

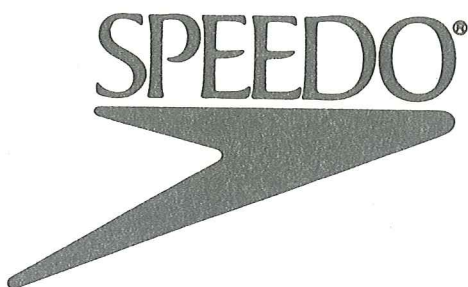
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PART ONE ▼
*Technical Rules
of Competition*

PART TWO ▼
*Administrative
Regulations
of Competition*

PART THREE ▼
*Athletes Rights,
Registration and
Eligibility*

PART FOUR ▼
*Hearings
and Appeals*

PART FIVE ▼
*Governing
Regulations of
USS*

PART SIX ▼
*Governing
Regulations
of the LSC*

PART SEVEN ▼
*U.S. Masters
Rules Differences*

PART EIGHT ▼
*Open Water
Swimming*

RECORDS ▼

1

2

3

4

5

6

7

8

R

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Effective January 1, 1997 (Unless otherwise noted.)

DOPING	USS policy on doping (304.4) <i>Effective September 14, 1996</i>
DOPING	To determine whether a doping offense has occurred and the sanctions to be imposed, USS will use FINA rules (304.5) <i>Effective September 14, 1996</i>
JUNIORS	Beginning in 1997, the two Junior National meets will now be three Junior Championships, conducted in the West, Southeast and Northeast
JURISDICTION	Offenses under 304.4 and 304.5 under exclusive jurisdiction of the National Board of Review or an ad hoc committee appointed by the President (401.3.3) <i>Effective September 14, 1996</i>

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TABLE OF CONTENTS

United States Swimming Rules and Regulations — 1997

U.S. Masters Swimming Rules and Records are not printed in this book. The differences between USS and USMS Rules are outlined on page 155.

PART ONE — Technical Rules

Article 101 — Individual Strokes and Relays.....	13
101.1 Breaststroke	13
101.2 Butterfly	14
101.3 Backstroke	14
101.4 Freestyle	15
101.5 Individual Medley	15
101.6 Relays	16
Article 102 — Conduct and Officiating of all Swimming Competition.....	16
102.1 Events	16
102.2 Entries — General Rules	17
102.3 Scratch Procedures.....	18
102.4 Relays	18
102.5 Lane Assignments, Seeding, Counters.....	18
102.6 Awards	21
102.7 Scoring	21
102.8 Change of Program and Postponement.....	22
102.9 Costume	22
102.10 Disqualifications	23
102.11 Protests	24
102.12 Officials.....	24
102.13 Referee	26
102.14 Starter	26
102.15 Recall Starter	28
102.16 Judges.....	28
102.17 Timing.....	29
102.18 Clerk of Course	34
102.19 Marshals.....	36
102.20 Scorers.....	36
102.21 Announcer.....	36
102.22 Recorder of Records	36
102.23 Press Steward.....	36
102.24 Meet Director.....	36
102.25 Meet Results	36
102.26 Smoking	36
102.27 Alcoholic Beverages.....	37
Article 103 — Facilities Standards.....	37
103.1 Definitions	37
103.2 Racing Course Dimensions.....	37
103.3 Racing Course Walls.....	38
103.4 Pool and Bulkhead Markings	38
103.5 Overflow Recirculation System	39
103.6 Water and Air Temperature	39

103.7	Ladders	39
103.8	Other Deck Equipment	39
103.9	Lighting	39
103.10	No Smoking Signs	39
103.11	Starting Platform	39
103.12	Floating Lane Dividers	40
103.13	Backstroke Flags and Lines	40
103.14	Loudspeaker Start System	41
103.15	False Start Recall Rope	41
103.16	Pace Clocks	41
103.17	Automatic Officiating Equipment	41
103.18	Electrical Safety	42
ARTICLE 104 — Rules For Swimming Records		42
104.1	World Records	42
104.2	United States Swimming (Inc.) Records	42
ARTICLE 105 — Guidelines for Officiating Swimmers with a Disability		47
105.1	General	47
105.2	Blind and Visually Impaired	48
105.3	Deaf and Hard of Hearing	48
105.4	Mentally Impaired	49
105.5	Physical Disabilities	49
 PART TWO — Administrative Regulations of Competition		
ARTICLE 201 — Classes of Competition		51
201.1	Competitive Classifications	51
ARTICLE 202 — Sanctions and Approvals		51
202.1	Jurisdiction	51
202.2	Requirements for Sanction	51
202.3	Conditions of Sanction	53
202.4	Requirements for Approval	53
202.5	Requirements for Observed Swims	54
202.6	International Events	55
202.7	Swim-a-thons	56
ARTICLE 203 — Senior Program		56
203.1	Objectives	56
203.2	Eligibility	57
203.3	Events and Programs	57
203.4	Dual Meets	57
203.5	Entry Fees	57
203.6	Awards	57
203.7	LSC Senior Championship Meet	57
ARTICLE 204 — Age Group Program		57
204.1	Age Group Swimming Objectives	57
204.2	Eligibility	57
204.3	Program and Events	58
204.4	Entry Fees	58
204.5	Awards	58
204.6	Zone Age Group Program	58
204.7	LSC Age Group Championship Meets	59
204.8	National Top 16 Times Tabulation, Reporting and Recognition	59

ARTICLE 205 — Awarding USS Championships and International Competitions.....	60
205.1 General	60
205.2 Facilities	60
205.3 Award of Events	60
205.4 Dates	60
205.5 Site Selection/Facilities Committee	61
205.6 Championship Rotation Award System	61
205.7 Method of Granting Award	62
205.8 Contracts	62
205.9 International Competitions	62
205.10 Regional Meets	63

ARTICLE 206 — National Swimming Championships	63
206.1 General	63
206.2 USS National Championships	63
206.3 USS Junior Championships	63
206.4 Trials Class.....	64
206.5 Administrative Conduct of National Championships	64
206.6 Programs.....	68
206.7 Awards	71
206.8 Entry Blanks and Information Book.....	72
206.9 Entries	73
206.10 Qualifying Time Standards.....	75
206.11 Proof of Entered Time	75

Appendices to Part Two

Appendix 2-A	1997/1998 Phillips 66 National Swimming Championships	77
	Dates and Sites	77
	1997 Phillips 66 National Swimming Championship	
	Time Standards	78
	1997 Foreign Time Standards	78
	1998 Phillips 66 National Swimming Championship	
	Time Standards	79
	1998 Foreign Time Standards	79
Appendix 2-B	1997/1998 Speedo Junior Championships	
	Dates and Sites	80
	1997 Speedo Junior Championships	
	Time Standards	81
Appendix 2-C	1996-1997 National Reportable Times	
	Age Group Top 16 Times - Short Course/Long Course.....	82
Appendix 2-DEF	1997 National Age Group Time Standards.....	84

PART THREE — Athletes' Rights, Registration and Eligibility

Article 301 — Athletes' Rights	103
Article 302 — Athlete Registration.....	104
Article 303 — Representation.....	104
Article 304 — Eligibility	105

PART FOUR — Hearings and Appeals

Article 401 — Hearings and Appeals	109
---	------------

PART FIVE — Governing Regulations of USS

Article 501 — Members	115
Article 502 — House of Delegates	117
Article 503 — Meetings of House of Delegates	118
Article 504 — Officers	119
Article 505 — Board of Directors and Executive Committee	120
Article 506 — Olympic International Operations Committee	122
Article 507 — Technical Planning Committee	123
Article 508 — Committees and Coordinators	124
Article 509 — Rules Committee	125
Article 510 — Athletes Committee	125
Article 511 — Financial	126
Article 512 — Legislation Committee	127
Article 513 — Endowment Funds	128
Article 514 — Indemnification	128
Article 515 — Amendments	128
Article 516 — Dissolution	130
Appendix 5-A Table of Organization	132

PART SIX — Governing Regulations of the Local Swimming Committee

Article 601 — Objectives, Boundaries and Jurisdiction	135
Article 602 — Membership	135
Article 603 — Management	136
Article 604 — Officers	138
Article 605 — Meetings	139
Article 606 — Divisions and Committees	140
Article 607 — Conditions of Competition	141
Article 608 — Championships	141
Article 609 — Dues and Fees	142
Article 610 — Reports and Remittances	142
Article 611 — Hearing, Appeals and Athletes' Rights	143
Article 612 — Miscellaneous	146

Appendices to Part Six

Appendix 6-A	Hearings & Appeals	147
Appendix 6-B	Permitted Modifications of LSC By-Laws	152
Appendix 6-C	LSC Registration Codes	152
Appendix 6-D	Description of LSC Boundaries	153
Appendix 6-E	Redistricting Procedures	157
Appendix 6-F	Zone Alignment	159
Appendix 6-G	Regional Alignment	159

PART SEVEN — Masters Swimming	161
-------------------------------------	-----

PART EIGHT — Open Water Swimming	163
--	-----

Swimming Records

Long Distance Swimming Records	175
Long Course Meters Records	176
Short Course Yards Records	180
Short Course Meters Records	182
National Age Group Records	187

OFFICIAL GLOSSARY

Swimming Words and Terms

ADJACENT EVENTS — the next shorter and next longer distances of that stroke.

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

AMATEUR SPORTS ORGANIZATION — a not-for-profit corporation, club, federation, union, association, or other group organized in the United States which sponsors or arranges any amateur athletic competition.

ANCHORED (STARTING PLATFORM) — stable at all times without human aid.

APPRECIABLE — sufficient in extent to be recognized.

ATTACHED — an athlete member who represents a USS member club in competition after having met the requirements of Article 303.

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.

CLUB — an organization which has been accepted for membership in the Corporation and which operates on a year around basis.

COMPETITION — an athletic performance by an athlete, either individually or as part of a team or club.

COMPOSITE TIME — a time achieved in a relay event by four members of an organization.

CONFORMING TIME — qualifying time standard that corresponds to the course that will be competed in a meet.

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

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.

DOMESTIC COMPETITION — any amateur athletic competition within the jurisdiction of USS which does not meet the definition of international competition.

DRAW — random selection by chance.

DUAL COMPETITION — competition between two clubs.

END OF COURSE — designated wall for racing turns and finishes.

EVENT — any race or series of races in a given stroke and/or distance. For competitive limits, one event equals one preliminary, or one preliminary plus its related final, or one timed final, or one time trial.

EX OFFICIO — a member with full rights, including vote, unless limited by USS, but cannot be counted to establish a quorum.

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 USS, or an athlete member of USS who is not eligible to represent the United States in international competition due to FINA sports citizenship requirements. (See Sports Citizen).

FORWARD START — a forward entry facing the course.

FOUL — an instance of obstruction, interference, collision, or equipment malfunction which prevents the successful completion of a race.

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

PRELIMINARY 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 — any amateur athletic competition between any athlete(s) or member organization(s) of USS, either individually or as part of a team, and any athlete(s) or member organization(s) (e.g., clubs) representing any foreign country.

INVITATIONAL COMPETITION — for those swimmers, organizations and clubs invited by the host.

JUNIOR OLYMPIC — a type of Age Group competition conducted by Zones and LSCs.

LANE — the specific area in which the swimmer is assigned to swim; e.g., lane one.

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 USS with supervisory responsibilities within certain geographic boundaries designated by USS.

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

MANUAL START — the start of any timing device by an individual in response to the same starting signal given to the swimmer(s).

MARK — (take your) starting position.

MAY — permissive, not mandatory.

MEET — a series of events held in one program.

MEET APPROVAL — A permit issued by an LSC for meets conducted in conformance with USS technical rules in which both USS members and non-USS participants may compete.

MEET SANCTION — A permit issued by an LSC to a USS group member to conduct a meet in conformance with all USS rules.

MIXED CLASSIFICATION — meet in which events of Age Group and Junior, Senior, or any other classification are offered.

NON-CONFORMING TIME — qualifying time standard that does not correspond to the course that will be competed in a meet.

OBSERVED SWIM — A swim observed by assigned USS officials for conformance with USS technical rules in a meet conducted under other than USS rules.

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.

PLACE JUDGES — two place judges, one on each side of the finish line, who will record the order of finish of all swimmers by lane.

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

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

PROGRAM — the order of events, including starting times and intermissions in a meet or portion thereof (See Session), sequentially listed by class of competition, sex, age group, distance, and stroke as set forth in meet announcement.

PROPULSIVE — having power to propel.

PROTECTED COMPETITION — any amateur athletic competition between any athlete or athletes officially designated by USS as representing the United States, either individually or as part of a team, and any athlete or athletes representing any foreign country where (a) the terms of such competition require that the entrants therein be teams or individuals representing the respective nations, and (b) the athlete or group of athletes representing the United States are organized and sponsored by USS and are selected by USS in accordance with a defined selection or tryout procedure that is open to all and publicly announced in advance. Except for domestic amateur athletic competition which by its terms requires that entrants therein be expressly restricted to members of a specific class of amateur athletes such as those referred to in Section 4 of Article VII of the USOC Constitution, the term "protected competition" shall also include any domestic amateur athletic competition or event organized and conducted by USS which has been designated by USS in its selection procedure, and publicly announced in advance, as a competition or event directly qualifying successful competitors therein as an athlete representing the United States in a protected competition as defined in the immediately preceding sentence of this subsection.

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 USS and an LSC.

REINSTATEMENT — return of all or limited rights of membership in USS.

REPORTABLE TIMES — Times achieved in conformance with applicable USS rules which may be submitted to USS for recognition.

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.

SEASONAL CLUB — an organization which has been accepted for membership in USS and which operates on the basis of a period of time specified by the LSC.

SEED — to 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.

SPLIT TIME — time recorded from official start to completion of an initial distance within a longer event.

SPORTS CITIZEN — an athlete who has represented a nation other than the United States in international competition is a sports citizen of that nation and is considered ineligible to represent the United States until FINA requirements for changing sports citizenship (sport nationality) have been met. (See Foreign Swimmer)

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 USS.

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

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

UNATTACHED — an athlete member who competes but does not represent a club member of USS.

USS — United States Swimming, Inc.

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

WALL — vertical portion of the pool, contiguous surfaces of the deck and overflow gutter, the front portion of the starting block or platform, or the touchpad at the end of the course.

PART ONE

TECHNICAL RULES

1

All provisions under Part One, the Technical Rules, are effective beginning May 15, 1997, and until changed. Rules in effect on the first day of a meet shall govern throughout that meet.

All competitive swimming events held under USS 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, the swim club 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, on, under, or over the water. The elbows shall be under the water except for the last stroke at the finish of the prescribed distance. The hands shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hipline, except during the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- .3 **Kick** — All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outward during the propulsive part of the kick movement. A scissors, flutter, or downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.

101.2

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

101.2. BUTTERFLY

- .1 **Start** — The forward start shall be used.
- .2 **Stroke** — After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him to the surface. From the beginning of the first arm pull, the swimmer's shoulders shall be in line with the water surface. Both arms must be brought forward over the water and pulled back simultaneously.
- .3 **Kick** — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
- .4 **Turns** — At each turn the body shall be on the breast and the shoulders in line with the water surface. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
- .5 **Finish** — At the finish the touch shall be made with both hands simultaneously at, above, or below the water surface. The body shall be on the breast and the shoulders in line with the water surface.

101.3. BACKSTROKE

- .1 **Start**
 - 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 the start. A backstroke starting block may not be used.
- .2 **Stroke** — Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted. The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.

- .3 **Turns** — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. Once the body has left the position on the back, there shall be no kick or arm pull that is independent of the continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall.
- .4 **Finish** — Upon the finish of the race, the swimmer must touch the wall while on the back.

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 wall.
- .4 **Finish** — The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

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 **Start** — The forward start shall be used.
- .2 **Stroke** — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.
- .3 **Turns**
 - A Intermediate turns within each stroke shall conform to the turn rules for that stroke.
 - B The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
 - (1) **Butterfly to backstroke** — The swimmer must touch as described in 101.2.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
 - (2) **Backstroke to breaststroke** — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
 - (3) **Breaststroke to freestyle** — The swimmer must touch as described in 101.1.5. Once a legal touch has been made, the swimmer may turn in any manner.
- .4 **Finish** — The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

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/her lane at the end of the course to have finished his/her leg of the relay race.
 - C In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
 - D Any relay team member and his/her 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/her 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/her 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 and to 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-yard/meter freestyle
 100-yard/meter freestyle
 200-yard/meter freestyle
 500-yard/400 meter freestyle
 1000-yard/800-meter freestyle
 1650-yard/1500-meter freestyle
 100-yard/meter backstroke

200-yard/meter backstroke
 100-yard/meter butterfly
 200-yard/meter butterfly
 100-yard/meter breaststroke
 200-yard/meter breaststroke
 200-yard/meter individual medley
 400-yard/meter individual medley

400-yard/meter freestyle relay
 800-yard/meter freestyle relay
 400-yard/meter medley relay

Long Course Events

50-meter freestyle
100-meter freestyle
200-meter freestyle
400-meter freestyle
800-meter freestyle
1500-meter freestyle
100-meter backstroke
200-meter backstroke
100-meter butterfly

200-meter butterfly
100-meter breaststroke
200-meter breaststroke
200-meter individual medley
400-meter individual medley
400-meter freestyle relay
800-meter freestyle relay
400-meter medley relay

2 AGE GROUP EVENTS — The following are recommended events for swimmers of these ages:

10 Years and Younger

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 Years

50-100-200-400/500, 800/1000, 1500/1650 freestyle
100-200 backstroke
100-200 breaststroke
100-200 butterfly
200-400 individual medley
200-400 medley relay
200-400-800 freestyle relay

3 CONSOLIDATED EVENTS — As a local option, an LSC may sanction freestyle events 400 meters/500 yards and longer and the 400 IM seeded as a single event, without regard to swimmers' ages or gender, in the order of submitted entry times. Places, awards, and published results for these events may be separate for each age group and gender.

102.2. ENTRIES - GENERAL RULES

- 1 In order to compete in a meet a swimmer must be entered in compliance with the event entry requirements stated in the meet announcement.
- 2 In a preliminaries and finals meet a swimmer may compete in not more than three (3) individual events per day.
- 3 In a timed finals meet a swimmer may compete in not more than five (5) individual events per day.
- 4 If, due to conditions beyond the meet officials' control (e.g., a thunderstorm), an event or events are postponed to a subsequent day of the meet, such postponed events shall not be included in the above events-per-day limitations.
- 5 In a meet where a combination of preliminary and final events and timed finals are scheduled, a swimmer may compete in not more than three (3) individual events per day, unless entered exclusively in timed final events that day.
- 6 The above limitations on individual events apply regardless of the classification mixture or if separate meets or time trials are being conducted. These, and additional limitations on entries which may be established by the LSC's sanction or approval, shall be clearly stated in the meet announcement.

102.3

- .7 In a mixed classification meet a swimmer may enter the same stroke and distance individual event in an age group and any other classification, provided the limit of events per day for the type of meet is not exceeded. The same entry time must be used for all repetitive entries.
- .8 If a meet or an event has no qualifying time standards, a swimmer who has no official time for an event may enter that event with no submitted time.

102.3. SCRATCH PROCEDURES — Each swimmer shall become informed 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 is a member of USS. This requirement does not apply to relay teams representing an LSC at a Zone meet, or teams competing at the Olympic Festival and similar USS sanctioned or approved meets.
- .2 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 relay event in which they will be eligible to swim. There is no limit to the number of eligible swimmers who may be listed.
- .8 The composition of a relay team may be changed between preliminaries and finals, except that all members competing on a relay team disqualified during preliminaries shall be barred from further competition in that event.
- .9 First and last names of competing relay swimmers, their ages, and their order of swimming shall be declared to the clerk of course (if used) or to the head lane timer immediately prior to the start of the relay heat in which such team is entered. No changes will be permitted thereafter.
- .10 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.

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 as the result of a decision by the referee or place judges in accordance with Section 102.17.6. 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 shall be timed and judged in the same manner as the original event unless a subsequent timing system malfunction requires that an adjustment be made. 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/she 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 become acquainted with 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 by placing the fastest swimmer or team in the center lane in a pool with an odd number of lanes, or in lanes 3, 4, or 5

respectively in pools having 6, 8, or 10 lanes. The swimmer having the next fastest time is to be placed in the lane to the left, then alternating the other swimmer(s) to the right and left in accordance with the submitted times. (see chart below.)

										Lanes In Pool
										5
										6
										7
										8
										9
10	8	6	4	2	1	3	5	7	9	10
10	9	8	7	6	5	4	3	2	1	< Lane

.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 numbering shall be made, i.e., the lanes shall be numbered the same on both ends of the course.

.6 Counters

- A A swimmer in any individual freestyle event 16 lengths or more may appoint one counter to call lengths or indicate lengths by visual sign.
- B Verbal counters shall be limited to one per swimmer and shall be stationed at the end of the course opposite the starting end. They may use watches and signal intermediate times to the swimmer.
- C If visual counters are used, they may be stationed at the end or either side of the pool, beyond the halfway point toward the end of the course opposite the starting end. Visual counters may be lowered into the water at the end of the swimmer's lane, provided that, in the opinion of the Referee, they neither physically aid the swimmer or interfere with another competitor or present any safety hazard.
- D The count may be in ascending or descending order.

E In the event of official or counter error it is the responsibility of the swimmer to complete the prescribed distance.

- .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 information 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. 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 (Individual point values shall be doubled for relays):

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

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

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

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

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

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

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

When consolations and championship finals are swum, scoring shall be as follows for individual events (Individual point values shall be doubled for relays, even when relays are swum as timed finals):

6-lane pools (12 places):

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

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

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

7-lane pools (14 places):

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

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

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

8-lane pools (16 places):

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

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

- .4 **LSC Options** — For mixed classification meets, non-standard events, or when an additional (bonus) heat or only a single championship final heat is swum in some or all of the events, the LSC sanctioning the meet shall establish the scoring point values to suit the format of the meet. These point values shall be stated in the 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 subsequent places will move up accordingly and points shall be awarded to conform to the new places. Consolation finalists shall not receive championship final placing. Alternates shall not receive consolation final placing.

