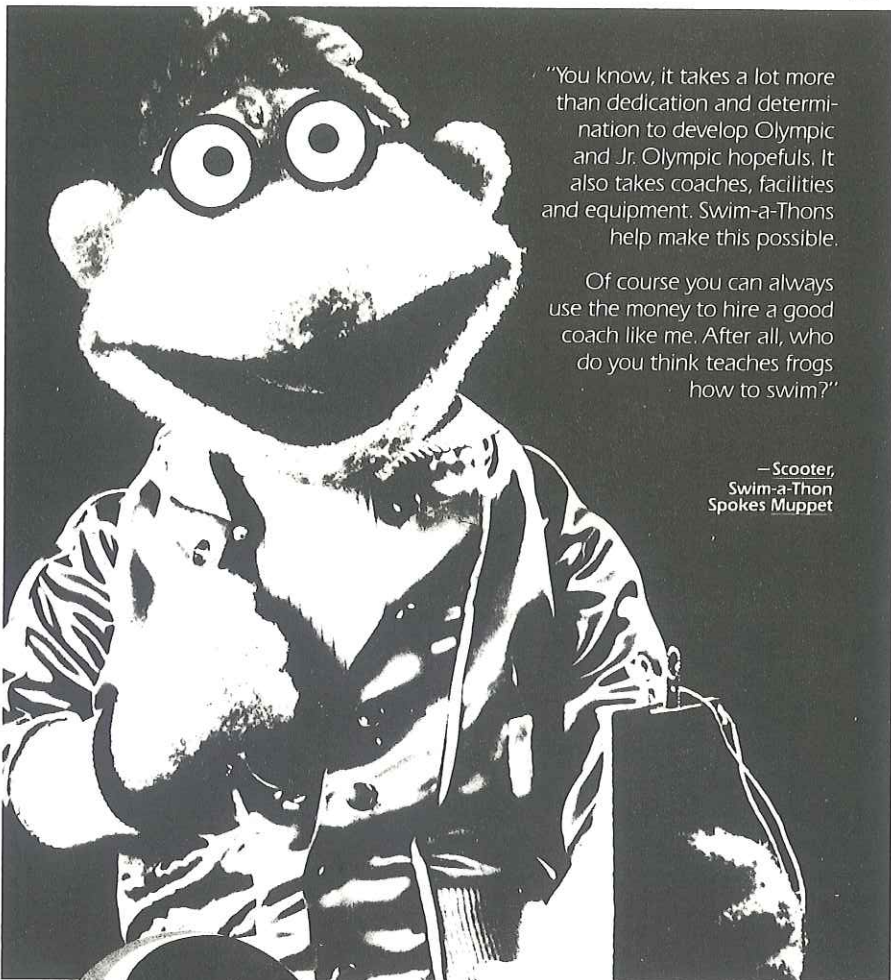
Univ. of Arkansas	1983	2:48:48.15	<b>Qtr-Mile Straightaway (3 x Four Miles)</b>	Univ. of Arkansas	1983	2:57:17.06
(Roy Deary, Kevin Ryskowski, Ken Landgraf)				(Shelly Taylor, Leith Weston, Tammy Ditter)		
Southern Illinois	1985	18,305 Yds.	<b>3 Hour Swim (3 x One Hour)</b>	Mission Viejo	1981	17,025 Yds.
University				Nadadores		
(Gary Brinkman, Erwin Kratz, Anders Grillhammer)				(Tiffany Cohen, Vera Baker, Florence Barker)		