102.8 CHANGE OF PROGRAM AND POSTPONEMENT

- .1 The order of events, as stated in the meet announcement, shall not be changed. The announced arrangement of heats in any event shall not be added to or altered, except by the authority of the Referee, to the extent of consolidating the heats.
- .2 At the Meet Referee's discretion, events may be combined by age, sex, distance, and/or stroke provided there is at least one empty lane between such combined events.
- .3 The entry provisions and starting time of any event, meet or portion thereof shall stand as stated in the meet announcement (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/her coach. If mailed, such notice must be postmarked no later than the entry deadline date stated on the meet announcement, and if lack of time prohibits mail notification, each affected swimmer must voluntarily agree in writing that they has been notified and is in accord with such change. Any affected swimmer or their 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 or other conditions preclude the possibility of safely and effectively conducting a meet or an 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/her sole discretion, may suspend the meet or event until conditions warrant continuance. If circumstances 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. COSTUME

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

- .2 **Insignia** — Swimmers may wear the insignia and/or name of the club or organization they represent or of which they are a member and the insignia of their FINA National Federation or Organizing Committees for Olympic, World, Continental or Regional Championships, except as otherwise provided in 202.5.3 for international competition and in FINA rules GR6 and GR7. Swimmers shall not be allowed to wear the insignia and/or name of any club or organization which they are not entitled to represent in open competition, if such action is objectionable to that club or organization.
- .3 **Advertising**

- A In the competition venue or complex of all events conducted by and under the control of USS or any LSC or division thereof, no swimsuit shall carry any visible marque or insignia in the form of advertising (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/her 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 the same lane.
- .5 Standing on the bottom during a freestyle race shall not disqualify a swimmer, but a swimmer must not leave the pool, or walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification.
- .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 that swimmer 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 an 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(s), the Referee may allow the affected competitor(s) to reswim the event. In case of collusion to foul another swimmer, the Referee may, at his/her discretion, disqualify the swimmer for whose aid the foul was committed, as well as the swimmer doing the fouling.

102.11

- .10 No swimmer is permitted to wear or use any device or substance to help his/her speed or buoyancy during a race. Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee.
- .11 Grasping lane dividers to assist forward motion is not permitted.
- .12 For relay disqualifications, refer to 101.6.3.
- .13 The time and/or place of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event. If awards have been made prior to the decision to disqualify they shall be returned and made to the proper recipient(s) and if points have been scored by those disqualified the event shall be rescored.
- .14 Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.

102.11. PROTESTS

- .1 Protests against the judgement decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decision shall be final.
- .2 For consideration of all other protests lodged at the meet, the Referee may appoint a meet jury consisting of not fewer than three (3) and not more than five (5) persons, at least one of whom shall be a coach and one an athlete.
- .3 Protests made prior to the race contesting the eligibility of a swimmer to compete or to represent an organization shall be made to the Referee in writing. If a protest is not resolved, the Referee or the meet jury shall allow the swimmer to compete under protest and it shall be so announced before the race.
- .4 All other competition-related protests, including protests concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred.
- .5 The Referee's or the meet jury's ruling may be appealed as follows:
 - A. Protests concerning interpretation of the rules in Part One of the USS Rules and Regulations shall be submitted in writing within ten (10) days to the Chairman of the National Rules Committee who shall issue a ruling within five (5) days from the date of the receipt of such protest. This ruling shall be final and binding on all parties.
 - B. All other protests, together with the Referee's or the jury's written decision, shall be submitted to the General Chairman, or designee, of the sanctioning LSC or, in the case of a national championship or trials class meet, to the National Board of Review, in accordance with the Hearings and Appeals Section of the USS Rules and Regulations.
- .6 The official results of any protested race shall not be announced, the affected awards shall not be given, and points scored shall not be allocated until the protest is resolved or is withdrawn in writing.

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 or meet referee.
- .2 All officials acting in the capacity of Referee, Starter, or Stroke and/or Turn Judge at a swimming

meet shall be certified in such position by their LSC prior to being assigned to officiate in that capacity. Uncertified trainees may perform the duties of such positions when they are under the direct supervision of a certified official. See 202.3.2 for USS membership requirements.

- .3 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
- 3 Timers per lane (one minimum if automatic equipment with touchpads is used)
- 1 Clerk of Course
- 2 Place Judges (optional if automatic or semi-automatic timing equipment is used)
- 2 Stroke Judges and 2 Turn Judges or 2 Stroke & Turn Judges
- Relay Take-off Judges (if applicable)
- 1 Recorder
- 1 Timing Judge
- 1 Announcer
- Timing Equipment Operators (as needed)
- Marshal(s) (as required by the LSC)

.4 Minimum Number of Officials Required for Dual Meets

- 1 Referee, who may also act as a stroke and turn judge.
- 1 Starter
- 1 Other stroke and turn judge (may be the Starter)
- 2 Recorders — one from each team.
- 1 Announcer.
- 3 Timers for each lane (one minimum if automatic timing equipment with touchpads is used)
- 1 Timing Judge
- 2 Place judges (optional if automatic or semi-automatic timing equipment is used)
- Relay take-off judges (if applicable)
- Timing Equipment Operators (as needed)
- Marshal(s) (as required by the LSC)
- 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.

- 1 Referee
- 1 Administrative Referee
- 1 Starter
- 1 Recall Starter
- 1 Chief Judge
- 1 Chief Timer
- 1 Stroke Judge per each side of pool
- 1 Timer/Relay Take-off Judge per lane (start end)
- 1 Recorder/Head Lane Timer per lane (start end)
- 1 Timer/Turn Judge per lane (start end)
- 1 Turn Judge per lane (turn end)
- 4 Relay Take-off Judges — two each side of pool
- 1 Recall Rope Operator
- 4 Marshals (minimum)

102.13

- C In addition to the officials listed above, assistant referees, assistant chief judges, one additional stroke judge per each side of the pool and relief personnel may be assigned. In the event of insufficient officials, the Referee may modify or combine assignments, subject to the provisions of 102.12.3.
- D Additional Required Meet Personnel
 - 1 Clerk of Course
 - 1 Announcer
 - 2 Timing Equipment Operators
 - 1 Computer Operator
- E All officials listed in 102.12.5B and .5C and required for National Championships must be members of United States Swimming, Inc.

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 the Referee has personally observed; shall also disqualify a swimmer(s) for any violations of the rules that the Referee personally observes and shall at the same time raise one hand overhead with open palm. If the Referee 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 102.17 and 104.2.1 E.
- .5 When automatic or semi-automatic officiating equipment is used and an apparent malfunction occurs it shall be his/her 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/her discretion prohibit the use of any bell, siren, horn or other artificial noisemaker during the meet.
- .7 The Referee may modify any rule for a competitive swimmer who has a disability. Such modification shall be in accordance with Article 105 of this rulebook.
- .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 An electronic starting horn, with or without an underwater recall device, and an electronic strobe signal is the preferred starting device. A starting gun of at least .22 caliber may be used.

- B Shall stand within ten feet of the starting end of the pool. The visual starting signal shall be clearly visible to all the swimmers and timers and the starting signal shall be audible to all the starting positions.
- C Upon signal from Referee, assumes full control of swimmers until a fair start has been achieved.
- D Notifies swimmers of the distance and the event.

E Optional Instructions

Stroke(s) to be used and the order of swimming them.

Number of pool lengths to be swum.

Advise heat when a swimmer is attempting a time at an initial distance.

For backstroke starts, the command, "Place your feet."

Notify relay swimmers that all but the last swimmer must leave the pool immediately upon completion of their leg.

.2 The Start

- A The Starter, upon receiving clearance from the Referee (for all events except backstroke and medley relay) directs swimmers to step onto the starting block or platform with both feet the same distance from the front and remain there. Refer to 101.3.1 for backstroke start requirements.
- B After the Referee's whistle, the Starter instructs the swimmers and directs them to "take your mark," to which they must immediately respond by assuming a starting position by moving at least one foot to the front 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 500 yards or longer except for relays, the starter or a designee shall sound a warning signal over the water at the finish end of the lane of the leading swimmer when that swimmer has two lengths plus five yards (meters) to swim. As an alternative, a bell warning signal may be given over each individual swimmer by a lane judge or timer in that lane.

.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 backstroke 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/her 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 USS international events or to the Trials for Pan American, Pan Pacific, World Championships or Olympic teams, 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/her heat shall be disqualified by the Referee.
- 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 recall sound device if the automatic equipment is not properly functioning on the starting signal or if a false start has been observed. The position of the recall starter and the type of signal to be used shall be made known to the swimmers. He/she may also be assigned to assist the starter in any desired manner. A recall starter is mandatory in USS 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 the judges and may serve simultaneously in one of the judging positions and shall assign those judges within the "Chief's" category.
- .2 Place Judge** — At the discretion of the Referee, two place judges — one on each side of the course — shall be stationed near the finish and each shall judge the order of finish of all swimmers. A place judge shall record a tie if a place distinction cannot be made. Judging results shall be used only in accordance with Section 102.17.6C in determining the order of finish.

- .3 **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.
- .4 **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.
- .5 **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.
- .6 **Relay Take-Off Judges** —
 - A. Relay take-off judges shall be assigned by the Referee and shall stand so that they can clearly see both the touch of the incoming swimmer(s) and the feet of the departing swimmer(s) as they leave the starting platform, and shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.
 - B. If dual relay take-off judging is used, the lane and side take-off judges shall independently report infractions in writing without the use of the infraction hand signal. A relay will be disqualified only if the lane take-off judge has reported an infraction and the assigned side take-off judge has confirmed the same infraction.
- .7 **Infraction Signal** — Upon observing an infraction within his/her 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 disqualification. **Exception:** Relay take-off judges as outlined in 102.16.6B.

102.17. TIMING

- .1 **Timing Systems** — Every race in a swimming competition shall be timed with one or more of the following systems, listed in their preferred order of use:
 - A **Automatic** — A timing system that is started by an electric impulse generated by a starting device or a transducer capable of detecting a gun report and stopped at the finish by the swimmer touching the touchpad.
 - B **Semi-Automatic** — A timing system that is started by an electric impulse generated by a starting device or transducer capable of detecting a gun report and stopped by buttons pushed by timers at the finish touch of the swimmer.
 - C **Manual** — A timing system consisting of individual lane timers, each operating a manual watch that is both started and stopped by the timer as described in Section 102.17.3C. Only hand-held, battery powered, digital read-out type watches designed for timing purposes shall be used.
- .2 **Timing System Designation** — Timing systems shall be designated in the order in which results are used as follows:

PRIMARY TIMING SYSTEM	USE OF OFFICIAL TIME
LEVEL 1 Automatic Timing for all purposes.	<ul style="list-style-type: none"> - World, American and U.S. Open Records; - Initial distance splits and relay lead-off times
LEVEL 2 Semi-Automatic with 3 buttons	<ul style="list-style-type: none"> - OVCs for 50M distances in a 50M pool; - National age group records; - National reportable times for 50M distances in a 50M pool.
LEVEL 3 Semi-Automatic with 2 buttons, or Manual with 3 watches	<ul style="list-style-type: none"> - OVCs, except for 50M distances in a 50M pool; - National reportable times, except 50M distances in a 50M pool; - LSC and other local records, unless prohibited by the LSC; - Initial distance splits and relay lead-off times for age group time standards (A, B, C times, etc.)
LEVEL 4 Manual with 2 watches	<ul style="list-style-type: none"> - Zone, Regional, or LSC sponsored meet time standards, unless Timing System Level 3 is specified; - Age group time standards (A, B, C times, etc.)

A Primary System — The primary system shall determine the official time of each swimmer unless a comparison of the primary with secondary and/or tertiary system times indicates a malfunction of the primary system. A primary system shall always be in place and shall consist of one of the following, listed in their preferred order of use:

- (1) Automatic Timing.
- (2) Semi-Automatic, with three (3) or two (2) buttons per lane, each operated by a separate timer.
- (3) Manual, with three (3) or two (2) watches per lane, each operated by a separate timer.

B Secondary System — If manually operated watches are not the primary system, a secondary system of precedence equal to or lower than the primary system must be used. The secondary system may be:

- (1) Semi-Automatic with one (1), two (2), or three (3) buttons, each operated by a separate timer.
- (2) Manual with one (1), two (2) or three (3) watches per lane, each operated by a separate timer.

C Tertiary System — Unless the primary system consists of manual watches or the secondary system includes at least one (1) manual watch per lane, a tertiary system of at least one (1) manual watch per lane shall be provided.

.3 Timing Personnel and Their Duties —

A Chief Timer — The Chief Timer shall:

- (1) Assure the assignment of Lane Timers to lanes and the designation of one timer on each lane to be the Head Lane Timer.

- (2) On the starting signal, start a watch(es) on every race. The time of this watch shall be used if a Lane Timer's watch fails.
- (3) Be responsible for delivering all manual watch times, including those of disqualified swimmers, to the Timing Judge.

B Head Lane Timer — The Head Lane Timer shall:

- (1) Determine whether the swimmer or relay team is present and in the correct lane, heat and event, and that relay swimmers are swimming in the order listed.
- (2) Determine and record manual watch times or the absence of a swimmer or the relay team seeded in that lane.
- (3) Assign one timer to time relay splits and initial distance times if requested by the Chief Timer.
- (4) Report if the swimmer has delayed in touching or has missed the touch pad at the finish.

C Lane Timers — Officials assigned as Lane Timers may simultaneously operate two dissimilar devices (one watch and one button) but not two similar devices (two watches or two buttons). It is not within the Lane Timer's jurisdiction to judge if the swimmer's touch conforms to the applicable finish rules or if a relay take-off infraction has occurred unless assigned concurrent responsibility as a Lane Timer and Turn Judge or Relay Take-off Judge. Each timer shall:

- (1) Be in position at the **start** to have an unobstructed view and shall start the watch at the instant of observing the visual starting signal. If neither is observed, the watch shall be started upon hearing the sound of the horn or gun.
- (2) Stand directly over the assigned lane at the **finish** to observe a touch above, at, or below the surface of the water and stop the watch and/or push the semi-automatic system button when any part of the swimmer's body touches the wall.
- (3) **Report** the watch time to the Head Lane Timer or the designated recorder, report if a late or missed pad touch is observed; and, if requested, present the watch for inspection. Lane Timers shall not clear their watches until a command to "clear watches" is given or the Referee signals that the next heat is ready to start.

D Timing Equipment Operator — The Timing Equipment Operator shall be responsible for the automatic or semi-automatic timing equipment, including the electronic starting system and scoreboard (if used), and shall advise the Referee of any system problems that might affect the accuracy of times or whenever the touchpad is observed to have failed to record the finish when the swimmer completed the race.

E Timing Judge — Under the direction of the Referee, the Timing Judge shall determine the official time for each swimmer as follows:

- (1) Receive and review the automatic and/or semi-automatic timing results from the Timing Equipment Operator and compare primary timing results with the back-up timing results to determine their validity.
- (2) Receive the times recorded by the Head Lane Timers from the Chief Timer and use those times to the extent needed to determine the official time for each swimmer.

- (3) Notify the Referee whenever a time obtained by the primary timing system cannot be used as the Official Time.
- (4) Record disqualifications approved by the Referee. A written record of all disqualifications signed by the Referee shall be given to the Recorder.

F Recorder — The Recorder shall:

- (1) Record the Official Times and disqualifications;
- (2) Determine the official Order of Finish;
- (3) Publish the results; and
- (4) May also determine the score of the meet.

.4 Requirements for Official Time

A Performance Requirements

- (1) An official time can be achieved only in USS sanctioned or USS approved competition, or in an observed swim in accordance with all applicable rules. It may be achieved in:
 - (a) A preliminary or final heat.
 - (b) A swim-off held to determine qualifiers or alternates for consolation or final heats.
 - (c) A lead-off leg in a relay.
 - (d) A split time recorded from the official start to the completion of an initial distance with a legal finish within a longer event, provided the swimmer completes the event or the lead-off portion of the relay in compliance with applicable rules.
 - (e) A time trial or a record attempt.
- (2) An official time for an event or a stroke can be achieved only in that event or stroke, or in an initial distance of such event or stroke (e.g. a backstroke time must be achieved in a backstroke event or the backstroke leg of a medley relay). Regardless of the stroke(s) used, times achieved in freestyle events can be recorded only as freestyle times.

B Timing Resolution — All timing systems, including manual watches, shall have a resolution of one one-hundredth of a second (0.01 second). Times from all systems shall be recorded to hundredths of a second. The digits representing thousandths shall be dropped with no rounding.

C System Requirements for Specific Purposes

- (1) The official time may be used for the purpose listed only if timed by a timing system of at least the level required for that use.
- (2) World records can be established only when timed by an automatic timing system, or a semi-automatic system if the automatic system malfunctions.
- (3) A backup time adjusted for timing system differences as described in Section 102.17.5 may be used as an official time equal to the level of the timing system for which it has been adjusted.

- D **Backup Timing System Requirement** — Except when the primary system consists of watches, backup timing shall be provided for all competitors. No swimmer shall be required to reswim a race due to equipment failure which results in unrecorded or inaccurate time or place. It is the meet director's responsibility to provide the proper timing systems so that swimmers can expect to achieve official times that will satisfy the requirements of Section 102.17.4C.
- E **Use of Secondary and Tertiary Times** — Secondary and tertiary times shall be recorded but shall not be used except to corroborate or correct missing or inaccurate primary/secondary results.

5 Determination of Official Time

- A **Automatic Timing** — When recorded by properly operating automatic timing equipment, the pad time shall be the official time.
- B **Semi-Automatic and Manual Timing** — Whenever semi-automatic or manual timing is used, the times shall be determined as follows:
 - (1) If **two** of the three button or watch times agree, that shall be the time for that timing system.
 - (2) If all three buttons or watches disagree, the time of the **intermediate** button or watch shall be the time for that timing system.
 - (3) If only two button or watch times are available, the time shall be the **average** of those two button or watch times. The digits representing thousandths of a second shall be dropped with no rounding.
 - (4) If only one button or watch time is available, the time of that button or watch shall be the time for that timing system.
- C **Primary Timing System Malfunction** — May have occurred if:
 - (1) The difference between the time obtained by the primary system and the back-up system(s) is .30 seconds or more.
 - (2) A late or missed touch is reported by an official observing the finish.
- D **Adjustment for the Timing System Difference** — When the Referee determines that there is a malfunction of the primary timing system, the back-up time(s) shall be adjusted for the timing system difference prior to integrating them with accurate primary times in establishing the official times and determining the order of finish. The adjustment for timing system difference may be incorporated into the automatic or semi-automatic system by design or may be determined by calculating the consistent average difference between the primary and back-up systems used at that meet.
- E **Adjustment for Malfunction on a Lane** — When a malfunction is confirmed on a lane, the back-up times for that lane shall be adjusted by calculating the average difference between valid primary and valid back-up times of the other lanes in that heat. This shall be done by adding, or subtracting when appropriate, that average difference to the valid back-up time of the lane where the malfunction occurred. (*see Table 1 on page 35*)
- F **Adjustment for Malfunction Equally Affecting an Entire Heat** — When, because of an early or late start, or other equipment or operator malfunction, the time of the automatic or

semi-automatic primary timing system is equally incorrect for all the lanes in a heat, but the order of finish and thus the absolute difference of time between the swimmers is accurate, the times of the primary system shall be adjusted by calculating the average difference between the primary times and the valid back-up times and adding, or subtracting when appropriate, that difference to the primary times of every lane in that heat. (see Table 2 on page 35)

.6 Determining Order of Finish —

- A **Place and Ranking** — The order of finish shall be by integration of official times including those times adjusted in accordance with Section 102.17.5.
- B **Ties** — official times identical to the hundredths shall be ties, with swim-offs as required to determine qualifiers or alternates for consolation or final heats.
- C **Judging** — Judging shall only be used to change the order of finish produced by ranking the Official Times if:

- (1) the swimmers competed in the same heat,
- (2) times obtained from properly operating automatic timing equipment are **not** available, and
- (3) Both Place Judges observed a different relative order of finish and made a written record of their observation immediately following the conclusion of that heat.

Note: A different relative order of finish means there is agreement that a different swimmer finished ahead of another swimmer, there need not be agreement on their exact placement within the heat.

- D **Impact of Judging on Order of Finish** — If judging changes the order of finish:

- (1) In timed finals meets and the finals of preliminaries and finals meets, such placement by judges decision (JD) shall be indicated in the meet results and shall determine the order of finish.
- (2) In the preliminaries of preliminaries and finals meets, in no case may a swimmer with a faster time displace a swimmer who was judged to have placed ahead of him within a heat according to Section 102.17.6.C. If this should result in disputed qualifications, all swimmers having times tied or within the disputed times shall swim-off for the disputed places in accordance with Section 102.5.2.

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 The clerk of course shall be provided with a list of the names of all swimmers in all events including relay swimmers in the order in which they will swim.
- .3 All scratches which have occurred after the printing of the heat sheet shall be reported to the clerk of course. The clerk of course shall notify the Referee and scoring desk in writing of the failure of any swimmer to report.

Table 1 — EXAMPLE (LANE MALFUNCTION):**Primary** - Automatic;**Secondary** - Semi-automatic, three buttons (intermediate button time shown **bold**)**Tertiary** - Manual, one watch.

LANE	PRIMARY PAD TIME	BUTTON A	BUTTON B	BUTTON C	WATCH TIME	PAD MINUS MIDDLE BUTTON	OFFICIAL TIME
1	52.21	52.07	52.12	52.14	52.04	.09	52.21
2	52.18	52.01	51.91	52.06	51.95	.17	52.18
3	51.05	51.01	50.97	51.00	50.95	.05	51.05
4	51.04	50.78	50.88	50.93	50.84	.16	51.04
5	51.96	51.30	51.35	51.38	51.27	.61*	51.46**
6	51.65	51.57	51.56	51.59	51.55	.08	51.65
7	52.27	52.13	52.18	52.13	52.10	.14	52.27
8	51.87	51.58	51.75	51.89	51.65	.12	51.87
						.81 total	

*More than .30 of a second difference, late touch confirmed. **Adjustment calculation:

▼ Add the differences between pad and intermediate button time (excluding the malfunctioning lane); total = .81; ▼ Divide .81 by the number of valid lanes to determine an average: .81 divided by 7 = .11571; the digits after hundredths are dropped, leaving a timing system difference of .11.; ▼ Add the timing system difference to the valid back-up time for Lane 5: 51.35 + .11 = 51.46 (the official time for Lane 5)

Table 2 — EXAMPLE (HEAT MALFUNCTION):**Primary** - Automatic (Late manual start confirmed);**Secondary** - Semi-automatic, three buttons (button time not valid);**Tertiary** - Manual, one watch.

LANE	PRIMARY PAD TIME	WATCH TIME	WATCH TIME LESS PAD TIME	HEAT ADJUSTMENT*	OFFICIAL TIME
1	52.12	55.14	3.02	+ 3.06	55.18
2	51.56	54.61	3.05	+ 3.06	54.62
3	51.09	54.18	3.09	+3.06	54.15
4	50.12	53.18	3.06	+3.06	53.18
5	49.78	52.90	3.12	+3.06	52.84
6	49.06	52.06	3.00	+3.06	52.12
7	52.21	55.30	3.09	+3.06	55.27
8	52.92	55.99	3.07	+ 3.06	55.98
			24.50 total		

*Adjustment calculation:

▼ Add the differences between the pad and watch times; total = 24.50; ▼ Divide 24.50 by the number of lanes to determine an average: 24.50 divided by 8 = 3.0625; the digits after hundredths are dropped, leaving a heat adjustment of 3.06.; ▼ Add the adjustment factor of 3.06 seconds for late start of the primary system to each pad time to obtain the official time for that lane.

102.19. MARSHALS — Shall enforce warm-up procedures and maintain order in the swimming venue. The marshal shall have full authority to warn or order to cease and desist, and, with the concurrence of the referee, to remove, or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.

102.20. SCORERS — In a scored meet, shall receive from the recorder(s) 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. The Recorder may also serve as the Scorer. (See Section 102.17.3G)

102.21. ANNOUNCER — The announcer shall make any announcements requested by the referee, the clerk of course or the meet management. Announcements may include: event; number of heats; lane, name and club affiliation of competitors; and results.

102.22. 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.

102.23. 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.

102.24. MEET DIRECTOR — Shall be appointed by the meet host. The Meet Director's responsibilities include, but are not limited to: procuring the awards; obtaining a sanction; preparing the facility; arranging for personnel, equipment (including appropriate timing equipment as specified in 102.17), and supplies necessary for meet operation; processing of entries; printing of programs; arranging for publicity and media coverage; preparing and distributing meet results and filing the LSC report.

102.25. MEET RESULTS — Copies of printed meet results shall be provided, as directed by the LSC, within fourteen (14) days after the meet. The results may also be provided on a computer disk. Printed meet results shall include the following information:

1. Meet name, date, location, and the pool length (25Y, 25M or 50M) must appear on every page and the pages must be numbered.
2. Any scores, team or individual, if kept.
3. For each individual event, the order of finish in preliminaries, finals and swim-offs, when applicable, listing the swimmer's first and last name, age, club affiliation and official time; disqualified swimmers shall be listed last and indicated "DQ", with no times listed. Time Trial results shall be provided in the above format, when applicable.
4. For relays, in addition to the order of finish, affiliation, and official time, the swimmers' first and last names, ages, the order in which they swam, and, if available, lead-off swimmer's time, shall be included.

Note: First names may be abbreviated within the limitations of the printing format or the computer program.

102.26. 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.

102.27. 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 1/2 inch).
 - B Short Course: 25.00 yards or 25.00 meters (82 feet and 1/4 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 1/2 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, minimum width of 2.5 meters (8 feet 2½ inches), from center line to center line of the lane dividers, with approximately 0.45 meters (1 foot 6 inches) of additional open water outside lanes 1 and 8. The site selection committee with the approval of Program Operations may waive this requirement for National Championships.

- 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. The site selection committee with the approval of Program Operations may waive this requirement for National Championships.
- B /M/ Minimum water depth for racing starts during competition and practice shall be measured for a distance 3'3½" (1.0 meter) to 16'5" (5.0 meters) from the end wall. Starting requirements and height of starting blocks shall be:
- (1) In pools with water depth less than 3'6" (1.07 meter) at the starting end, the swimmer must start from the deck or from within the water;
 - (2) In pools with water depth 3'6" (1.07 meter) to less than 4' (1.22 meter) at the starting end, starting platforms shall be no more than 18" (0.46 meter) above the water surface;
 - (3) In pools with water depth 4' (1.22 meter) or more at the starting end, starting platforms shall meet the height requirements of Section 103.11.1.

Note: Local, state and municipal statutes, ordinances, rules and regulations, may have depth limitations in conflict with this Section 103.2.3. The LSC and all Member Clubs should check for this at all times.

103.3. /M/ RACING COURSE WALLS —

- .1 Permanent Course Walls enclosing the racing course shall be parallel and vertical. The end walls shall be at a right angle to the water surface and shall be constructed of solid material with non-slip surface that extends no less than 0.8 (2 feet 7 and 1/2 inches) below the water surface.
- .2 **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 edge of the deck be of a contrasting color to provide a visual target above water at the end of the course. /LSC/
- .3 A The lanes shall be numbered from right to left as the swimmers stand facing the course. /LSC/
- B 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.** *(Subject to the provisions of Section 103.2.3 B):*
 - 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 1/2 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.

103.12

- .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. (See Section 103.4.3)
- .6 Starting platforms shall be anchored to the deck or bulkhead to remain stable at all times.

103.12. /M/ FLOATING LANE DIVIDERS —

- .1 Floating lane dividers 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 on the surface of the water with the bottom half uniformly submerged for its entire length. They shall:
 - A Separate the racing lanes. /M/
 - B Be outside the outermost lanes being used. /LSC/
- .2 Dividers shall consist of contiguous floats having a minimum diameter of 5 centimeters (2 inches) to a maximum diameter of 15 centimeters (6 inches). The color of the floats extending from the walls the distance of 5 meters for long course and 15 feet for short course shall be distinct from the rest of the floats. Distinctive colored floats, or markers extending around the full circumference of the floats, shall be placed at 15-meters (49'2½") from each end wall in both short course and long course pools. Additionally, in long course pools, a distinctive warning line or lane markers may be placed at a distance of 13 meters from each end wall. 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 on a firmly stretched line 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 and short course meters: 5 meters (16 feet 5 inches) from each end of the course, a minimum of 1.8 meters (5 feet 11 inches) to a maximum of 2.5 meters (8 feet 3 inches) above the water surface.
 - B Short course yards: 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.
- .3 For long course backstroke, individual medley, and medley relay events a firmly stretched 1/4 inch line without flags or pennants shall be suspended at midpoint of the course. /LSC/

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 Section 102.17 for Automatic and Semi-Automatic Timing equipment types and performance requirements. Equipment powered directly from the utility line electrical service shall have the capability to automatically switch to 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 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 USS National Teams for the Olympic Games and World Championships 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. The National Events Coordinator with the approval of Program Operations may waive this requirement for National Championships.

- .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 (optional):
 - 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 25 meter and 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 sent by facsimile transmission 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 Records Coordinator. Responsibility for this filing shall rest with the meet recorder of records, official scorer, or LSC records chairman.

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 Section 102.17.
 - 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 in compliance with applicable rules including a legal finish at the initial distance.

- F Should the first swimmer on a relay team complete his/her leg in a record time for that stroke/distance, his/her performance shall not be nullified by any disqualification of his/her team members.
- G A record set in a swim-off to decide placement or break a tie can be claimed if the timing equipment used meets the appropriate level specified in Section 102.17.4.C.
- H To be eligible for a record a swimmer must have won his/her heat. 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 heat 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, or when achieved as in the lead-off leg in a relay race or at an initial distance.
- I When established in a course utilizing one or more movable bulkheads for endwalls, the length of each lane must be measured in accordance with 104.2.2C(4)(c).

J Record Attempts Against Time

- (1) Must be sanctioned by the LSC and conducted by the LSC Chairman or his/her 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 USS 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 USS rules.

B Recognized Distances and Strokes (Men and Women)

- (1) **Short Course Yards** — Made only over courses 25 yards long

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

- (2) **Short Course Meters** —Made only over courses 25 meters long.
(*effective November 1, 1994)

Freestyle.....	50, 100, 200, 400, 800, and 1500 meters
Backstroke.....	50*, 100, 200 meters
Breaststroke.....	50*, 100, 200 meters
Butterfly.....	50*, 100, 200 meters
Individual Medley.....	100*, 200, 400 meters
Freestyle Relay.....	200, 400, 800 meters
Medley Relay.....	200, 400 meters

- (3) **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 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 Coordinator. 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 Coordinator.

(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, and such measurements shall be kept on file for twelve (12) months thereafter if a national or world record is claimed.
- (5) Pending record claims properly documented and approved by the National Records Coordinator 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 national championships, shall, upon proper completion of required forms, pool certification, and written approval by the National Records Coordinator, 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 USS Board of Directors at any time if properly documented and approved by the National Records Coordinator.
- (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 the National Records Coordinator 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 USS and the National Records Coordinator.

.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 204.8.

B Reporting — When a listed Age Group record is bettered, an official Age Group record application form (provided by the National Age Group Records Coordinator to the LSC) shall be filled out, signed by the designated officials, and mailed to the National Age Group Records Coordinator within thirty (30) days. The athlete or the athlete's representative shall be responsible for initiating the record validation and reporting procedures established by the National Age Group Records Coordinator.

C Recognition

- (1) Upon receipt of the record application, a certificate of record achievement will be sent to all swimmers and members of relays whose time meets or betters the current National Age Group Record.
- (2) A certificate of achievement will be sent to all swimmers and members of relays whose time meets or betters the National Age Group record published in the current USS Rules and Regulations.

.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 Times

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 Coordinator when requested. This form shall be filled out, signed by the designated officials, and mailed to the National Age Group Records Coordinator. 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 achievement will be sent to all members of a relay team whose time meets or betters the age group relay record published in the current USS Rules and Regulations.

.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) An LSC may establish All-Star records which would include All-Star relay performances achieved by swimmers 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.

ARTICLE 105

GUIDELINES FOR OFFICIATING SWIMMERS WITH A DISABILITY IN USS MEETS

105.1 GENERAL —

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

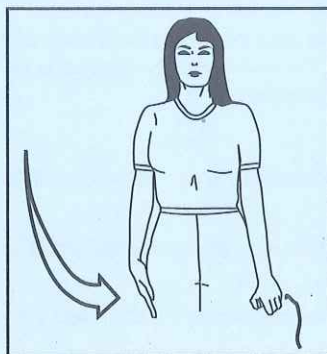
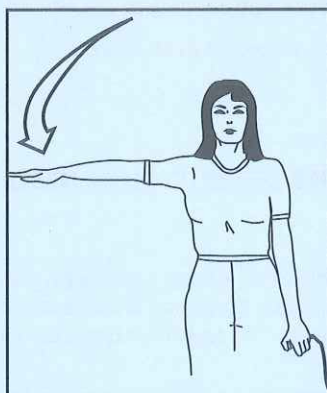
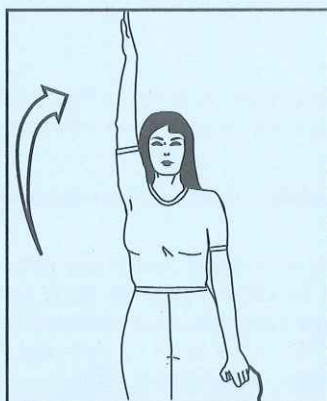
.2 Responsibilities —

- A. **Athlete** — The athlete (or the athlete's coach) is responsible for notifying the Referee, prior to the competition, of any disability of the athlete. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.
- B. **Referee** — The Referee's responsibilities include:
 1. Inquiring regarding the athlete's needs and determining what modifications will be required.
 2. Instructing the Starter and Stroke & Turn officials as to the accommodations to be made for that swimmer.

Some of the modifications which the Referee may make to accommodate the athlete with a disability are:

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

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



105.2. BLIND AND VISUALLY IMPAIRED —

- .1 **Start** — With an audible starting system, no modification is usually required for a blind or visually-impaired swimmer. They may, however, require assistance getting to and on the block. Should they feel insecure starting from the block or deck, an in-the-water start may be allowed.
- .2 **Turns and Finishes** — A blind or visually-impaired swimmer is permitted to have a “tapper”, which is a pole with a soft-tipped end. The swimmer is tapped with the “tapper” as notification of turns and the finish. Sound devices shall not be used. It is the swimmer's responsibility to provide the tapper(s) and operator(s), who shall be positioned within the confines of the swimmer's lane at the ends of the pool.
- .3 **Relay Take-Offs** — A physical touch may be required to signal the relay swimmer when his/her teammate has touched the wall. The specific method may be tailored to the swimmer's preference so long as it does not aid the swimmer's take-off or interfere with the timing.

105.3. DEAF AND HARD OF HEARING — Deaf and hard of hearing swimmers require a visual starting signal, i.e., a strobe light and/or Starter's arm signals. The Referee may reassign lanes within the swimmer's heat, i.e., exchanging one lane for another, so that the strobe light or Starter's arm signal can more readily be seen by the deaf or hard of hearing swimmer. Standard Starter's arm signals are shown in Figure 1. A false start rope is required in the event of a recall.

FIGURE 1

1. Arm overhead — swimmer steps onto starting block
2. Arm moves to shoulder level — signal to “take your mark”
3. Arm moves to side of body — starting signal

105.4. MENTALLY IMPAIRED — A deck or in-the-water start is allowable and the swimmer may be permitted to have an assistant on the deck when necessary. No other specific rule modifications are required other than patience and clarity in communicating instructions.

105.5. PHYSICAL DISABILITIES —

.1 Start — Swimmers with physical disabilities:

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

For freestyle, breaststroke and butterfly, a forward start (facing the course) shall be used. The Referee, however, may allow modifications such as the following:

- A. The swimmer may start from the front of the block so that a forward step need not be taken;
- B. The swimmer may start from a sitting position on the block or on the deck;
- C. The swimmer may assume a starting position in the water, with or without assistance;
- D. If the swimmer cannot use a hand and/or foot to maintain contact with the wall, some other part of the body may be used.

Examples of modified starting positions are shown on Figures 2 through 5.

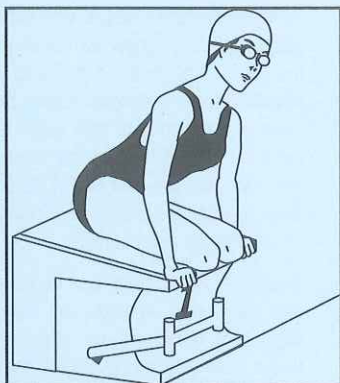


FIGURE 2 —
Sitting on block or deck

- .2 **Stroke/Kick** — In judging the stroke or kick of a swimmer with a physical disability, the Referee and Stroke & Turn Judge should follow the general rule that: if a part of the body is absent or cannot be used, it is not judged; if it is used during the stroke or kick, it should be judged in accordance with the USS rules.

Judgments should be made based on the actual rule — not on the swimmer's technique. For example, the breaststroke swimmer with one arm or leg shorter than the other, may have a non-symmetrical stroke or kick, but as long as the arm or leg action is simultaneous, it would meet that portion of the rule. No flotation devices should be permitted.

- .3 **Turn/Finishes** — Touches shall be judged in the same manner as strokes and kicks, i.e., on the basis of the arm(s) and/or hand(s) that the swimmer can use. In breaststroke and butterfly events, the competitor must reach forward as if attempting a simultaneous two-hand touch.

When a swimmer has a different arm length, only the longer arm must touch the wall, but both arms must be stretched forward simultaneously. Swimmers with no arms or with upper limbs too short to stretch above the head may touch the wall with any part of the upper body provided the shoulders remain horizontal with the water surface.

- .4 **Relays** — Relay swimmers who cannot exit the water immediately may be allowed to remain in the lane until all relays have finished so long as they do not interfere with the other swimmers or the timing equipment.

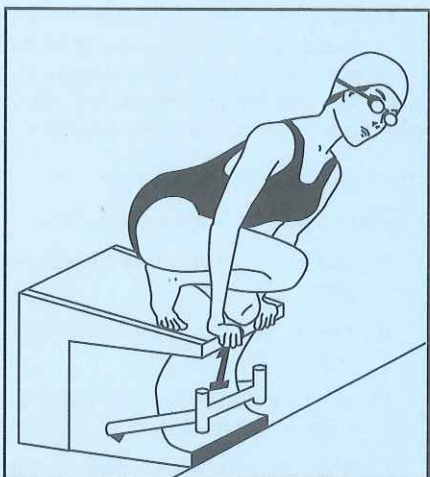


FIGURE 3 — Kneeling start

FIGURE 4 —
Unassisted in-the-
water forward start

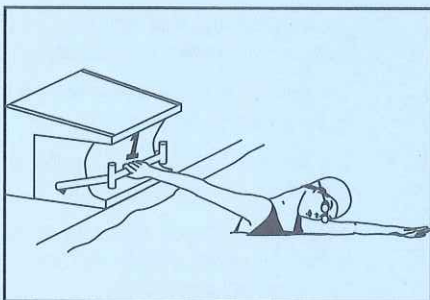
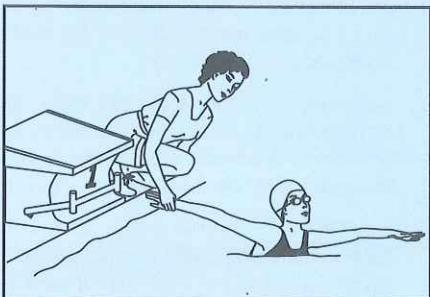


FIGURE 5 —
Assisted in-the-water
forward start



PART TWO

ADMINISTRATIVE REGULATIONS OF COMPETITION

2

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 athlete members of USS are eligible for the Senior Class.
- .2 **Junior** — All athlete members of USS 19 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 athlete members of USS 18 years old and younger grouped by ages. Where a program for swimmers ages 8 and under is conducted, it shall be for developmental purposes only and shall be subject to LSC procedures.
- .4 **Post Age Group** — All athlete members of USS older than 18 years of age whom an LSC elects to include in its Age Group program.
- .5 **Open Water** — All athlete members of USS are eligible for Open Water Swimming.

ARTICLE 202 SANCTIONS AND APPROVALS

202.1. JURISDICTION — As the National Governing Body for competitive swimming in the United States and as a Federation member of FINA, United States Swimming (USS) has the sole and exclusive authority to sanction or approve domestic and international swimming competition conducted within its jurisdiction. Each Local Swimming Committee (LSC), as the administrative arm of USS, is authorized to issue the sanction or approval for all swimming competition and benefits, exhibitions, clinics and entertainment involving competitive swimming within its geographical boundaries. Sanction is not required for closed competition which is restricted to members of a single Group Member of USS, although it may be issued by the LSC upon proper application.

202.2. REQUIREMENTS FOR SANCTION — Sanctions are issued, withheld or withdrawn in accordance with the following regulations:

- .1 Sanctions may only be issued to USS group members or LSCs and their subdivisions.
- .2 No sanction for domestic competition will be issued to any organization or person whose interest in amateur athletic competition 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.

- .3 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.
- .4 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.
- .5 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 USS.
- .6 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.
- .7 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 USS shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."
- .8 Application for sanction must be accompanied by a copy of complete meet information, including a statement of the nature of prizes to be awarded.
- .9 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).
- .10 The issuing LSC shall receive the following information regarding finances from every organization receiving a sanction (not applicable to events sponsored by USS):
 - A 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.
 - B 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.
 - C 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.
- .11 The sanction fee shall be as established by the LSC; those for national and international meets shall be established by the USS Board of Directors.
- .12 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, who is not a member as provided in Article 302, will be allowed to compete or participate.
- .2 All meet directors, referees, starters, marshals, and stroke and turn judges, serving in an official capacity in a sanctioned event, must be members of United States Swimming, Inc., and all persons acting in any coaching capacity in a sanctioned event must be coach members of United States Swimming, Inc. (Also see Section 102.12.5E)
- .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/her affiliation must be printed before or after his/her 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. REQUIREMENTS FOR APPROVAL — Approval of competition may be issued, withheld or withdrawn by an LSC in accordance with the following regulations:

- .1 Approvals may be issued to either USS member clubs, and LSCs or non-member clubs or organizations for meets conducted in accordance with USS technical rules.
- .2 Both USS athlete members and non-USS athlete participants may compete in an approved meet.
- .3 Written application for approval shall be made not later than the period established by the LSC prior to the competition. The LSC may establish a fee for processing such applications. Application for approval shall be accompanied by complete meet or event information and a statement of the nature and value of prizes to be awarded. Payment of a fee or expenses to the assigned USS officials shall not be a requirement for approval.
- .4 No competition shall be approved unless a sufficient number of USS officials, certified by the LSC at a minimum of Stroke and Turn level, are present to observe and certify that the conduct of competition and all times achieved in such competition were in conformance with all applicable USS technical rules including, but not limited to, the following:

- | | | |
|---|--|--|
| A | Article 101 (all) | Individual stroke and relay rules |
| B | 102.2.2 & 3 | Entry limit per day |
| C | 102.14.4 G | False start rule |
| D | 102.17.4 A (1) & (2) | Requirements for official time/performance |
| E | 102.17.4 B & C | Timing Resolution (including table) |
| F | 103.2.1, 103.2.3, 103.3
103.11.1 & 2 and 103.13 | Minimum standards for facilities |
- .5 The organization requesting approval shall permit USS officials to be on the deck at both ends of the course where they can properly view strokes and turns.
 - .6 No approval for domestic competition will be issued to any organization or person whose interest in amateur athletic competition 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.
 - .7 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.
 - .8 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.
 - .9 No approval will be granted for any competition if the word "Olympic", "World", "National", "United States of America " or any derivative thereof is used in any manner in connection with such competition unless consent for such usage is obtained from USS.
 - .10 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 United States Swimming 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".
 - .11 Complete meet results shall be submitted to the LSC within a period of time established by the LSC.
 - .12 All approvals must be signed by an authorized representative of the LSC and a record thereof kept by the LSC.
 - .13 Approval may be withheld or withdrawn by the LSC if the competition was not conducted in accordance with the above requirements.