# NOTES

# NOTES

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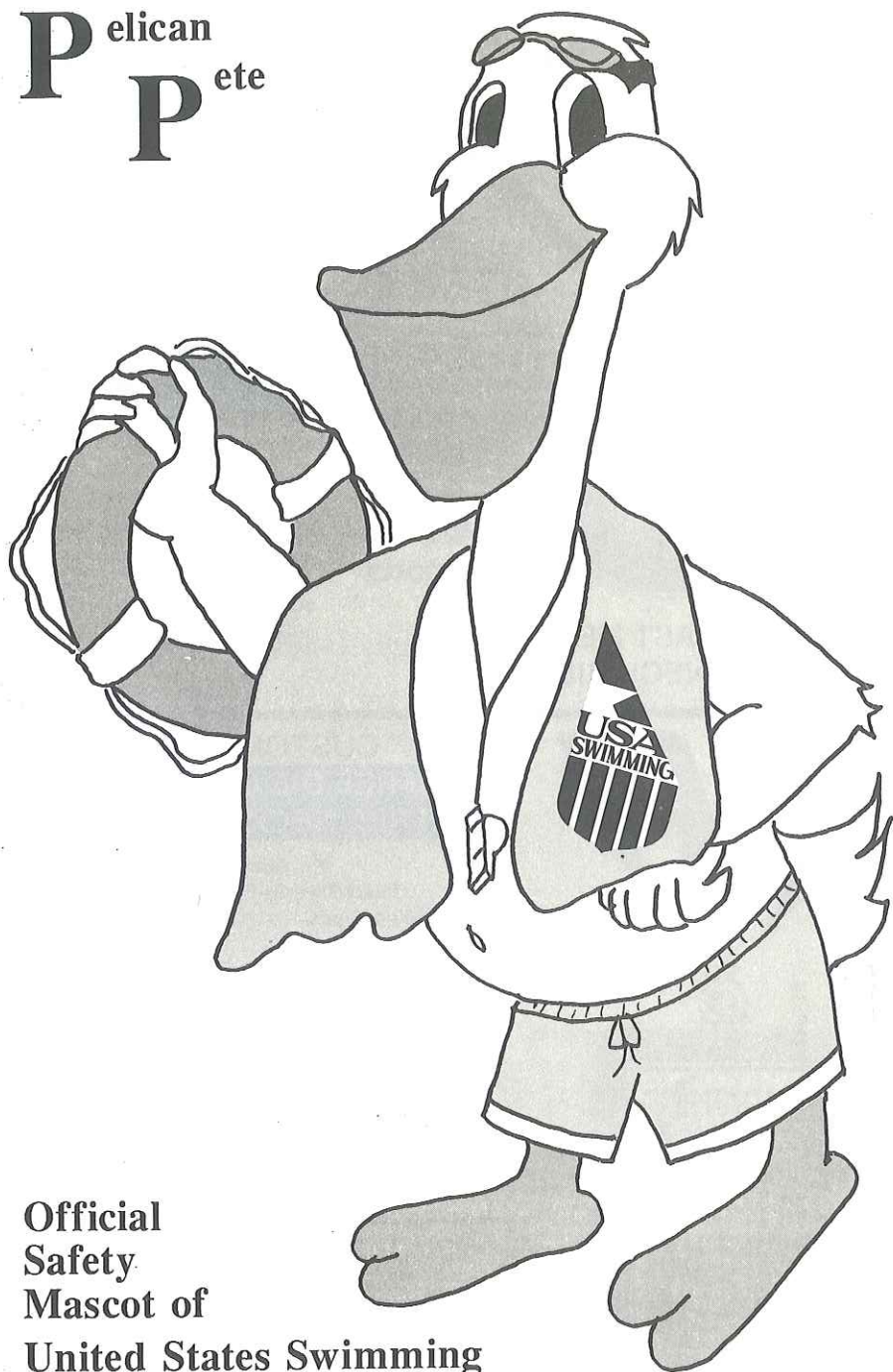


Contact: United States Swimming  
Swim-a-Thon Coordinator  
1750 E. Boulder Street  
Colorado Springs, CO 80909