202.5. REQUIREMENTS FOR OBSERVED SWIMS — Swims may be observed by assigned USS officials for conformance with USS technical rules in a meet conducted under other than USS rules if all of the following conditions are met:

- .1 Official times achieved as observed swims in collegiate, high school, YMCA, Masters, etc., meets, held under other than USS rules, will be acceptable for Official Verification Certification (OVC) purposes.

- .2 The meet must be a season-culminating Championship, e.g., League, Conference, District, Sectional, State, Regional, or be specifically approved by the USS Program Operations Vice President upon application.
- .3 Request for USS observers for certification of times must be made to the LSC in accordance with LSC procedures at least 10 days prior to the meet. Applications to the USS Program Operations Vice President shall be submitted at least 28 days prior to the meet.
- .4 USS observers shall be assigned or approved by the LSC and must be certified stroke and turn judges.
- .5 The USS observers present at the meet must be notified, prior to the start of competition, of the individual swims for which certification will be requested.
- .6 At least one USS observer must be present on the deck at each end of the course to verify compliance of the swim with the USS technical rules specified in Section 202.4.4 above.

202.6. INTERNATIONAL EVENTS

.1 Within the United States

- A All international competitions within the United States must be sanctioned through the LSC for and on behalf of USS. All invitations to foreign athletes to compete in the United States must be extended by USS.
- B Any international competition within the United States sponsored by an amateur sports organization or person other than USS must be sanctioned by USS 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.
 - (1) Factors to be considered in the determination of whether sponsoring the event would be detrimental to the best interest of swimming shall include, but not be limited to, the following:
 - (a) Financial guarantees of athlete expenses, both U.S. and foreign;
 - (b) Financial guarantees of any appearance money or prize money for athletes;
 - (c) Financial guarantees of acceptable accommodations and travel for athletes; and
 - (d) Absence of substantial conflict with the USS National Team programs and USS National Championships.
 - (2) Upon determination by clear and convincing evidence that sponsoring the event would not be detrimental to the best interest of swimming, the sanction will be issued upon that organization or person:
 - (a) Paying to USS a reasonable sanctioning fee; and
 - (b) Demonstrating that:
 - (1) Appropriate measures have been taken to protect the amateur status of athletes who will take part in the competition and to protect their eligibility to compete in amateur athletic competition;

- (2) Appropriate provisions have been made for validation of records which may be established during the competition;
 - (3) Due regard has been given to any international amateur athletic requirements specifically applicable to the competition;
 - (4) The competition will be conducted by qualified officials;
 - (5) Proper medical supervision will be provided for athletes who will participate in the competition;
- (c) Submitting to USS an audited or notarized financial report of similar events, if any, conducted by the amateur sports organization or person.
- C Sanctioning fees for international events shall be as established by the Board of Directors of USS.
- .2 **Outside the United States**
 - A All invitations for individual swimmers to compete abroad must be extended by the recognized FINA member of the inviting country through USS.
 - B All invitations for individual swimmers or teams who are members of USS must be through USS and in compliance with procedures established by the Olympic International Operations Committee.
 - C Approval for teams sponsored by an amateur sports organization or person other than USS is the responsibility of USS 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. USS shall advise any such organization or person requesting such foreign travel of the requirements for approval in accordance with Federal Law and the USOC Constitution.
- .3 No team, individual or organization competing inside or outside the United States may use the letters "U.S.A.", or any other designation that may indicate it as a team or individual representing the United States, on uniforms or competitive equipment or in any other manner, without the express written approval of USS issued through the office of the Executive Director. (See FINA GR2.3)

202.7. SWIM-A-THONS — All Swim-a-thon events are held under the exclusive jurisdiction of USS and must conform to rules and regulations established by USS. The participants may or may not be members of USS. 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 USS 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 Dual Meets:

50, 100, 200, 400/500 freestyle; 100/200 backstroke; 100/200 breaststroke; 100/200 butterfly; 200/400 IM; 400 medley relay; 400 freestyle relay

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

203.6. AWARDS — Meet hosts and swimmers should be aware that high school or college eligibility may be affected by prize cost or value.

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 USS provides fair and open competition for its registered swimmers ages 18 years and younger. 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. ELIGIBILITY

- .1 Eligibility to compete in a particular age group shall be determined by the swimmer's date (not hour) of birth.
- .2 Age on the first day of the meet shall determine the swimmer's age for the entire meet except as follows:
 - A In a preliminaries and finals meet, when the preliminaries are separated from the finals by more than two days, swimmers shall compete at the age they are on the first day of the finals.
 - B In a timed finals meet that covers more than one weekend, swimmers shall compete at the age they are on the first day of each continuous session of the meet.

204.3

- .3 When an Age Group Meet is scheduled over two weekends the younger age groups must compete on the first weekend.
- .4 A swimmer must compete in the age group events corresponding to the swimmer's age, except when competing in consolidated events (102.1.3), mixed classification meets (102.2.5), and in events combined by the Referee (102.8.2).
- .5 USS Group Members may establish their own age group eligibility requirements for seasonal closed competition. Times achieved in competition conducted under different age group eligibility rules shall be recognized as official USS times only if achieved in conformance with 204.2.1 and .2.

204.3. PROGRAM AND EVENTS

- .1 In order to promote maximum achievement and recognition, competition may be separated by age, sex and level of ability. Meets and/or events shall be structured by the LSC to assure fair competition.
 - A Age Group swimming competition shall be conducted in conformance with the USS Technical Rules.
 - B USS shall establish and publish national motivational time standards.
 - C An LSC may establish its own age group time standards for use within its jurisdiction or may sanction competition without any entry time requirements.
 - D Only swimmers whose best times correspond to the event's time standard for their age shall be eligible to participate in the particular event.
 - E Age Group meets may be designated by ability classifications, i.e., A, B, C).
 - F With the exception of championship meets the program in all other age group competition below the A-time level shall be arranged to allow the events for swimmers 12 years and younger to be completed in four (4) hours or less for a timed finals session or in a total of eight (8) hours or less per day for a preliminaries and finals meet.
- .2 Programs for Age Group meets and/or those of mixed classification may be tailored to meet local requirements and conditions. Recommended events are 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. Dual meets between clubs and LSCs are encouraged.

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

204.5. AWARDS — Official awards for Age Group events shall be established by the LSC. The cost per award to an individual shall not exceed \$25.00. However, meet hosts and swimmers should be aware that high school or college eligibility may be affected by prize cost or value.

204.6. ZONE AGE GROUP PROGRAM — **Zone Age Group Championship Meet** — Each zone must conduct at least one Age Group Championship meet, recommended to be long course if only one is conducted.

- .1 The meet shall be restricted to age group competition.
- .2 Those events in 102.1.2 are recommended for use for zone meets. A Zone, at its option, may open its oldest age group at any competition to Post Age Group swimmers, or may include events specifically for those swimmers.

- .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 at least 1st through 8th place, and any other as designated by the national sponsor if any.

204.7. 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. Those events in 102.1.2 are recommended for age group championship meets. It is recommended that such meets be conducted with preliminaries and finals. An LSC, at its option, may open its oldest age group to Post Age Group swimmers.

204.8. NATIONAL TOP 16 TIMES REPORTING AND RECOGNITION

- .1 Times submitted for recognition to the National Top 16 Times Coordinator shall be achieved in accordance with 102.17.4C in any USS Sanctioned or Approved competition or USS Observed Swims conducted between September 1 of one calendar year and August 31 of the next calendar year.
- .2 A swimmer must be a USS athlete member at the time of the reportable swim in order to be ranked in the National Top 16 Times.
- .3 The National Top 16 Times Coordinator shall establish and distribute the reporting procedures to the LSC Top 16 Tabulators before the start of the subsequent reporting period. These procedures shall include the reporting period, method of submission, deadlines, and the expected publication date.
- .4 If the reportable times are achieved in a meet conducted in a continuous session overlapping the start of a reporting period, the last day of the meet shall be the last day of the reporting period for that meet.
- .5 Each LSC shall be responsible for submitting all reportable times achieved within its boundaries. An LSC should report times achieved by its swimmers outside its boundaries when proof of performance is submitted to the LSC Top 16 Times Tabulator.
- .6 The Top 16 Times tabulation shall be published for short and long course competition.
- .7 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. If the club has an additional relay entitled to listing with a change of one, two or three individual swimmers from a higher listed relay, those additional swimmers will be listed after the club's higher ranked team members.
- .8 Each swimmer achieving the fastest reported time in each individual event and each member of the relay team achieving the fastest time in a relay event shall be awarded an appropriate certificate and an emblem, pin or similar memento by USS. Those ranked second through 16th will be awarded a certificate with their name and ranking. At the option of the LSC, a swimmer achieving a Top 16 reportable time, but not listed in the final tabulation, as an individual or as a member of a relay, will receive a certificate of recognition.

ARTICLE 205

AWARDING USS CHAMPIONSHIPS AND INTERNATIONAL COMPETITIONS

205.1. GENERAL — USS Championship meets shall be awarded in the following categories:

- .1 **Senior Class** — two long course meets.
- .2 **Junior Class** — short course and long course.

205.2. FACILITIES

- .1 Facilities awarded USS 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 USS 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/her designee, prior to submitting a bid for a National 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 USS Championships and international events shall be conducted indoors.

205.3. AWARD OF EVENTS

- .1 USS National and Junior Championships shall be awarded by Program Operations in accordance with Article 205 and Article 206.
- .2 In an Olympic or Pan American year Program Operations may elect not to conduct one or more USS Championships. Such decision must be made at the annual meeting of USS 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 — Unless otherwise determined and announced by the National Team Director at the previous year's convention, the dates shall be as follows:

- .1 Spring USS National Championships — To start the Wednesday following the NCAA Division I Men's Championship;
- .2 Summer USS National Championships — To end no later than the third Saturday in August;
- .3 Spring USS Junior Championships — To end not less than six (6) days nor more than eight (8) days prior to the start of the Spring USS National Championship;
- .4 Summer USS Junior Championships — To end not less than six (6) days nor more than eight (8) days prior to the start of the Summer USS National Championship.

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 national championship, as required by the zone rotation award system, together with its recommendations.

205.6. CHAMPIONSHIP AWARD ROTATION SYSTEM**.1 National Championships:****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, North Texas, Oklahoma, Ozark, South Dakota, South Texas, 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 System for awarding USS National Championships

YEAR	AREA I	AREA II	AREA III
1997	Spring		Summer
1998	Summer	Spring	
1999		Summer	Spring

.2 USS Junior Championships:

Northeast: Adirondack, Allegheny Mountain, Connecticut, Indiana, Lake Erie, Maine, Metropolitan, Michigan, Middle Atlantic, New England, New Jersey, Niagara, Ohio, Wisconsin

Southeast: Arkansas, Florida, Florida Gold Coast, Georgia, Gulf, Illinois, Kentucky, Louisiana, Maryland, Mississippi, Missouri Valley, North Carolina, North Texas, Oklahoma, Ozark, Potomac Valley, South Carolina, Southeastern, Virginia, West Virginia

West: Alaska, Arizona, Border, Central California, Colorado, Hawaii, Inland Empire, Iowa, Midwestern, Minnesota, Montana, New Mexico, North Dakota, Oregon,

Pacific, Pacific Northwest, San Diego Imperial, Sierra Nevada, Snake River, South Dakota, South Texas, Southern California, Utah, West Texas, Wyoming

- .3 Amendments to Article 205.6 shall become effective two years after adoption by the House of Delegates.

205.7. METHOD OF GRANTING AWARD

- .1 A USS National Championship may be awarded either to an LSC in good standing or to an organization approved by the Board of Directors of the LSC for the purpose of assuming full responsibility to conduct the National Championship as agreed to in writing. The LSC may also assign the contract to conduct the championship to a member in good standing of that LSC who shall then assume the full responsibility for the championship 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 national championships shall be made pursuant to the Award Rotation System. There is no rotation system for bids for the USS Junior Championships, but preference shall be given to bids from within a junior championship area. Bids from outside an area may be sought if there is no bid from within an area. All bids shall be returned to the Site Selection/Facilities Committee chairman by June 1. Acceptance or rejection of the bid will be determined by July 1. At this time, all bids will be categorized by the Site Selection/Facilities Committee and the bidding parties shall be notified.
- .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 USS, 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 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 June 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 USS and meet hosts, under terms and conditions approved by the Board of Directors.

205.9. INTERNATIONAL COMPETITIONS

- .1 An LSC may apply for an award of international competition only if it is currently fully paid in dues and fees owing to USS.
- .2 The applicant shall be provided by the Executive Director with financial and operating agreements and all other documents relating 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.

205.10 REGIONAL MEETS — The LSCs may make arrangements to compete on a regional basis in accordance with the regional alignment as listed in Appendix 6-G.

ARTICLE 206 USS CHAMPIONSHIPS

2

206.1. GENERAL — United States Swimming shall conduct USS National Championships, USS Junior Championships, and Trials class meets and the designation of each of these championships shall include the name of the national sponsor, if any, for that meet.

206.2. USS NATIONAL CHAMPIONSHIPS — The USS National Championship meets shall be governed and conducted by Program Operations. All USS member-athletes who have achieved the qualifying time standards for one or more specific events are eligible to participate.

If the following USS team selection trials are held in conjunction with the USS 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, and Pan Pacific Games 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 (8) place in a specific event, this rule also applies to the consolation finals in that event. Finals will be seeded accordingly.

206.3. USS JUNIOR CHAMPIONSHIPS — The USS Junior Championship meets shall be governed and conducted by Program Operations.

- .1 All registered swimmers, 19 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 The age of the swimmer on the first day of the Junior Championship competition shall govern for the entire meet.
 - B A swimmer who has achieved the current time standard (short or long course) for the Spring USS National Championships after Sept. 1 of the second year prior to the championships may not enter that event in the short course USS Junior Championships.
 - C A swimmer who has achieved the current time standard (short or long course) for the Summer USS National Championships after May 1 of the previous year may not enter that event in the long course USS Junior Championships.
 - D A swimmer who, for the first time, achieves the current USS National Championship time standard (short or long course) in an event after the entry deadline for the USS National Championships may enter that event in the same season's USS Junior Championships.
- .2 A swimmer who is ineligible under the above conditions to enter a specific event at a USS Junior Championship may not swim that event on a relay nor may such swimmer's time be used to enter a relay at that meet.

206.4. TRIALS CLASS — Trials Class shall be the selection meets for the Long Course World Championship and Olympic Games USA teams and may be held in conjunction with the USS National Championships. The Trials class meets shall be governed and conducted by Program Operations. The event format may emulate the Olympic Games or Long Course World Championship program. The men's 800-meter freestyle and women's 1500-meter freestyle will be conducted on the day following the completion of the event program if the Trials are held in conjunction with the National Championships. There shall be no relays or scoring in the Olympic Team Selection Meet. Touch pads shall conform to 103.17.3E. Only United States citizens eligible to represent the United States on the Olympic or Long Course World Championship teams may compete in these Trials. Trials Class meets shall not be subject to Article 205.6 and .7.

206.5. 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 the athlete's representative to be present at the meeting and to become acquainted 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 at no charge for participating athletes and officials who are members of USS. 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 and is based upon the total size of the team. There shall be a surcharge of \$10.00 per person for spectator passes, which money shall become the property of the meet host.
 - 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 shall 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 preliminary and finals session shall be made available to coaches and/or team representatives no less than one hour before the beginning of each session. Complete results from each session shall be made available one hour prior to the next session.
- 5 **Schedule** —
 - A Except as otherwise stated in 206.6.2D (5), a minimum of two (2) 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.
 - B At the discretion of the National Events Coordinator, the preliminary sessions may be conducted in two courses.
- 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. The \$50 fee shall not be required for protests submitted by the registration committee or LSC registration chairpersons.
 - 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 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 National Board of Review, pursuant to Articles 401 and 611. Protests submitted after the last day of the championships shall be submitted directly to the National Board of Review.
 - F Any such decision of the National Board of Review shall be published in the next issue of *Splash!* 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 they are entered and have not been scratched in accordance with sub-paragraphs A and B above will be barred from all further individual and relay events of that day. Additionally that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an 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 they may not intend to compete and further declares their final intentions within thirty (30) minutes following their 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 1000yd/800m and 1650yd/1500m freestyle must check in and confirm their intention to compete prior to the scratch deadline in order to be seeded. Seeded heat sheets shall be published at the conclusion of the finals the evening before, except that in the modified four-day format, seeded heat sheets for the 1000yd/800m freestyle shall be published two hours prior to the scheduled starting time for that event. 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 and bonus times shall be as follows:
- (1) All conforming times will be arranged in time order.
 - (2) In a long course championship meet, non-conforming yard times will be arranged in time order followed by non-conforming (short course) meter times; in a short course meet, non-conforming short course times shall precede non-conforming long course times.
 - (3) Conforming bonus times, if permitted, will be arranged in time order after the times that meet the qualifying standards, in the precedence specified in (2) above.
 - (4) Non-conforming bonus times, if permitted, will be arranged in time order after the times that meet the qualifying standard and after conforming bonus times, in the precedence specified in (2) above.
 - (5) After arranging the times as provided above, the event will be seeded in normal fashion.

- .11 **Finals** — Except for the relay events, the 1000 and 1650-yard and 800 and 1500-meter freestyle events, there shall be bonus, consolation and championship final heats in both short course and long course National and Junior Championships. The order of final heats for each meet shall be approved by the National Events Coordinator.

- .12 **Scoring** — Except for Trials Class meets, scoring at the USS National and USS Junior Championships shall be mandatory.

- A Foreign national teams entered in the meet will not be scored for team awards.
- B Foreign swimmers may not score points for a USS team at the USS National Championships, but, subject to USS representation requirements, may represent that team and receive awards.
- C Scoring at the USS National and USS Junior Championships will be on a 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 these point values.
- D To be eligible for Combined Men's and Women's Team Awards, a team must have scored points in both the Men's team and Women's Team Categories.
- E. For eighteen (18) & under combined team scoring at the USS National Championships, scoring will be calculated on the basis of the top 24 athletes, eighteen (18) & under, competing in each individual event.

- .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. A copy shall also be mailed within two weeks to the National OVC Coordinator, the National Top 16 Times Coordinator, the National Age Group Records Coordinator and either the permanent LSC office, the LSC Top 16 Tabulator Chairman or the LSC Records Chairman. Each LSC shall receive the appropriate junior championship results. 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.

206.6. PROGRAMS

.1 Three-Day Program

Day One

Preliminaries

100-yard/meter breaststroke
200-yard/meter freestyle
100-yard/meter butterfly
200-yard/meter individual medley
800-yard/meter freestyle Relay
1000-yard/800-meter freestyle

Finals

1000-yard/800-meter freestyle
100-yard/meter breaststroke
200-yard/meter freestyle
100-yard/meter butterfly
200-yard/meter individual medley
800-yard/meter freestyle Relay

Day Two

Preliminaries

400-yard/meter individual medley
50-yard/meter freestyle
200-yard/meter breaststroke
100-yard/meter backstroke
500-yard/400-meter freestyle
400-yard/meter medley relay

Finals

400-yard/meter individual medley
50-yard/meter freestyle
200-yard/meter breaststroke
100-yard/meter backstroke
500-yard/400-meter freestyle
400-yard/meter medley relay

Day Three

Preliminaries

200-yard/meter backstroke
100-yard/meter freestyle
200-yard/meter butterfly
400-yard/meter freestyle Relay
1650-yard/1500-meter freestyle

Finals

1650-yard/1500-meter freestyle
200-yard/meter backstroke
100-yard/meter freestyle
200-yard/meter butterfly
400-yard/meter freestyle Relay

.2 Four-Day (Modified) Program

Day One

Women's
Men's

1000-yard/800-meter freestyle
1000-yard/800-meter freestyle

Day Two

Women's
Men's
Women's
Men's

100-yard/meter freestyle
100-yard/meter freestyle
200-yard/meter breaststroke
200-yard/meter breaststroke

	Women's	200-yard/meter backstroke
	Men's	200-yard/meter backstroke
	Women's	200-yard/meter butterfly
	Men's	200-yard/meter butterfly
Day Three	Women's	200-yard/meter freestyle
	Men's	200-yard/meter freestyle
	Women's	400-yard/meter individual medley
	Men's	400-yard/meter individual medley
	Women's	400-yard/meter freestyle relay
	Men's	400-yard/meter freestyle relay
Day Four	Women's	100-yard/meter backstroke
	Men's	100-yard/meter backstroke
	Women's	500-yard/400-meter freestyle
	Men's	500-yard/400-meter freestyle
	Women's	100-yard/meter breaststroke
	Men's	100-yard/meter breaststroke
	Women's	100-yard/meter butterfly
	Men's	100-yard/meter butterfly
	Women's	800-yard/meter freestyle relay
	Men's	800-yard/meter freestyle relay
Day Five	Women's	200-yard/meter individual medley
	Men's	200-yard/meter individual medley
	Women's	1650-yard/1500-meter freestyle
	Women's	50-yard/meter freestyle
	Men's	50-yard/meter freestyle
	Men's	1650-yard/1500-meter freestyle
	Women's	400-yard/meter medley relay
	Men's	400-yard/meter 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 meter/1000 yard freestyle on day one 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 meter/1650 yard freestyle events on Day 5 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) Second fastest men's heat last.
 - (2) Second fastest women's heat next to last.

- (3) Third fastest men's heat third from last.
- (4) Third 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.

The starting time for each preliminary heat shall be scheduled so that the second fastest heat of the men's 1500-meter/1650-yard freestyle is concluded 60 minutes before the evening finals session is scheduled to begin.

- .3 **Time Trials** — At all USS National Championships, USS Junior Championships and Trials Class meets, Time Trials will be conducted on a time available basis 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 206.5 and 206.6:

- A A swimmer is limited to a maximum of two Time Trials during the course of the championships.
- B At the USS National Championships and Trials Class meets, a swimmer must be entered in the meet with a proved time (individual event or relay) to be eligible to participate in the Time Trials.
- C At the USS Junior Championships, a swimmer must be entered in at least one individual event with a proved time to be eligible to participate in the Time Trials.
- D Except as noted in (4) below, Time Trials shall be swum in the order listed under the meet program as follows:
 - (1) 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, when only that day's events will be swum.
 - (2) Second and all subsequent days except the final day: that day's events, followed by the events of the remaining day(s) of the meet, followed by the events of the previous days.
 - (3) Final Day: that day's events; that day's 1500 meter/1650 yard freestyle events may be swum, followed by events of the previous days if time permits.
 - (4) Exception: For long course championships, on the day the 50-meter freestyle is contested, the 50-meter freestyle Time Trials will be the first event in the Time Trial program. On all other days, the 50-meter freestyle will be the last event of the Time Trial program.
- E Entry fees for Time Trials shall be the same as those established for the corresponding national championships.

- .4 **Six-Day Program** — Upon the recommendation of the National Team Director with the approval of the OIOC and Program Operations, the USS National Championships may be conducted in a six day format with the order of events simulating the World Championship or Olympic program. The men's 800 and women's 1500 freestyle may be included in this format. All relays shall be conducted on a timed finals basis with all heats swum in the finals session.

206.7. AWARDS

.1 Team Awards

Women's Team Champion	<i>(high point women's team)</i>
Women's Team Runner-up Champion	<i>(second highest)</i>
Women's Team Top Ten	<i>(third through tenth)</i>
Men's Team Champion	<i>(high point men's team)</i>
Men's Team Runner-up Champion	<i>(second highest)</i>
Men's Team Top Ten	<i>(third through tenth)</i>
Men's & Women's Team Champion	<i>(high combined points)</i>
Men's & Women's Runner-up Team Champion	<i>(second highest)</i>
Men's & Women's Combined Team Top 25	<i>(third through twenty-fifth)</i>

USS National Championship only:

Men's & Women's USS National 18 & Under Combined National Team Champion
(first through tenth—for 18 & under swimmers scoring in individual events.)

William A. Lippman, Jr., USS—Combined Team Champion Cup
(perpetual trophy)

.2 Individual and Relay Awards

- A Medals shall be awarded to all place winners in the championship final of any national championship.
- B First-place medal to be awarded to the 18 & under swimmer placing highest in each individual event at each USS National Championship. If no 18-and-under swimmer scores in the final, consolation or bonus heats, the highest placing 18-and-under swimmer from preliminaries will be recognized as the National 18-and- under Champion for that event.
- C 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 3/8ths of an inch in width and narrowing at the top, and running approximately 1/8th 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 1-3/4 inches in diameter, and the weight of completed medal should be 24 pennyweight. 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 red, white and blue cotton or polyester 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.
- D 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 first and second places and the duplicate award, if not then available, shall be sent within thirty days to the proper swimmer.
- E 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.
- F Each member of an award-winning relay team shall receive identical awards.
- G Suitable awards and recognition shall be provided for all USS National Championship qualifying times achieved in a USS Junior Championship meet.

206.8. ENTRY BLANKS AND INFORMATION BOOK

- .1 The entry blanks and information book 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 book will be the responsibility of USS. 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.
- .3 One set of the entry blanks and information book 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, LSC Registration Chairmen, permanent LSC offices and to all coaches of unattached swimmers and teams that were entered in the two immediately preceding national championships. 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 book shall state qualifying times and procedures necessary for proof of entry times. (See 206.11)
- .5 The information book shall state that foreign swimmers must comply with all meet entry requirements.
- .6 The meet director's telephone number shall be included in the information book.
- .7 Entry fees shall be \$7.50 for individual events and \$15.00 for relay teams.
- .8 The National Events Coordinator shall establish a closing date for entries in all national championship events which shall be at least one week before the first day of competition and may establish and publish in the meet information book a later fax entry deadline not less than 24 hours before the start of the meet.

- .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.

206.9. 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/she has met the qualifying standard time, but he/she 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 For the 1997 Spring USS National Championships, swimmers may enter a bonus event for each event for which they have qualified with no limit on the number of events entered, provided they have achieved a current USS Junior Championship qualifying time in each of the bonus events. A swimmer may swim any combination of bonus and/or qualified events but no more than the maximum number of events allowed.
- .4 If the USS National Championships serve as a USS team selection or Trials Class meet, there shall be no limit to the number of events in which a competitor may enter and compete, subject to 102.2.1, provided the swimmer has met the qualifying time standards.
- .5 **Entry times for individual and relay events shall:**
 - A Be achieved in accordance with 102.17.4, Requirements for Official Time.
 - B Be submitted to hundredths of a second.
 - C Be achieved during the following qualification periods —
 - (1) Qualifying entry times for the Spring USS National Championship shall be achieved from the first day of the previous Spring USS National Championships or USS Junior Championships, whichever is earlier, until the entry deadline for the Spring USS National Championship.
 - (2) Qualifying entry times for the Summer USS National Championship shall be achieved from the first day of the previous Summer USS National Championships or USS Junior Championships, whichever is earlier, until the entry deadline for the Summer USS National Championship.
 - (3) Qualifying entry times for the Spring USS Junior Championships shall be achieved from the first day of the previous Spring USS National Championships or USS Junior Championships, whichever is earlier, until the entry deadline for the Spring USS Junior Championship.
 - (4) Qualifying entry times for the Summer USS Junior Championships shall be achieved from the first day of the previous Summer USS National Championships or Junior Championships, whichever is earlier, until the entry deadline for the Summer USS Junior Championship.
 - D A qualifying time achieved while participating in Trials Class meets, or while representing the United States as a National Team member in international competition since July 1 of

the previous summer, shall also be eligible to enter the Spring and Summer USS National Championships.

- .6 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 freestyle 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.
- .7 Entries are acceptable using either 25 yard, 25 meter or 50 meter times.
 - .8 The submitted times of all swimmers and relay teams must be listed on the entry form and no changes in submitted times, corrections or changes of events entered, or additional entries shall be allowed. Typographical or transcription errors which can be readily verified by OVC data may be corrected if attested to by the swimmer, coach, or the swimmer's representative prior to the scratch deadline.
 - .9 Any swimmer who qualifies for the 1000 or 1650 yard freestyle or the 800 or 1500-meter freestyle may enter at his/her fastest time or at the time standard, if entered in two or more events on the day of the distance freestyle.
 - .10 In USS 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 USS Junior Championships, provided they have made the short course yard, short course meter, or long course meter standard during the appropriate qualifying period. Swimmers will be seeded at their entered times.
 - .11 Program Operations reserves the right to challenge any submitted time.
 - .12 Foreign swimmers who are not members of USS may enter national championships provided they have met all qualifying requirements including submission of proof of entered times. (See also 206.11.3)
 - .13 In order to score at USS National Championships, a swimmer must be eligible to represent the United States in international competition.
 - .14 **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 Relay teams shall indicate on the entry form whether they elect to be entered at their prov-

able time or at the lowest priority non-conforming time standard. 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).

- C Composite-time and aggregate time relays that meet or exceed the current USS National Championship time standard (spring or summer) may be entered in that season's USS Junior Championship only if all swimmers whose times are used to prove the time meet the USS Junior Championship eligibility requirements of 206.3.
- D Each coach shall pick up relay entry forms from the clerk of course on which he/she 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.

2

206.10. QUALIFYING TIME STANDARDS

- .1 USS National Championship qualifying time standards will be determined from performances at the respective short course and long course championship meets for all swimmers and may be based on world rankings so that they will be of comparable quality for all events. The time standard formulas shall be established by the Championship Time Standards Committee in consultation with the National Team Director. A single set of time standards, designed to allow for 1000-1200 swimmers in individual events at the Summer USS National Championship, shall be the same for both the Spring and the following Summer USS National Championship.
- .2 USS Junior Championship qualifying time standards will be determined from performances at the respective short course and long course championship meets for all swimmers. The time standard formulas shall be established by the Championship Time Standards Committee in consultation with the National Team Director. The time standards shall be designed to allow for an average of approximately 1000 swimmers in individual events at each Summer USS Junior Championships.
- .3 Time standards for foreign swimmers who are representing a foreign team or country shall be based on the fastest 16th preliminary place from the USS National Championships of the previous year.
- .4 Program Operations shall approve at each annual meeting the qualifying time standards for all USS National Championships, USS Junior Championships and USS Open meets two (2) years in advance. Qualifying time standards shall be specified in hundredths of a second, with nine one-hundredths being the constant. At the first meeting of the House of Delegates, the Program Operations Vice President shall submit the written report of these time standards.

206.11. PROOF OF ENTERED TIME — Procedures for issuing OVC's shall conform to the current edition of the USS OVC Guidelines Handbook. OVC's shall be issued only for official times achieved in accordance with the requirements of 102.17.4.

- .1 **Individual Events** — All individual entry times must be made during the correct qualifying period specified in 206.8.4 and must be proven prior to the scratch deadline for that event through the Official Verification Card (OVC) system.

- .2 **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 club may name a swimmer on only one of its relay teams 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.

The time of any swimmer recorded while legally representing a USS club, secondary school, college or university 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 or currently representing that club.

- .3 Foreign swimmers who are representing a foreign team or country must meet the established foreign time standards and provide official meet results with the entry form.
- .4 The above requirements shall be made a part of the official entry form for all USS championships and other meets at which proof-of-time is required through the OVC system.

.5 **Responsibility Clause**

- A The coach, swimmer, or swimmer representative who signs a USS championship entry form thereby attests that all times stated in said entry form are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times or times which are unacceptable under USS rules and shall be assessed a \$100 penalty payable to USS for each such time entered, unless absolved of the fine by the National OVC Coordinator or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USS.
- B Such penalty shall also be levied against any USS verification officer who has issued an OVC attesting to such false or incorrect time(s).
- C Appeal of fines are to be made to the National OVC Coordinator and/or Board of Review. Any appeal of the decision of the National OVC Coordinator shall be in accordance with the provisions of Part Four, specifically 401.6.

APPENDIX 2-A

1997 SITES AND DATES

PHILLIPS 66 NATIONAL SWIMMING CHAMPIONSHIPS

February 12-16, 1997
50-meter course
Flickinger Aquatic Center
Buffalo, N.Y.

2

PHILLIPS 66 NATIONAL SWIMMING CHAMPIONSHIPS

July 26-August 1, 1997
50-meter course
Tracy Caulkins Competition Pool
Nashville, Tenn.

1998 SITES AND DATES

PHILLIPS 66 NATIONAL SWIMMING CHAMPIONSHIPS

April 1-5, 1998
50-meter course
University Aquatic Center
Minneapolis, Minn.

PHILLIPS 66 NATIONAL SWIMMING CHAMPIONSHIPS

August 11-15, 1998
50-meter course
Clovis Swim Complex
Clovis, Calif.

1997 PHILLIPS 66 NATIONAL SWIMMING CHAMPIONSHIPS TIME STANDARDS

WOMEN			EVENT	MEN		
SC (Yards)	SC (Meters)	LC (Meters)		SC (Yards)	SC (Meters)	LC (Meters)
23.79	26.49	27.09	50 Freestyle	20.69	22.89	23.79
51.29	56.49	58.39	100 Freestyle	45.19	49.89	52.29
1:50.79	2:02.09	2:05.79	200 Freestyle	1:39.19	1:49.89	1:54.29
4:52.69	4:12.79	4:22.09	400/500 Freestyle	4:28.39	3:52.39	4:02.29
10:01.09	8:43.39	8:58.79	800/1000 Freestyle	9:20.99	8:10.89	8:23.99
16:46.89	16:36.09	17:10.09	1500/1650 Freestyle	15:34.99	15:17.79	16:05.69
57.09	1:02.69	1:05.99	100 Backstroke	50.79	56.59	58.89
2:01.79	2:14.99	2:20.79	200 Backstroke	1:49.29	2:01.39	2:06.89
1:04.89	1:12.49	1:14.19	100 Breaststroke	56.59	1:02.89	1:05.69
2:19.29	2:35.79	2:39.19	200 Breaststroke	2:02.59	2:17.49	2:21.99
56.69	1:02.29	1:03.79	100 Butterfly	49.79	54.59	56.39
2:03.69	2:15.99	2:18.89	200 Butterfly	1:49.79	2:00.19	2:05.39
2:04.79	2:17.69	2:22.39	200 Ind. Medley	1:51.49	2:03.19	2:09.29
4:24.29	4:51.49	5:00.89	400 Ind. Medley	3:58.49	4:24.09	4:34.59
3:34.59	4:00.09	4:02.09	400 Free Relay	3:07.09	3:27.79	3:36.39
7:43.09	8:37.59	8:46.09	800 Free Relay	6:55.79	7:42.29	7:53.79
3:59.19	4:26.59	4:31.19	400 Medley Relay	3:29.79	3:54.39	3:58.59

1997 PHILLIPS 66 NATIONAL SWIMMING CHAMPIONSHIPS TIME STANDARDS—FOREIGN SWIMMERS

WOMEN			EVENT	MEN		
SC (Yards)	SC (Meters)	LC (Meters)		SC (Yards)	SC (Meters)	LC (Meters)
23.59	26.29	26.59	50 Freestyle	20.49	22.69	23.29
50.79	55.89	56.99	100 Freestyle	44.49	49.09	50.99
1:49.49	2:00.69	2:02.79	200 Freestyle	1:37.89	1:48.39	1:51.39
4:49.19	4:09.69	4:16.49	400/500 Freestyle	4:24.39	3:48.89	3:57.99
9:50.29	8:33.99	8:47.09	800/1000 Freestyle	9:10.39	8:01.59	8:11.29
16:34.79	16:24.09	16:54.09	1500/1650 Freestyle	15:24.49	15:07.49	15:42.19
56.39	1:01.89	1:04.09	100 Backstroke	49.99	55.69	56.99
2:00.99	2:14.09	2:17.19	200 Backstroke	1:47.89	1:59.89	2:03.79
1:04.09	1:11.59	1:12.59	100 Breaststroke	55.59	1:01.79	1:04.29
2:17.19	2:33.49	2:37.19	200 Breaststroke	2:01.09	2:15.79	2:20.29
56.09	1:01.69	1:02.09	100 Butterfly	49.09	53.79	54.79
2:01.49	2:13.19	2:15.89	200 Butterfly	1:48.69	1:58.99	2:01.89
2:03.79	2:16.59	2:19.89	200 Ind. Medley	1:50.09	2:01.69	2:05.89
4:22.89	4:49.89	4:56.29	400 Ind. Medley	3:55.79	4:21.09	4:29.29
3:29.39	3:54.29	3:55.09	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
3:53.79	4:20.49	4:23.09	400 Medley Relay	3:19.99	3:43.49	3:52.39

QUALIFYING PERIOD:

SPRING — February 8, 1996, through entry deadline

SUMMER — August 1, 1996, through entry deadline

1998 PHILLIPS 66 NATIONAL SWIMMING CHAMPIONSHIPS TIME STANDARDS

WOMEN			EVENT	MEN		
SC (Yards)	SC (Meters)	LC (Meters)		SC (Yards)	SC (Meters)	LC (Meters)
23.79	26.49	27.09	50 Freestyle	20.69	22.89	23.79
51.29	56.49	58.39	100 Freestyle	45.19	49.89	52.29
1:50.79	2:02.09	2:05.79	200 Freestyle	1:39.19	1:49.89	1:54.29
4:52.69	4:12.79	4:21.69	400/500 Freestyle	4:28.39	3:52.39	4:02.29
10:01.09	8:43.39	8:56.89	800/1000 Freestyle	9:20.99	8:10.89	8:22.69
16:46.89	16:36.09	17:06.69	1500/1650 Freestyle	15:34.99	15:17.79	16:03.49
57.09	1:02.69	1:05.99	100 Backstroke	50.79	56.59	58.89
2:01.79	2:14.99	2:20.79	200 Backstroke	1:49.29	2:01.39	2:06.89
1:04.89	1:12.49	1:13.99	100 Breaststroke	56.59	1:02.89	1:05.49
2:19.29	2:35.79	2:39.19	200 Breaststroke	2:02.59	2:17.49	2:21.99
56.69	1:02.29	1:03.59	100 Butterfly	49.79	54.59	56.19
2:03.69	2:15.99	2:18.39	200 Butterfly	1:49.79	2:00.19	2:05.39
2:04.79	2:17.69	2:22.39	200 Ind. Medley	1:51.49	2:03.19	2:09.09
4:24.29	4:51.49	5:00.19	400 Ind. Medley	3:58.49	4:24.09	4:33.79
3:34.59	4:00.09	4:01.59	400 Free Relay	3:07.09	3:27.79	3:34.99
7:43.09	8:37.59	8:43.89	800 Free Relay	6:55.79	7:42.29	7:53.79
3:59.19	4:26.59	4:29.99	400 Medley Relay	3:29.79	3:54.39	3:58.59

1998 PHILLIPS 66 NATIONAL SWIMMING CHAMPIONSHIPS TIME STANDARDS—FOREIGN SWIMMERS

WOMEN			EVENT	MEN		
SC (Yards)	SC (Meters)	LC (Meters)		SC (Yards)	SC (Meters)	LC (Meters)
23.59	26.29	26.59	50 Freestyle	20.49	22.69	23.29
50.79	55.89	56.99	100 Freestyle	44.49	49.09	50.99
1:49.49	2:00.69	2:02.79	200 Freestyle	1:37.89	1:48.39	1:51.39
4:49.19	4:09.69	4:16.49	400/500 Freestyle	4:24.39	3:48.89	3:57.99
9:50.29	8:33.99	8:47.09	800/1000 Freestyle	9:10.39	8:01.59	8:11.29
16:34.79	16:24.09	16:54.09	1500/1650 Freestyle	15:24.49	15:07.49	15:42.19
56.39	1:01.89	1:04.09	100 Backstroke	49.99	55.69	56.99
2:00.99	2:14.09	2:17.19	200 Backstroke	1:47.89	1:59.89	2:03.79
1:04.09	1:11.59	1:12.59	100 Breaststroke	55.59	1:01.79	1:04.29
2:17.19	2:33.49	2:37.19	200 Breaststroke	2:01.09	2:15.79	2:20.29
56.09	1:01.69	1:02.09	100 Butterfly	49.09	53.79	54.79
2:01.49	2:13.19	2:15.89	200 Butterfly	1:48.69	1:58.99	2:01.89
2:03.79	2:16.59	2:19.89	200 Ind. Medley	1:50.09	2:01.69	2:05.89
4:22.89	4:49.89	4:56.29	400 Ind. Medley	3:55.79	4:21.09	4:29.29
3:29.39	3:54.29	3:55.09	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
3:53.79	4:20.49	4:23.09	400 Medley Relay	3:19.99	3:43.49	3:52.39

QUALIFYING PERIOD:

SPRING — February 12, 1997, through entry deadline

SUMMER — July 26, 1997, through entry deadline

APPENDIX 2-B

1997 SITES AND DATES

SPEEDO JUNIOR CHAMPIONSHIPS

March 18-22, 1997
25-yard course

NORTHEAST	Councilman/Billingsley Aquatic Center	Bloomington, Ind.
SOUTHEAST	YMCA Aquatic Center	Orlando, Fla.
WEST	Texas A&M Aquatic Center	College Station, Texas

SPEEDO JUNIOR CHAMPIONSHIPS

August 5-9, 1997
50-meter course

NORTHEAST	Miami University (Ohio) Aquatic Center	Oxford, Ohio
SOUTHEAST	Kiefer Lakefront Arena Pool	New Orleans, La.
WEST	Clovis Swim Complex	Clovis, Calif.

1998 SITES AND DATES

SPEEDO JUNIOR CHAMPIONSHIPS

March 24-28, 1998
25-yard course

NORTHEAST	Goodwill Games Swimming Complex	Long Island, N.Y.
SOUTHEAST	Mecklenburg County Aquatic Center	Charlotte, N.C.
WEST	Hyslop Sports Center	Grand Forks, N.D.

SPEEDO JUNIOR CHAMPIONSHIPS

August 1-5, 1998
50-meter course

NORTHEAST	Flickinger Aquatic Center	Buffalo, N.Y.
SOUTHEAST	James E. Martin Aquatic Center	Auburn, Ala.
WEST	Gunderson High School Aquatic Center	San Jose, Calif.