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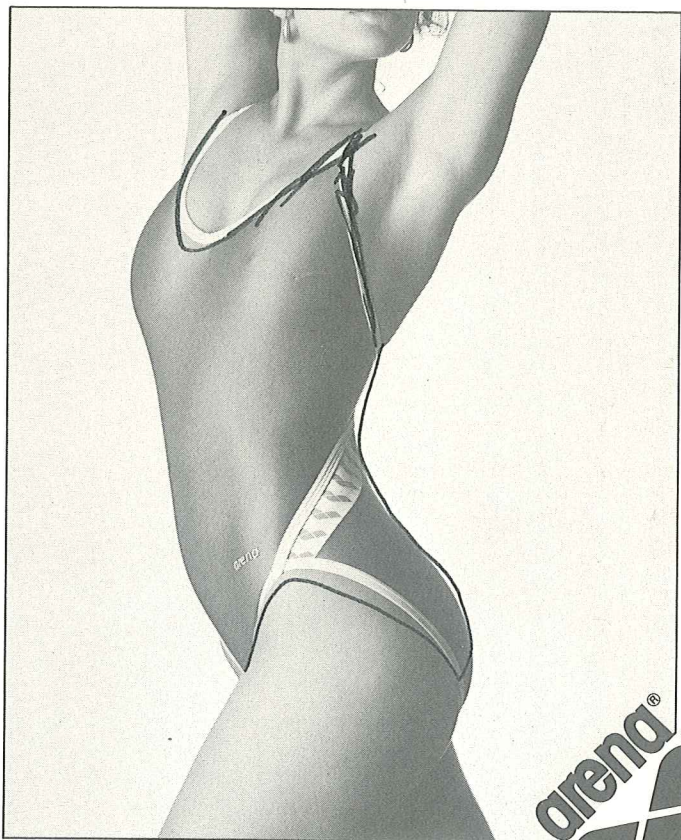
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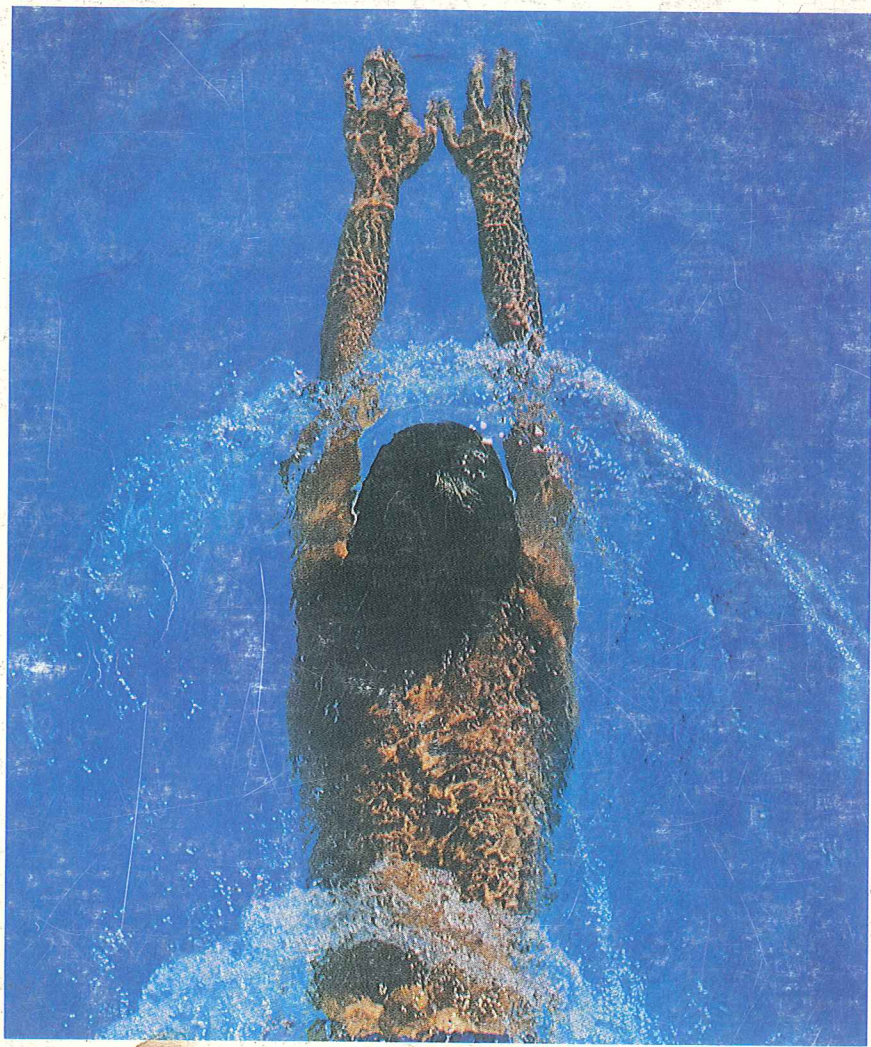
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