1997 SPEEDO JUNIOR CHAMPIONSHIPS TIME STANDARDS

WOMEN			EVENT	MEN		
SC (Yards)	SC (Meters)	LC (Meters)		SC (Yards)	SC (Meters)	LC (Meters)
24.59	27.39	27.79	50 Freestyle	21.69	23.99	24.79
52.89	58.29	1:00.19	100 Freestyle	47.29	52.19	53.99
1:54.19	2:05.89	2:09.09	200 Freestyle	1:43.09	1:54.19	1:58.09
5:03.29	4:21.89	4:30.69	400/500 Freestyle	4:39.59	4:02.09	4:09.79
10:22.19	9:01.79	9:15.99	800/1000 Freestyle	9:39.29	8:26.89	8:40.79
17:24.29	17:13.09	17:46.69	1500/1650 Freestyle	16:14.29	15:56.39	16:41.69
59.09	1:04.89	1:07.89	100 Backstroke	53.09	59.09	1:01.39
2:06.99	2:20.79	2:25.99	200 Backstroke	1:55.09	2:07.89	2:12.39
1:07.19	1:14.99	1:16.79	100 Breaststroke	59.49	1:06.09	1:08.29
2:25.59	2:42.89	2:44.99	200 Breaststroke	2:09.79	2:25.59	2:29.79
58.59	1:04.39	1:05.79	100 Butterfly	51.99	56.99	58.89
2:08.89	2:21.69	2:24.19	200 Butterfly	1:54.89	2:05.79	2:10.59
2:09.49	2:22.89	2:27.59	200 Ind. Medley	1:56.29	2:08.49	2:13.59
4:33.89	5:01.99	5:09.69	400 Ind. Medley	4:09.49	4:36.19	4:43.89
3:37.19	4:02.99	4:06.99	400 Free. Relay	3:12.79	3:34.29	3:41.89
7:49.79	8:45.09	8:53.89	800 Free. Relay	7:05.69	7:53.29	8:07.49
4:01.29	4:28.89	4:36.39	400 Medley Relay	3:36.09	4:01.49	4:08.89

QUALIFYING PERIOD:

SPRING — February 8, 1996, through entry deadline

SUMMER — August 1, 1996, through entry deadline

APPENDIX 2-C

1996-1997 REPORTABLE TIMES FOR TOP 16 AGE GROUP BEST TIMES AND TOP 16 RELAYS

SHORT COURSE — GIRLS

		10 & U	11-12	13-14	15-16	17-18
50 Yd.	Freestyle	27.59	25.39	24.49	23.99	24.09
100 Yd.	Freestyle	59.99	55.19	52.79	51.89	52.09
200 Yd.	Freestyle	2:10.29	1:59.29	1:53.89	1:51.99	1:51.99
500 Yd.	Freestyle	—	5:15.99	5:02.09	4:56.89	4:57.79
1000 Yd.	Freestyle	—	—	10:21.49	10:09.99	10:15.99
1650 Yd.	Freestyle	—	—	17:21.19	16:59.19	17:12.99
50 Yd.	Backstroke	31.69	28.99	—	—	—
100 Yd.	Backstroke	1:08.09	1:01.69	58.69	57.69	57.89
200 Yd.	Backstroke	—	—	2:05.89	2:03.89	2:04.29
50 Yd.	Breaststroke	35.39	32.29	—	—	—
100 Yd.	Breaststroke	1:17.69	1:09.29	1:06.39	1:05.59	1:05.59
200 Yd.	Breaststroke	—	—	2:23.29	2:21.69	2:22.19
50 Yd.	Butterfly	30.29	27.69	—	—	—
100 Yd.	Butterfly	1:08.19	1:01.29	58.09	57.39	57.59
200 Yd.	Butterfly	—	—	2:07.39	2:05.89	2:05.89
100 Yd.	Individual Medley	1:09.09	1:02.89	—	—	—
200 Yd.	Individual Medley	2:27.69	2:14.89	2:08.69	2:06.29	2:06.89
400 Yd.	Individual Medley	—	—	4:31.29	4:25.89	4:27.99
200 Yd.	Freestyle Relay	1:59.99	1:49.19	1:42.49	1:42.89	1:52.99
400 Yd.	Freestyle Relay	—	3:55.99	3:42.39	3:42.99	3:53.09
800 Yd.	Freestyle Relay	—	—	8:04.79	8:02.79	8:29.99
200 Yd.	Medley Relay	2:13.09	1:58.99	1:54.79	1:55.99	2:06.99
400 Yd.	Medley Relay	—	4:22.09	4:06.89	4:05.69	4:19.39

SHORT COURSE — BOYS

50 Yd.	Freestyle	27.49	24.49	22.49	21.49	21.09
100 Yd.	Freestyle	59.99	53.29	48.99	46.79	46.99
200 Yd.	Freestyle	2:10.19	1:55.99	1:46.59	1:42.29	1:40.49
500 Yd.	Freestyle	—	5:11.59	4:47.09	4:35.79	4:32.19
1000 Yd.	Freestyle	—	—	9:55.39	9:32.89	9:24.99
1650 Yd.	Freestyle	—	—	16:37.89	15:57.99	15:49.99
50 Yd.	Backstroke	31.59	28.39	—	—	—
100 Yd.	Backstroke	1:08.29	1:00.69	55.19	52.59	51.49
200 Yd.	Backstroke	—	—	1:59.09	1:53.59	1:51.19
50 Yd.	Breaststroke	35.59	31.19	—	—	—
100 Yd.	Breaststroke	1:17.99	1:07.89	1:01.49	58.99	57.69
200 Yd.	Breaststroke	—	—	2:13.89	2:08.39	2:05.19
50 Yd.	Butterfly	30.39	26.99	—	—	—
100 Yd.	Butterfly	1:07.69	59.79	53.99	51.59	50.49
200 Yd.	Butterfly	—	—	2:00.29	1:54.69	1:52.99
100 Yd.	Individual Medley	1:09.19	1:01.19	—	—	—
200 Yd.	Individual Medley	2:28.09	2:11.59	2:00.69	1:55.19	1:53.59
400 Yd.	Individual Medley	—	—	4:16.49	4:05.69	4:01.59
200 Yd.	Freestyle Relay	1:59.99	1:48.79	1:35.89	1:33.69	1:32.99
400 Yd.	Freestyle Relay	—	3:54.39	3:27.59	3:23.09	3:12.99
800 Yd.	Freestyle Relay	—	—	7:44.09	7:29.29	7:09.49
200 Yd.	Medley Relay	2:13.99	1:59.49	1:46.89	1:44.49	1:43.09
400 Yd.	Medley Relay	—	4:22.69	3:50.89	3:45.99	3:36.99

Revised 10/10/96

APPENDIX 2-C

1996-1997 REPORTABLE TIMES FOR TOP 16 AGE GROUP BEST TIMES AND TOP 16 RELAYS

LONG COURSE — GIRLS

	10 & U	11-12	13-14	15-16	17-18
50 Mtr. Freestyle	31.29	28.79	27.79	27.29	27.29
100 Mtr. Freestyle	1:08.59	1:02.59	1:00.29	58.99	58.59
200 Mtr. Freestyle	2:28.29	2:14.89	2:09.59	2:07.09	2:06.99
400 Mtr. Freestyle	—	4:42.29	4:31.69	4:25.99	4:25.19
800 Mtr. Freestyle	—	—	9:15.39	9:06.09	9:02.99
1500 Mtr. Freestyle	—	—	17:43.89	17:27.99	17:22.29
50 Mtr. Backstroke	36.19	33.29	—	—	—
100 Mtr. Backstroke	1:18.49	1:11.09	1:08.39	1:06.39	1:06.19
200 Mtr. Backstroke	—	—	2:25.69	2:21.39	2:21.39
50 Mtr. Breaststroke	40.59	36.59	—	—	—
100 Mtr. Breaststroke	1:28.89	1:19.29	1:16.19	1:14.89	1:15.09
200 Mtr. Breaststroke	—	—	2:44.49	2:41.69	2:41.49
50 Mtr. Butterfly	34.29	30.99	—	—	—
100 Mtr. Butterfly	1:17.59	1:09.09	1:05.69	1:04.49	1:03.99
200 Mtr. Butterfly	—	—	2:23.59	2:21.09	2:20.19
200 Mtr. Individual Medley	2:48.09	2:32.39	2:26.49	2:24.39	2:23.59
400 Mtr. Individual Medley	—	—	5:08.69	5:01.89	5:02.99
200 Mtr. Freestyle Relay	2:16.39	2:01.69	1:56.69	1:57.49	2:02.99
400 Mtr. Freestyle Relay	—	4:27.79	4:13.89	4:12.39	4:22.99
800 Mtr. Freestyle Relay	—	—	9:14.49	9:13.19	9:32.99
200 Mtr. Medley Relay	2:34.59	2:16.39	2:11.39	2:11.79	2:18.99
400 Mtr. Medley Relay	—	5:00.99	4:43.99	4:46.99	4:51.99

LONG COURSE — BOYS

	10 & U	11-12	13-14	15-16	17-18
50 Mtr. Freestyle	31.09	27.99	25.99	24.79	24.19
100 Mtr. Freestyle	1:08.39	1:01.19	56.89	53.99	52.99
200 Mtr. Freestyle	2:27.69	2:12.69	2:02.29	1:57.69	1:56.09
400 Mtr. Freestyle	—	4:39.09	4:18.59	4:08.89	4:04.19
800 Mtr. Freestyle	—	—	8:57.09	8:34.89	8:28.99
1500 Mtr. Freestyle	—	—	17:07.59	16:25.09	16:14.89
50 Mtr. Backstroke	36.49	32.49	—	—	—
100 Mtr. Backstroke	1:18.99	1:10.19	1:04.39	1:01.29	59.79
200 Mtr. Backstroke	—	—	2:17.89	2:11.49	2:08.79
50 Mtr. Breaststroke	40.89	35.79	—	—	—
100 Mtr. Breaststroke	1:29.69	1:18.69	1:11.39	1:08.39	1:06.59
200 Mtr. Breaststroke	—	—	2:35.49	2:28.19	2:25.79
50 Mtr. Butterfly	34.09	30.49	—	—	—
100 Mtr. Butterfly	1:16.99	1:07.89	1:01.69	58.19	57.09
200 Mtr. Butterfly	—	—	2:16.69	2:09.49	2:06.89
200 Mtr. Individual Medley	2:47.69	2:30.39	2:18.59	2:13.49	2:10.99
400 Mtr. Individual Medley	—	—	4:53.89	4:40.59	4:36.99
200 Mtr. Freestyle Relay	2:17.99	2:00.59	1:49.29	1:46.29	1:46.99
400 Mtr. Freestyle Relay	—	4:28.79	3:58.89	3:53.39	3:44.69
800 Mtr. Freestyle Relay	—	—	8:54.59	8:36.99	8:16.99
200 Mtr. Medley Relay	2:35.29	2:16.69	2:02.99	2:00.59	1:59.99
400 Mtr. Medley Relay	—	5:02.39	4:27.59	4:22.39	4:11.99

Revised 10/10/96

APPENDIX 2-D **1997 NATIONAL MOTIVATIONAL TIMES** **Short Course — Yards**

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
GIRLS 10 & U											
40.09	36.19	32.39	31.09	29.79	28.49	50 Y Freestyle	28.29	29.49	30.69	31.89	39.19
1:31.99	1:22.19	1:12.39	1:09.09	1:05.89	1:02.59	100 Y Freestyle	1:01.49	1:04.59	1:07.69	1:10.79	1:29.19
3:20.19	2:58.29	2:36.39	2:29.09	2:21.79	2:14.39	200 Y Freestyle	2:12.89	2:19.29	2:25.59	2:31.89	3:09.89
48.89	43.49	38.19	36.39	34.59	32.79	50 Y Backstroke	32.99	34.89	36.69	38.49	49.49
1:45.69	1:33.99	1:22.19	1:18.29	1:14.39	1:10.49	100 Y Backstroke	1:10.89	1:14.59	1:18.19	1:21.79	1:43.49
53.59	47.79	41.99	40.09	38.19	36.29	50 Y Breaststroke	36.69	38.59	40.59	42.49	53.89
2:00.29	1:46.89	1:33.59	1:29.09	1:24.69	1:20.19	100 Y Breaststroke	1:20.89	1:24.99	1:28.99	1:33.09	1:57.29
48.79	42.99	37.29	35.29	33.39	31.49	50 Y Butterfly	31.39	33.19	34.89	36.69	47.29
1:57.49	1:42.09	1:26.69	1:21.59	1:16.49	1:11.29	100 Y Butterfly	1:10.89	1:15.89	1:20.79	1:25.69	1:55.39
1:45.69	1:34.39	1:23.19	1:19.39	1:15.69	1:11.89	100 Y Ind. Medley	1:11.79	1:15.19	1:18.59	1:21.99	1:42.49
3:42.69	3:19.39	2:55.99	2:48.19	2:40.39	2:32.69	200 Y Ind. Medley	2:32.49	2:40.09	2:47.69	2:55.29	3:40.89
BOYS 10 & U											
34.69	32.29	29.89	28.69	27.49	26.29	50 Y Freestyle	25.29	26.49	27.69	28.89	33.69
1:16.19	1:10.79	1:05.29	1:02.59	59.89	57.19	100 Y Freestyle	55.29	57.89	1:00.59	1:03.19	1:13.69
2:43.49	2:31.79	2:20.19	2:14.29	2:08.49	2:02.59	200 Y Freestyle	2:00.19	2:05.89	2:11.59	2:17.29	2:40.19
7:10.79	6:40.09	6:09.29	5:53.89	5:38.49	5:23.09	500 Y Freestyle	5:20.29	5:35.49	5:50.79	6:05.99	7:06.99
40.19	37.29	34.39	32.99	31.59	30.09	50 Y Backstroke	29.49	30.99	32.49	34.09	40.19
1:29.39	1:22.39	1:15.29	1:11.79	1:08.29	1:04.79	100 Y Backstroke	1:03.09	1:06.49	1:09.89	1:13.29	1:26.99
44.79	41.59	38.39	36.79	35.19	33.59	50 Y Breaststroke	32.29	34.09	35.79	37.59	44.59
1:36.49	1:29.29	1:22.19	1:18.59	1:15.09	1:11.49	100 Y Breaststroke	1:10.29	1:13.99	1:17.69	1:21.29	1:35.99
38.19	35.39	32.69	31.39	29.99	28.59	50 Y Butterfly	27.79	29.39	30.89	32.39	38.59
1:28.19	1:21.09	1:14.09	1:10.59	1:07.09	1:03.49	100 Y Butterfly	1:01.79	1:05.39	1:08.99	1:12.49	1:26.79
1:27.19	1:20.99	1:14.69	1:11.59	1:08.49	1:05.39	100 Y Ind. Medley	1:03.49	1:06.59	1:09.69	1:12.79	1:25.19
3:06.69	2:53.29	2:39.99	2:33.29	2:26.69	2:19.99	200 Y Ind. Medley	2:17.29	2:24.29	2:31.29	2:38.29	2:52.29
BOYS 11-12											
34.69	32.29	29.89	28.69	27.49	26.29	50 Y Freestyle	25.29	26.49	27.69	28.89	33.69
1:16.19	1:10.79	1:05.29	1:02.59	59.89	57.19	100 Y Freestyle	55.29	57.89	1:00.59	1:03.19	1:13.69
2:43.49	2:31.79	2:20.19	2:14.29	2:08.49	2:02.59	200 Y Freestyle	2:00.19	2:05.89	2:11.59	2:17.29	2:40.19
7:10.79	6:40.09	6:09.29	5:53.89	5:38.49	5:23.09	500 Y Freestyle	5:20.29	5:35.49	5:50.79	6:05.99	7:06.99
40.19	37.29	34.39	32.99	31.59	30.09	50 Y Backstroke	29.49	30.99	32.49	34.09	40.19
1:29.39	1:22.39	1:15.29	1:11.79	1:08.29	1:04.79	100 Y Backstroke	1:03.09	1:06.49	1:09.89	1:13.29	1:26.99
44.79	41.59	38.39	36.79	35.19	33.59	50 Y Breaststroke	32.29	34.09	35.79	37.59	44.59
1:36.49	1:29.29	1:22.19	1:18.59	1:15.09	1:11.49	100 Y Breaststroke	1:10.29	1:13.99	1:17.69	1:21.29	1:35.99
38.19	35.39	32.69	31.39	29.99	28.59	50 Y Butterfly	27.79	29.39	30.89	32.39	38.59
1:28.19	1:21.09	1:14.09	1:10.59	1:07.09	1:03.49	100 Y Butterfly	1:01.79	1:05.39	1:08.99	1:12.49	1:26.79
1:27.19	1:20.99	1:14.69	1:11.59	1:08.49	1:05.39	100 Y Ind. Medley	1:03.49	1:06.59	1:09.69	1:12.79	1:25.19
3:06.69	2:53.29	2:39.99	2:33.29	2:26.69	2:19.99	200 Y Ind. Medley	2:17.29	2:24.29	2:31.29	2:38.29	2:52.29

2

BOYS 15-1685

Short Course - Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
GIRLS 17-18												
33.29	30.89	28.59	27.39	26.19	24.99	50 Y Freestyle	21.89	22.89	23.99	24.99	27.09	29.19
1:10.89	1:05.79	1:00.79	58.19	55.69	53.19	100 Y Freestyle	47.59	49.79	52.09	54.39	58.89	1:03.39
2:32.69	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	2:17.99
6:44.19	6:15.29	5:46.49	5:31.99	5:17.59	5:03.19	500 Y Freestyle	4:37.99	4:51.19	5:04.49	5:17.69	5:44.19	6:10.59
13:52.69	12:53.19	11:53.69	11:23.99	10:54.29	10:24.49	1000 Y Freestyle	9:40.89	10:08.49	10:36.19	11:03.89	11:59.19	12:54.49
23:06.19	21:27.19	19:48.19	18:58.69	18:09.19	17:19.69	1650 Y Freestyle	16:08.79	16:54.89	17:41.09	18:27.19	19:59.39	21:31.69
1:20.09	1:14.29	1:08.59	1:05.79	1:02.89	1:00.09	100 Y Backstroke	53.49	55.99	58.49	1:01.09	1:06.19	1:11.29
2:51.89	2:39.59	2:27.39	2:21.19	2:15.09	2:08.89	200 Y Backstroke	1:55.39	2:00.89	2:06.39	2:11.89	2:22.89	2:33.89
1:30.29	1:23.79	1:17.39	1:14.09	1:10.89	1:07.69	100 Y Breaststroke	59.79	1:02.69	1:05.49	1:08.39	1:14.09	1:19.79
3:13.49	2:59.69	2:45.79	2:38.89	2:31.99	2:25.09	200 Y Breaststroke	2:10.29	2:16.49	2:22.69	2:28.89	2:41.29	2:53.69
1:18.59	1:12.99	1:07.29	1:04.49	1:01.69	58.89	100 Y Butterfly	51.99	54.39	56.89	59.39	1:04.29	1:09.29
2:48.19	2:36.19	2:24.19	2:18.19	2:12.19	2:06.19	200 Y Butterfly	1:53.39	1:58.79	2:04.19	2:09.59	2:20.39	2:31.19
2:54.59	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	2:34.89
6:09.49	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	5:30.29
BOYS 17-18												

1997 NATIONAL MOTIVATIONAL TIMES

Short Course - Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
GIRLS 10 & U										
44.29	39.99	35.79	34.29	32.89	31.49	50 M Freestyle	31.19	32.59	33.89	35.29
1:41.59	1:30.79	1:19.99	1:16.39	1:12.79	1:09.19	100 M Freestyle	1:07.99	1:11.39	1:14.79	1:18.19
3:41.19	3:16.99	2:52.79	2:44.69	2:36.59	2:28.59	200 M Freestyle	2:26.89	2:33.89	2:40.89	2:47.89
53.99	48.09	42.19	40.19	38.19	36.29	50 M Backstroke	36.49	38.49	40.59	42.59
1:56.79	1:43.79	1:30.89	1:26.49	1:22.19	1:17.89	100 M Backstroke	1:18.39	1:22.39	1:26.39	1:30.39
59.19	52.79	46.49	44.29	42.19	40.09	50 M Breaststroke	40.59	42.69	44.79	46.89
2:12.89	1:58.19	1:43.39	1:38.49	1:33.59	1:28.69	100 M Breaststroke	1:29.39	1:33.89	1:38.39	1:42.79
53.89	47.49	41.19	38.99	36.89	34.79	50 M Butterfly	34.69	36.59	38.59	40.59
2:09.79	1:52.79	1:35.79	1:30.19	1:24.49	1:18.79	100 M Butterfly	1:18.39	1:23.79	1:29.29	1:34.69
1:56.79	1:44.29	1:31.89	1:27.79	1:23.59	1:19.49	100 M Ind. Medley	1:19.29	1:23.09	1:26.89	1:30.59
4:06.09	3:40.29	3:14.49	3:05.89	2:57.29	2:48.69	200 M Ind. Medley	2:48.49	2:56.89	3:05.29	3:13.69
BOYS 10 & U										
38.29	35.69	32.99	31.69	30.39	28.99	50 M Freestyle	27.89	29.29	30.59	31.89
1:24.19	1:18.19	1:12.19	1:09.19	1:06.19	1:03.19	100 M Freestyle	1:01.09	1:03.99	1:06.89	1:09.79
3:00.69	2:47.79	2:34.89	2:28.39	2:21.99	2:15.49	200 M Freestyle	2:12.79	2:19.09	2:25.39	2:31.69
6:17.09	5:50.09	5:23.19	5:09.69	4:56.29	4:42.79	400 M Freestyle	4:40.29	4:53.59	5:06.99	5:20.29
44.39	41.19	37.99	36.49	34.89	33.29	50 M Backstroke	32.59	34.29	35.99	37.59
1:38.79	1:30.99	1:23.19	1:19.29	1:15.39	1:11.59	100 M Backstroke	1:09.69	1:13.49	1:17.19	1:20.99
49.49	45.89	42.39	40.59	38.89	37.09	50 M Breaststroke	35.69	37.69	39.59	41.49
1:46.59	1:38.69	1:30.79	1:26.89	1:22.99	1:18.99	100 M Breaststroke	1:17.69	1:21.79	1:25.79	1:29.79
42.19	39.19	36.19	34.69	33.09	31.59	50 M Butterfly	30.69	32.39	34.09	35.79
1:37.39	1:29.69	1:21.89	1:17.99	1:14.09	1:10.19	100 M Butterfly	1:08.29	1:12.29	1:16.19	1:20.19
1:36.29	1:29.49	1:22.59	1:19.09	1:15.69	1:12.29	100 M Ind. Medley	1:10.19	1:13.59	1:16.99	1:20.39
3:26.19	3:11.49	2:56.79	2:49.39	2:42.09	2:34.69	200 M Ind. Medley	2:31.69	2:39.39	2:47.09	2:54.89
BOYS 11-12										
37.19	34.59	31.89	30.59	29.29	27.89	50 M Freestyle	26.89	28.29	29.59	30.89
1:21.49	1:15.59	1:09.79	1:06.89	1:03.99	1:01.09	100 M Freestyle	99.69	1:03.99	1:07.89	1:11.79
2:56.99	2:44.39	2:31.69	2:25.39	2:19.09	2:12.79	200 M Freestyle	2:10.29	2:19.09	2:25.39	2:31.69
6:13.69	5:46.99	5:20.29	5:06.99	4:53.59	4:40.29	400 M Freestyle	4:38.29	4:53.59	5:06.99	5:20.29
44.39	40.99	37.59	35.99	34.29	32.59	50 M Backstroke	31.69	33.49	35.19	36.89
1:36.19	1:28.59	1:20.99	1:17.19	1:13.49	1:09.69	100 M Backstroke	1:08.69	1:13.49	1:17.19	1:20.99
49.29	45.39	41.49	39.59	37.69	35.69	50 M Breaststroke	34.69	37.69	39.59	41.49
1:45.99	1:37.89	1:29.79	1:25.79	1:21.79	1:17.69	100 M Breaststroke	1:16.69	1:21.79	1:25.79	1:29.79
42.59	39.19	35.79	34.09	32.39	30.69	50 M Butterfly	29.69	32.39	34.09	35.79
1:35.89	1:27.99	1:20.19	1:16.19	1:12.29	1:08.29	100 M Butterfly	1:07.29	1:12.29	1:16.19	1:20.19
1:34.09	1:27.29	1:20.39	1:16.99	1:13.59	1:10.19	100 M Ind. Medley	1:09.19	1:13.59	1:16.99	1:20.39
3:25.79	3:10.29	2:54.89	2:47.09	2:39.39	2:31.69	200 M Ind. Medley	2:30.69	2:39.39	2:47.09	2:54.89

1997 NATIONAL MOTIVATIONAL TIMES Short Course - Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAA Min	AA Min	BB Min	B Min
GIRLS 13-14									
37.29	34.59	31.99	30.59	29.29	27.99	50 M Freestyle	25.69	26.99	28.19
1:20.69	1:14.99	1:09.19	1:06.29	1:03.39	1:00.59	100 M Freestyle	56.09	58.79	1:01.49
2:52.99	2:40.69	2:28.29	2:22.09	2:15.99	2:09.79	200 M Freestyle	2:02.49	2:08.29	2:14.09
6:00.39	5:48.99	5:08.89	4:55.99	4:43.19	4:30.29	400 M Freestyle	4:21.19	4:33.59	4:45.99
12:22.89	11:29.89	10:36.79	10:10.29	9:43.69	9:17.19	800 M Freestyle	8:58.99	9:24.69	9:50.29
20:25.99	21:45.59	20:05.09	19:14.89	18:24.69	17:34.49	1500 M Freestyle	17:05.99	17:54.89	18:43.69
1:29.89	1:23.49	1:17.09	1:13.89	1:10.69	1:07.49	100 M Backstroke	1:02.89	1:05.89	1:11.89
3:12.89	2:59.19	2:45.39	2:38.49	2:31.59	2:24.69	200 M Backstroke	2:16.49	2:22.99	2:29.49
1:40.59	1:33.39	1:26.19	1:22.59	1:18.99	1:15.49	100 M Breaststroke	1:10.79	1:17.59	1:20.89
3:38.09	3:22.59	3:06.99	2:59.19	2:51.39	2:43.59	200 M Breaststroke	2:33.59	2:40.89	2:48.19
1:28.19	1:21.89	1:15.59	1:12.39	1:09.29	1:06.09	100 M Butterfly	1:01.89	1:04.89	1:07.79
3:11.59	2:57.89	2:44.19	2:37.39	2:30.59	2:23.69	200 M Butterfly	2:17.99	2:24.49	2:31.09
3:16.89	3:02.79	2:48.79	2:41.69	2:34.69	2:27.69	200 M Ind. Medley	2:17.79	2:24.29	2:30.89
6:55.09	6:25.39	5:55.79	5:40.99	5:26.19	5:11.29	400 M Ind. Medley	4:54.19	5:08.19	5:22.19
BOYS 13-14									
32.89	31.89	29.39	28.19	26.99	25.69	50 M Freestyle	24.69	25.79	26.99
1:09.49	1:04.19	1:04.19	1:01.49	1:01.49	1:01.49	100 M Freestyle	53.59	56.09	58.69
2:31.59	2:19.99	2:19.99	2:14.09	2:14.09	2:09.79	200 M Freestyle	1:56.79	2:02.39	2:07.89
5:23.29	4:58.49	4:58.49	4:45.99	4:45.99	4:30.29	400 M Freestyle	4:09.09	4:20.89	4:32.79
11:07.29	10:15.99	10:15.99	9:50.29	9:50.29	9:17.19	800 M Freestyle	8:34.69	8:59.19	9:23.79
21:10.29	19:32.59	19:32.59	18:43.69	18:43.69	17:34.49	1500 M Freestyle	16:21.19	17:07.89	17:54.69
1:17.79	1:17.79	1:17.79	1:11.89	1:11.89	1:07.49	100 M Backstroke	1:00.29	1:03.19	1:06.09
2:48.99	2:48.99	2:48.99	2:29.49	2:29.49	2:24.69	200 M Backstroke	2:16.59	2:22.79	2:28.99
1:34.39	1:34.39	1:34.39	1:17.59	1:17.59	1:14.19	100 M Breaststroke	1:07.59	1:10.79	1:13.99
3:10.09	3:10.09	3:10.09	2:48.19	2:48.19	2:40.89	200 M Breaststroke	2:26.99	2:33.99	2:40.99
1:16.69	1:16.69	1:16.69	1:07.79	1:07.79	1:04.89	100 M Butterfly	58.79	1:01.59	1:04.39
2:50.79	2:50.79	2:50.79	2:31.09	2:31.09	2:24.49	200 M Butterfly	2:10.49	2:16.69	2:22.89
3:03.89	3:03.89	3:03.89	2:30.89	2:30.89	2:24.29	200 M Ind. Medley	2:12.09	2:18.39	2:24.69
6:04.19	6:04.19	6:04.19	5:22.19	5:22.19	4:54.19	400 M Ind. Medley	4:41.59	4:54.99	5:08.39
BOYS 15-16									
32.89	30.49	28.19	26.99	25.79	24.69	50 M Freestyle	23.39	24.69	25.79
1:11.39	1:06.29	1:06.29	1:01.49	1:01.49	1:01.49	100 M Freestyle	53.59	56.09	58.69
2:35.69	2:24.59	2:24.59	2:13.49	2:13.49	2:09.79	200 M Freestyle	1:56.79	2:02.39	2:07.89
5:32.09	5:08.39	5:08.39	4:44.69	4:44.69	4:30.29	400 M Freestyle	4:09.09	4:20.89	4:32.79
11:26.29	10:37.29	10:37.29	9:48.29	9:48.29	9:17.19	800 M Freestyle	8:34.69	8:59.19	9:23.79
21:48.29	20:14.79	20:14.79	18:41.39	18:41.39	17:34.49	1500 M Freestyle	16:21.19	17:07.89	17:54.69
1:20.39	1:14.69	1:14.69	1:06.09	1:06.09	1:03.19	100 M Backstroke	1:00.29	1:03.19	1:06.09
2:53.79	2:41.39	2:41.39	2:28.99	2:28.99	2:24.69	200 M Backstroke	2:16.59	2:22.79	2:28.99
1:30.09	1:23.69	1:23.69	1:17.19	1:17.19	1:14.19	100 M Breaststroke	1:07.59	1:10.79	1:13.99
3:15.89	3:01.99	3:01.99	2:47.99	2:47.99	2:40.99	200 M Breaststroke	2:26.99	2:33.99	2:40.99
1:18.39	1:12.79	1:12.79	1:04.39	1:04.39	1:01.59	100 M Butterfly	58.79	1:01.59	1:04.39
2:53.99	2:41.49	2:41.49	2:29.09	2:29.09	2:24.69	200 M Butterfly	2:10.49	2:16.69	2:22.89
2:56.09	2:43.59	2:43.59	2:30.99	2:30.99	2:24.69	200 M Ind. Medley	2:12.09	2:18.39	2:24.69
6:15.49	5:48.69	5:48.69	5:21.79	5:21.79	4:54.99	400 M Ind. Medley	4:41.59	4:54.99	5:08.39
GIRLS 15-16									
36.49	33.89	31.29	29.99	28.69	27.39	50 M Freestyle	24.69	25.79	26.99
1:19.59	1:13.89	1:08.19	1:05.39	1:02.49	59.69	100 M Freestyle	53.59	56.09	58.69
2:50.79	2:38.59	2:26.39	2:20.29	2:14.19	2:08.09	200 M Freestyle	1:56.79	2:02.39	2:07.89
5:57.29	5:31.79	5:06.29	4:53.49	4:40.69	4:27.99	400 M Freestyle	4:09.09	4:20.89	4:32.79
12:10.89	11:18.69	10:26.49	10:00.39	9:34.29	9:08.19	800 M Freestyle	8:34.69	8:59.19	9:23.79
23:10.59	21:31.29	19:51.99	19:02.29	18:12.59	17:22.99	1500 M Freestyle	16:21.19	17:07.89	17:54.69
1:28.49	1:22.09	1:15.79	1:12.69	1:09.49	1:06.39	100 M Backstroke	1:00.29	1:03.19	1:06.09
3:09.39	2:55.89	2:42.39	2:35.59	2:28.79	2:22.09	200 M Backstroke	2:16.59	2:22.79	2:28.99
1:40.09	1:32.89	1:25.79	1:22.19	1:18.69	1:15.09	100 M Breaststroke	1:07.59	1:10.79	1:13.99
3:35.29	3:19.89	3:04.49	2:56.79	2:49.19	2:41.49	200 M Breaststroke	2:26.99	2:33.99	2:40.99
1:27.19	1:20.99	1:14.69	1:11.59	1:08.49	1:05.39	100 M Butterfly	58.79	1:01.59	1:04.39
3:09.89	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
3:13.39	2:59.59	2:45.79	2:38.89	2:31.99	2:25.09	200 M Ind. Medley	2:12.09	2:18.39	2:24.69
6:47.49	6:18.39	5:49.29	5:34.79	5:20.19	5:05.69	400 M Ind. Medley	4:41.59	4:54.99	5:08.39

1997 NATIONAL MOTIVATIONAL TIMES

Short Course - Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA Min	AAAAA 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BOYS 17-18

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	Event	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
GIRLS 10 & U												
45.29	40.89	36.49	35.09	33.59	32.19	50 M Freestyle	32.09	33.49	34.89	36.29	40.39	44.49
1:43.99	1:32.99	1:21.89	1:18.19	1:14.49	1:10.79	100 M Freestyle	1:10.19	1:13.69	1:17.19	1:20.59	1:31.09	1:41.59
3:50.39	3:25.09	2:59.89	2:51.49	2:43.09	2:34.69	200 M Freestyle	2:30.89	2:38.09	2:45.29	2:52.39	3:13.99	3:35.49
55.99	49.89	43.69	41.69	39.59	37.59	50 M Backstroke	37.99	40.09	42.19	44.29	50.59	56.89
1:48.89	1:48.89	1:35.29	1:30.79	1:26.29	1:21.69	100 M Backstroke	1:21.39	1:25.49	1:29.69	1:33.79	1:46.29	1:58.69
1:02.19	55.49	48.79	46.59	44.29	42.09	50 M Breaststroke	41.99	44.19	46.39	48.59	55.19	1:01.69
2:03.69	1:48.29	1:43.09	1:37.99	1:37.99	1:32.79	100 M Breaststroke	1:32.19	1:36.79	1:41.39	1:45.99	1:59.79	2:13.59
55.09	48.59	42.09	39.89	37.79	35.59	50 M Butterfly	35.09	36.99	38.99	40.99	46.99	52.89
1:21:13.69	1:56.19	1:38.69	1:32.89	1:26.99	1:21.19	100 M Butterfly	1:20.39	1:25.99	1:31.59	1:37.19	1:53.99	2:10.79
4:13.89	3:47.29	3:20.59	3:11.79	3:02.89	2:53.99	200 M Ind. Medley	2:52.99	3:01.69	3:10.29	3:18.89	3:44.79	4:10.69
GIRLS 11-12												
39.39	36.69	33.99	32.59	31.19	29.89	50 M Freestyle	28.89	30.29	31.69	33.09	35.79	38.59
1:26.79	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	1:24.19
3:06.29	2:52.99	2:39.69	2:33.09	2:26.39	2:19.79	200 M Freestyle	2:16.99	2:23.49	2:29.99	2:36.49	2:49.59	3:02.59
6:27.79	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	6:26.09
45.69	42.49	39.19	37.59	35.89	34.29	50 M Backstroke	33.89	35.69	37.49	39.19	42.79	46.29
1:34.49	1:25.39	1:18.29	1:12.39	1:10.29	1:07.29	100 M Backstroke	1:05.19	1:07.19	1:09.19	1:11.19	1:13.09	1:15.09
46.79	43.19	41.39	39.59	37.79	35.99	50 M Breaststroke	34.79	36.29	37.79	39.29	40.79	42.29
1:41.89	1:33.79	1:29.69	1:25.59	1:21.59	1:17.59	100 M Breaststroke	1:15.19	1:17.19	1:19.19	1:21.19	1:23.09	1:25.09
39.99	36.89	33.79	32.29	30.79	29.29	50 M Butterfly	28.79	30.29	31.79	33.29	34.79	36.29
1:31.99	1:24.09	1:16.09	1:10.09	1:04.09	1:00.09	100 M Butterfly	1:00.09	1:04.09	1:08.09	1:12.09	1:16.09	1:20.09
3:15.89	3:00.79	2:53.29	2:45.79	2:38.19	2:30.19	200 M Ind. Medley	2:28.19	2:36.19	2:44.19	2:52.19	3:00.19	3:08.19

Long Course - Meters

BOYS 13-14

GIRLS 15-16

01.39 1:04

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAAAA Min		AAAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
							GIRLS 17-18	BOYS 17-18					
37.49	34.89	32.19	30.79	29.49	28.19	50 M Freestyle		16.38.19	17.25.69	18.13.29	19.00.79	20.35.79	22.10.89
1:20.69	1:14.99	1:09.19	1:06.29	1:03.39	1:00.59	100 M Freestyle		1:01.79	1:04.79	1:07.69	1:10.59	1:16.49	1:22.39
2:54.09	2:41.59	2:29.19	2:22.99	2:16.79	2:10.59	200 M Freestyle		2:13.09	2:19.49	2:25.79	2:32.09	2:44.79	2:57.49
6:00.99	5:35.19	5:09.39	4:58.49	4:43.59	4:30.69	400 M Freestyle		1:08.59	1:11.89	1:15.19	1:18.39	1:24.99	1:31.49
12:22.79	11:29.69	10:36.69	10:10.09	9:43.59	9:17.09	800 M Freestyle		2:29.29	2:36.39	2:43.49	2:50.59	3:04.79	3:18.99
23:33.99	21:58.49	20:17.09	19:26.39	18:35.59	17:44.89	1500 M Freestyle		5:88.19	5:58.89	6:04.49	6:10.79	6:17.89	6:24.99
1:31.59	1:24.99	1:18.49	1:15.19	1:11.89	1:08.69	100 M Backstroke		1:01.79	1:04.79	1:07.69	1:10.59	1:16.49	1:22.39
3:15.29	3:01.29	2:47.39	2:40.39	2:33.49	2:26.49	200 M Backstroke		2:13.09	2:19.49	2:25.79	2:32.09	2:44.79	2:57.49
1:43.29	1:35.99	1:28.59	1:24.89	1:21.19	1:17.49	100 M Breaststroke		1:08.59	1:11.89	1:15.19	1:18.39	1:24.99	1:31.49
3:42.49	3:26.59	3:10.69	3:02.79	2:54.79	2:46.89	200 M Breaststroke		2:29.29	2:36.39	2:43.49	2:50.59	3:04.79	3:18.99
1:27.99	1:21.69	1:15.39	1:12.29	1:09.09	1:05.99	100 M Butterfly		5:88.19	5:58.89	6:04.49	6:10.79	6:17.89	6:24.99
3:09.49	2:55.89	2:42.39	2:35.59	2:28.89	2:22.09	200 M Butterfly		2:14.99	2:21.39	2:27.79	2:34.29	2:47.09	2:59.99
3:17.99	3:03.89	2:49.69	2:42.69	2:35.59	2:28.49	200 M Ind. Medley		2:14.99	2:21.39	2:27.79	2:34.29	2:47.09	2:59.99
6:56.49	6:26.69	5:56.99	5:42.09	5:27.29	5:12.39	400 M Ind. Medley		4:44.79	4:58.39	5:11.99	5:24.49	5:37.99	5:50.99

APPENDIX 2-E

1997 AGE GROUP TIME STANDARDS

CHAMPIONSHIP-BASED

(Levels are based on Prior Level + Interval — Interval is 2% of Juniors rounded to nearest tenth)

GIRLS — LONG COURSE METERS

Event	Nationals	Juniors	Level 5	Level 4	Level 3	Level 2	Level 1
50 Free	27.09	27.79	28.39	28.99	29.59	30.19	30.79
100 Free	58.39	1:00.19	1:01.39	1:02.59	1:03.79	1:04.99	1:06.19
200 Free	2:05.79	2:09.09	2:11.69	2:14.29	2:16.89	2:19.49	2:22.09
400 Free	4:22.09	4:30.69	4:36.09	4:41.49	4:46.89	4:52.29	4:57.69
800 Free	8:58.79	9:15.99	9:27.09	9:38.19	9:49.29	10:00.39	10:11.49
1500 Free	17:10.09	17:46.69	18:07.99	18:29.29	18:50.59	19:11.89	19:33.19
100 Back	1:05.99	1:07.89	1:09.29	1:10.69	1:12.09	1:13.49	1:14.89
200 Back	2:20.79	2:25.99	2:28.89	2:31.79	2:34.69	2:37.59	2:40.49
100 Breast	1:14.19	1:16.79	1:18.29	1:19.79	1:21.29	1:22.79	1:24.29
200 Breast	2:39.19	2:44.99	2:48.29	2:51.59	2:54.89	2:58.19	3:01.49
100 Fly	1:03.79	1:05.79	1:07.09	1:08.39	1:09.69	1:10.99	1:12.29
200 Fly	2:18.89	2:24.19	2:27.09	2:29.99	2:32.89	2:35.79	2:38.69
200 IM	2:22.39	2:27.59	2:30.59	2:33.59	2:36.59	2:39.59	2:42.59
400 IM	5:00.89	5:09.69	5:15.89	5:22.09	5:28.29	5:34.49	5:40.69

GIRLS — SHORT COURSE YARDS

Event	Nationals	Juniors	Level 5	Level 4	Level 3	Level 2	Level 1
50 Free	23.79	24.59	25.09	25.59	26.09	26.59	27.09
100 Free	51.29	52.89	53.99	55.09	56.19	57.29	58.39
200 Free	1:50.79	1:54.19	1:56.49	1:58.79	2:01.09	2:03.39	2:05.69
500 Free	4:52.69	5:03.29	5:09.39	5:15.49	5:21.59	5:27.69	5:33.79
1000 Free	10:01.09	10:22.19	10:34.59	10:46.99	10:59.39	11:11.79	11:24.19
1650 Free	16:46.89	17:24.29	17:45.19	18:06.09	18:26.99	18:47.89	19:08.79
100 Back	57.09	59.09	1:00.29	1:01.49	1:02.69	1:03.89	1:05.09
200 Back	2:01.79	2:06.99	2:09.49	2:11.99	2:14.49	2:16.99	2:19.49
100 Breast	1:04.89	1:07.19	1:08.49	1:09.79	1:11.09	1:12.39	1:13.69
200 Breast	2:19.29	2:25.59	2:28.49	2:31.39	2:34.29	2:37.19	2:40.09
100 Fly	56.69	58.59	59.79	1:00.99	1:02.19	1:03.39	1:04.59
200 Fly	2:03.69	2:08.89	2:11.49	2:14.09	2:16.69	2:19.29	2:21.89
200 IM	2:04.79	2:09.49	2:12.09	2:14.69	2:17.29	2:19.89	2:22.49
400 IM	4:24.29	4:33.89	4:39.39	4:44.89	4:50.39	4:55.89	5:01.39

APPENDIX 2-E

1997 AGE GROUP TIME STANDARDS

CHAMPIONSHIP-BASED

(Levels are based on Prior Level + Interval — Interval is 2% of Juniors rounded to nearest tenth)

BOYS — LONG COURSE METERS

Event	Nationals	Juniors	Level 5	Level 4	Level 3	Level 2	Level 1
50 Free	23.79	24.79	25.29	25.79	26.29	26.79	27.29
100 Free	52.29	53.99	55.09	56.19	57.29	58.39	59.49
200 Free	1:54.29	1:58.09	2:00.49	2:02.89	2:05.29	2:07.69	2:10.09
400 Free	4:02.29	4:09.79	4:14.79	4:19.79	4:24.79	4:29.79	4:34.79
800 Free	8:23.99	8:40.79	8:51.19	9:01.59	9:11.99	9:22.39	9:32.79
1500 Free	16:05.69	16:41.69	17:01.69	17:21.69	17:41.69	18:01.69	18:21.69
100 Back	58.89	1:01.39	1:02.59	1:03.79	1:04.99	1:06.19	1:07.39
200 Back	2:06.89	2:12.39	2:14.99	2:17.59	2:20.19	2:22.79	2:25.39
100 Breast	1:05.69	1:08.29	1:09.69	1:11.09	1:12.49	1:13.89	1:15.29
200 Breast	2:21.99	2:29.79	2:32.79	2:35.79	2:38.79	2:41.79	2:44.79
100 Fly	56.39	58.89	1:00.09	1:01.29	1:02.49	1:03.69	1:04.89
200 Fly	2:05.39	2:10.59	2:13.19	2:15.79	2:18.39	2:20.99	2:23.59
200 IM	2:09.29	2:13.59	2:16.29	2:18.99	2:21.69	2:24.39	2:27.09
400 IM	4:34.59	4:43.89	4:49.59	4:55.29	5:00.99	5:06.69	5:12.39

BOYS — SHORT COURSE YARDS

Event	Nationals	Juniors	Level 5	Level 4	Level 3	Level 2	Level 1
50 Free	20.69	21.69	22.09	22.49	22.89	23.29	23.69
100 Free	45.19	47.29	48.19	49.09	49.99	50.89	51.79
200 Free	1:39.19	1:43.09	1:45.19	1:47.29	1:49.39	1:51.49	1:53.59
500 Free	4:28.39	4:39.59	4:45.19	4:50.79	4:56.39	5:01.99	5:07.59
1000 Free	9:20.99	9:39.29	9:50.89	10:02.49	10:14.09	10:25.69	10:37.29
1650 Free	15:34.99	16:14.29	16:33.79	16:53.29	17:12.79	17:32.29	17:51.79
100 Back	50.79	53.09	54.19	55.29	56.39	57.49	58.59
200 Back	1:49.29	1:55.09	1:57.39	1:59.69	2:01.99	2:04.29	2:06.59
100 Breast	56.59	59.49	1:00.69	1:01.89	1:03.09	1:04.29	1:05.49
200 Breast	2:02.59	2:09.79	2:12.39	2:14.99	2:17.59	2:20.19	2:22.79
100 Fly	49.79	51.99	52.99	53.99	54.99	55.99	56.99
200 Fly	1:49.79	1:54.89	1:57.19	1:59.49	2:01.79	2:04.09	2:06.39
200 IM	1:51.49	1:56.29	1:58.59	2:00.89	2:03.19	2:05.49	2:07.79
400 IM	3:58.49	4:09.49	4:14.49	4:19.49	4:24.49	4:29.49	4:34.49

APPENDIX 2-F

1997 AGE GROUP TIME STANDARDS

QUADRENNIUM 2000

LONG COURSE METERS

Event	Track "NRT"			Track "A"			Track "B"			Track "C"		
	NNN	NN	N	AAA	AA	A	BBB	BB	B	CCC	CC	C
10 & U GIRLS												
50 Free	33.19	33.99	34.89	35.89	37.39	38.89	40.49	41.89	43.79	46.39	50.59	57.49
100 Free	1:12.99	1:14.49	1:16.59	1:18.29	1:22.39	1:25.99	1:29.39	1:32.89	1:36.89	1:42.39	1:50.19	2:02.19
200 Free	2:33.89	2:36.29	2:40.79	2:44.89	2:50.99	2:56.59	3:02.29	3:08.49	3:14.79	3:21.29	3:33.29	3:52.19
50 Back	39.39	40.49	41.39	42.59	44.59	46.49	48.29	50.39	52.79	55.99	1:00.79	1:08.79
100 Back	1:22.79	1:24.59	1:26.49	1:28.89	1:32.49	1:35.79	1:38.79	1:41.79	1:45.19	1:49.59	1:54.79	2:06.19
50 Breast	43.99	45.09	46.19	47.59	49.89	51.79	53.89	55.89	58.09	1:00.69	1:04.49	1:10.49
100 Breast	1:35.09	1:36.09	1:37.89	1:40.39	1:44.59	1:48.59	1:51.59	1:54.49	1:57.99	2:01.79	2:06.79	2:15.89
50 Fly	36.59	37.49	38.39	39.59	42.19	44.49	46.79	49.39	52.19	55.69	1:00.69	1:08.59
100 Fly	1:21.19	1:23.09	1:25.09	1:26.99	1:30.99	1:34.69	1:38.49	1:41.79	1:44.99	1:49.59	1:54.19	2:01.89
200 IM	2:57.49	3:00.09	3:02.99	3:06.99	3:14.39	3:20.59	3:25.89	3:32.09	3:37.09	3:43.19	3:54.89	4:13.89
11 - 12 GIRLS												
50 Free	30.29	30.79	31.29	31.89	32.99	33.89	34.59	35.29	36.19	37.39	39.09	42.19
100 Free	1:05.79	1:06.79	1:07.89	1:09.39	1:11.99	1:14.09	1:15.89	1:17.79	1:20.09	1:23.29	1:27.79	1:34.89
200 Free	2:20.99	2:23.39	2:25.99	2:29.29	2:34.39	2:38.29	2:42.19	2:46.09	2:50.59	2:56.59	3:05.09	3:19.59
400 Free	4:48.99	4:52.99	4:56.79	5:01.29	5:11.49	5:17.69	5:23.69	5:31.49	5:37.69	5:45.69	5:56.49	6:19.79
50 Back	35.29	36.09	36.69	37.69	39.19	40.29	41.59	42.69	44.19	45.79	47.99	51.89
100 Back	1:15.19	1:16.99	1:18.49	1:20.29	1:23.09	1:25.39	1:27.79	1:30.29	1:32.69	1:35.69	1:40.49	1:49.19
50 Breast	39.39	40.09	40.79	41.79	43.79	45.29	46.49	47.79	49.09	50.79	52.69	55.99
100 Breast	1:24.89	1:26.39	1:28.09	1:30.39	1:33.89	1:36.79	1:39.69	1:42.29	1:44.99	1:48.29	1:52.19	1:58.49
50 Fly	32.89	33.59	34.29	35.09	36.59	37.89	39.19	40.39	41.89	43.89	46.49	50.69
100 Fly	1:12.59	1:14.09	1:15.49	1:17.59	1:21.29	1:24.09	1:26.99	1:29.69	1:32.59	1:36.49	1:41.89	1:50.19
200 IM	2:40.79	2:43.49	2:45.49	2:48.59	2:54.79	2:59.29	3:03.29	3:07.69	3:11.89	3:17.19	3:25.29	3:38.69
13 - 14 GIRLS												
50 Free	29.09	29.39	29.69	30.19	30.89	31.49	32.09	32.69	33.29	34.09	35.29	37.09
100 Free	1:03.19	1:03.89	1:04.69	1:05.69	1:07.29	1:08.69	1:10.09	1:11.39	1:13.09	1:15.19	1:18.29	1:23.09
200 Free	2:15.49	2:16.99	2:18.99	2:21.09	2:24.49	2:27.19	2:30.79	2:33.99	2:37.19	2:41.49	2:47.69	2:58.39
400 Free	4:37.99	4:42.79	4:46.09	4:51.19	4:58.59	5:04.89	5:10.29	5:15.69	5:22.89	5:31.39	5:41.99	6:01.89
800 Free	9:05.99	9:20.99	9:28.99	9:37.99	9:55.39	10:07.49	10:17.09	10:28.09	10:36.79	10:48.89	10:58.39	11:19.49
1500 Free	17:18.19	17:40.79	18:07.99	18:26.89	18:58.59	19:15.59	19:36.49	19:56.19	20:14.39	20:32.69	20:58.49	21:39.29
100 Back	1:12.19	1:13.39	1:14.39	1:15.59	1:18.39	1:20.19	1:21.79	1:23.59	1:25.69	1:28.59	1:31.59	1:37.59
200 Back	2:31.99	2:33.59	2:35.39	2:37.99	2:42.39	2:46.39	2:49.29	2:52.19	2:55.09	2:58.79	3:03.99	3:13.09
100 Breast	1:19.79	1:21.19	1:23.09	1:24.89	1:28.29	1:30.59	1:32.69	1:34.69	1:36.79	1:39.69	1:43.19	1:48.59
200 Breast	2:48.09	2:50.99	2:54.79	2:57.89	3:03.49	3:08.09	3:12.19	3:15.99	3:19.79	3:24.99	3:30.99	3:42.39
100 Fly	1:08.79	1:09.79	1:10.79	1:12.19	1:14.49	1:16.49	1:18.79	1:21.19	1:23.59	1:26.19	1:29.79	1:36.89
200 Fly	2:27.09	2:30.59	2:32.89	2:35.89	2:39.99	2:43.59	2:47.19	2:51.09	2:54.39	3:00.39	3:07.29	3:19.39
200 IM	2:33.39	2:34.89	2:37.29	2:40.19	2:44.79	2:48.09	2:51.59	2:54.69	2:58.49	3:02.59	3:08.99	3:18.59
400 IM	5:14.39	5:18.89	5:22.29	5:27.09	5:35.79	5:42.09	5:47.79	5:53.59	5:58.59	6:05.09	6:12.49	6:27.89
15 - 16 GIRLS												
50 Free	28.69	28.89	29.19	29.59	30.29	30.79	31.29	31.79	32.39	32.99	33.89	35.39
100 Free	1:02.09	1:02.69	1:03.39	1:04.19	1:05.69	1:06.99	1:08.09	1:09.29	1:10.49	1:12.09	1:13.99	1:17.69
200 Free	2:12.99	2:14.39	2:15.49	2:17.29	2:21.09	2:24.09	2:26.89	2:29.59	2:32.59	2:35.89	2:41.39	2:50.29
400 Free	4:32.59	4:35.39	4:39.69	4:42.59	4:50.19	4:56.39	5:02.09	5:06.89	5:12.09	5:18.19	5:25.49	5:39.39
800 Free	9:10.29	9:15.49	9:18.59	9:28.39	9:39.69	9:48.09	9:59.49	10:13.19	10:23.09	10:35.69	10:51.49	11:13.59
1500 Free	17:39.39	17:46.49	17:58.19	18:10.79	18:32.49	18:55.09	19:14.49	19:39.29	19:58.49	20:26.59	20:45.59	21:32.79
100 Back	1:09.79	1:10.59	1:11.59	1:13.19	1:15.79	1:17.39	1:19.19	1:20.89	1:22.79	1:24.89	1:27.79	1:33.09
200 Back	2:27.19	2:29.39	2:31.49	2:33.99	2:38.99	2:42.29	2:45.99	2:48.69	2:52.19	2:55.39	2:59.29	3:06.79
100 Breast	1:19.69	1:20.89	1:21.89	1:23.39	1:25.69	1:27.69	1:30.09	1:32.09	1:33.99	1:36.19	1:38.99	1:44.09
200 Breast	2:47.79	2:50.79	2:53.79	2:56.39	3:00.59	3:04.69	3:08.49	3:12.49	3:16.99	3:21.59	3:27.49	3:35.69
100 Fly	1:07.69	1:08.09	1:09.39	1:10.29	1:12.09	1:13.59	1:15.39	1:17.29	1:19.59	1:21.99	1:25.19	1:31.09
200 Fly	2:25.09	2:27.09	2:29.19	2:31.29	2:35.49	2:38.99	2:41.29	2:44.39	2:49.29	2:53.59	2:59.09	3:10.09
200 IM	2:30.49	2:32.29	2:34.19	2:36.39	2:40.89	2:44.39	2:47.29	2:50.39	2:53.39	2:57.19	3:02.29	3:11.69
400 IM	5:09.69	5:13.59	5:16.49	5:20.69	5:28.69	5:34.49	5:39.99	5:45.99	5:52.29	5:59.89	6:07.39	6:18.29

LONG COURSE METERS

Event	Track "NRT"			Track "A"			Track "B"			Track "C"		
	NNN	NN	N	AAA	AA	A	BBB	BB	B	CCC	CC	C
17 - 18 GIRLS												
50 Free	27.99	28.29	28.69	29.19	29.79	30.29	30.69	31.19	31.69	32.19	32.99	34.39
100 Free	1:00.99	1:01.49	1:02.19	1:03.09	1:04.49	1:05.79	1:06.79	1:07.79	1:08.89	1:10.39	1:12.39	1:15.39
200 Free	2:10.49	2:11.99	2:13.89	2:15.79	2:18.79	2:21.49	2:23.49	2:25.89	2:28.59	2:32.09	2:35.89	2:44.99
400 Free	4:29.09	4:32.39	4:36.79	4:40.39	4:47.29	4:52.89	4:57.29	5:01.39	5:06.09	5:13.39	5:22.49	5:36.29
800 Free	9:03.69	9:08.79	9:12.59	9:18.59	9:34.39	9:45.29	9:55.09	10:06.39	10:14.59	10:26.49	10:43.59	11:08.09
1500 Free	17:18.29	17:29.79	17:36.39	17:55.19	18:30.49	18:58.59	19:10.39	19:29.79	19:51.99	20:13.99	20:33.39	20:57.39
100 Back	1:09.09	1:09.99	1:10.89	1:12.29	1:14.39	1:15.89	1:17.59	1:19.19	1:20.69	1:22.39	1:25.59	1:29.29
200 Back	2:27.19	2:29.09	2:30.59	2:33.19	2:37.29	2:39.89	2:42.79	2:45.29	2:48.39	2:52.69	2:56.79	3:02.89
100 Breast	1:16.59	1:17.79	1:19.29	1:21.09	1:23.79	1:25.69	1:27.39	1:28.99	1:30.59	1:33.09	1:35.59	1:39.39
200 Breast	2:43.49	2:45.49	2:47.99	2:50.59	2:56.19	2:59.59	3:03.49	3:06.89	3:09.49	3:12.89	3:20.19	3:30.09
100 Fly	1:06.19	1:06.59	1:07.59	1:08.69	1:10.59	1:12.49	1:13.89	1:15.59	1:17.09	1:18.99	1:21.79	1:26.79
200 Fly	2:22.09	2:23.79	2:26.19	2:28.29	2:33.29	2:35.99	2:39.59	2:42.49	2:46.09	2:52.29	2:58.39	3:09.59
200 IM	2:29.99	2:31.19	2:33.19	2:34.79	2:38.79	2:41.19	2:44.19	2:47.19	2:50.39	2:53.99	2:57.79	3:06.39
400 IM	5:08.89	5:10.79	5:15.69	5:17.89	5:23.69	5:28.69	5:33.89	5:39.69	5:44.29	5:49.69	5:56.79	6:08.59
10 & U BOYS												
50 Free	33.09	33.59	34.09	34.69	36.19	37.49	38.89	40.39	42.49	44.99	49.19	57.79
100 Free	1:11.99	1:13.19	1:14.69	1:16.39	1:19.99	1:23.09	1:26.29	1:29.89	1:33.99	1:39.29	1:46.89	1:59.29
200 Free	2:30.89	2:34.89	2:38.19	2:40.79	2:46.19	2:51.49	2:56.09	3:01.39	3:07.29	3:14.19	3:25.09	3:45.69
50 Back	39.29	39.99	40.69	41.79	43.69	45.29	47.19	49.39	51.79	54.59	59.49	1:07.69
100 Back	1:21.69	1:23.89	1:26.79	1:28.39	1:31.19	1:33.89	1:36.29	1:38.99	1:43.09	1:47.49	1:55.79	2:09.49
50 Breast	43.09	44.29	45.29	46.69	48.99	50.79	52.39	54.19	56.19	58.89	1:03.39	1:10.59
100 Breast	1:32.49	1:34.29	1:36.79	1:39.49	1:43.29	1:46.39	1:49.69	1:52.09	1:54.89	1:58.59	2:04.39	2:15.09
50 Fly	35.99	36.79	37.79	39.19	41.39	43.19	45.29	47.89	50.69	54.09	58.09	1:06.19
100 Fly	1:19.29	1:20.19	1:22.49	1:25.59	1:29.59	1:32.49	1:35.99	1:39.09	1:42.59	1:46.49	1:52.79	2:02.29
200 IM	2:53.59	2:57.79	3:02.79	3:04.99	3:10.69	3:15.59	3:20.59	3:24.59	3:30.69	3:37.69	3:48.39	4:04.99
11 - 12 BOYS												
50 Free	29.39	29.79	30.29	30.89	32.29	33.09	33.89	34.69	35.69	36.89	38.69	41.79
100 Free	1:03.69	1:04.89	1:06.09	1:07.49	1:10.59	1:12.59	1:14.29	1:16.59	1:18.69	1:21.69	1:26.09	1:33.19
200 Free	2:18.39	2:19.99	2:22.69	2:25.79	2:30.89	2:35.29	2:39.29	2:43.39	2:48.49	2:53.99	3:01.99	3:15.49
400 Free	4:46.59	4:50.29	4:53.29	4:58.09	5:07.29	5:12.79	5:18.49	5:24.69	5:31.69	5:40.69	5:58.69	6:16.39
50 Back	34.49	34.99	35.89	36.69	38.09	39.49	40.69	41.79	43.19	44.79	47.69	51.99
100 Back	1:14.09	1:15.29	1:16.89	1:18.39	1:21.59	1:23.99	1:26.69	1:29.09	1:31.39	1:34.59	1:39.79	1:47.29
50 Breast	38.29	39.09	39.79	40.99	42.59	44.09	45.39	46.79	48.09	49.99	52.49	55.89
100 Breast	1:23.79	1:25.19	1:26.49	1:28.59	1:32.29	1:35.29	1:37.79	1:40.29	1:43.29	1:47.29	1:51.49	1:59.39
50 Fly	31.39	32.19	33.09	33.99	35.59	36.79	37.89	39.09	40.99	43.39	46.99	51.99
100 Fly	1:10.09	1:11.19	1:12.69	1:14.59	1:18.39	1:20.99	1:23.29	1:26.49	1:30.39	1:33.99	1:38.29	1:46.99
200 IM	2:38.79	2:41.29	2:43.99	2:46.69	2:51.99	2:55.79	2:59.99	3:05.09	3:10.29	3:16.29	3:24.09	3:38.29
13 - 14 BOYS												
50 Free	26.99	27.39	27.79	28.29	28.99	29.59	30.19	30.79	31.49	32.29	33.39	35.29
100 Free	59.19	59.99	1:00.79	1:01.79	1:03.79	1:05.09	1:06.49	1:07.99	1:09.69	1:11.59	1:14.69	1:19.79
200 Free	2:08.89	2:10.29	2:11.79	2:13.69	2:18.49	2:21.49	2:24.39	2:27.39	2:30.79	2:35.09	2:41.79	2:52.59
400 Free	4:31.49	4:33.59	4:36.09	4:40.89	4:47.89	4:53.69	4:59.69	5:04.99	5:10.19	5:17.29	5:28.79	5:45.49
800 Free	9:10.09	9:16.59	9:18.59	9:27.89	9:40.29	9:52.09	9:58.69	10:04.69	10:13.39	10:22.89	10:43.99	11:05.49
1500 Free	17:40.39	17:49.89	17:59.19	18:08.99	18:26.89	18:45.39	19:06.19	19:23.79	19:42.49	20:02.29	20:36.79	21:21.39
100 Back	1:07.69	1:08.99	1:10.19	1:11.59	1:13.99	1:15.99	1:17.79	1:19.79	1:22.19	1:24.79	1:28.49	1:35.79
200 Back	2:22.79	2:25.49	2:26.79	2:29.69	2:34.39	2:37.89	2:40.29	2:43.39	2:47.19	2:50.79	2:55.89	3:05.69
100 Breast	1:14.99	1:16.39	1:17.79	1:19.49	1:22.59	1:25.09	1:27.39	1:29.69	1:32.39	1:35.59	1:39.29	1:45.89
200 Breast	2:41.29	2:43.39	2:45.69	2:48.69	2:53.59	2:57.59	3:01.59	3:05.39	3:09.99	3:15.29	3:22.69	3:35.99
100 Fly	1:04.39	1:05.29	1:06.49	1:07.49	1:10.29	1:13.09	1:15.09	1:17.09	1:19.69	1:22.49	1:26.39	1:33.19
200 Fly	2:21.49	2:21.99	2:24.19	2:26.19	2:30.19	2:33.89	2:38.19	2:41.89	2:45.89	2:50.19	2:56.49	3:09.19
200 IM	2:25.69	2:27.79	2:29.39	2:31.49	2:36.09	2:40.09	2:43.89	2:47.19	2:51.09	2:55.89	3:01.29	3:13.39
400 IM	5:03.19	5:06.99	5:10.49	5:15.39	5:21.19	5:25.79	5:31.29	5:34.99	5:39.89	5:46.19	5:52.99	6:04.19

LONG COURSE METERS

Event	Track "NRT"			Track "A"			Track "B"			Track "C"		
	NNN	NN	N	AAA	AA	A	BBB	BB	B	CCC	CC	C
15 - 16 BOYS												
50 Free	25.59	25.99	26.39	26.69	27.39	27.79	28.29	28.69	29.19	29.69	30.29	31.59
100 Free	56.29	56.99	57.69	58.49	59.89	1:00.99	1:01.99	1:02.89	1:04.09	1:05.39	1:06.99	1:10.09
200 Free	2:02.19	2:04.29	2:06.19	2:08.09	2:10.99	2:13.79	2:16.19	2:18.79	2:21.29	2:23.79	2:27.99	2:34.99
400 Free	4:15.09	4:17.99	4:22.59	4:27.19	4:34.09	4:38.19	4:42.69	4:48.19	4:53.79	4:59.69	5:06.29	5:18.19
800 Free	8:31.69	8:37.49	8:47.99	8:59.79	9:11.09	9:24.19	9:30.39	9:37.09	9:42.99	9:53.29	10:11.39	10:27.29
1500 Free	16:27.09	16:40.59	16:57.89	17:19.09	17:39.59	17:58.39	18:15.69	18:27.79	18:49.69	19:14.59	19:35.39	20:01.49
100 Back	1:04.69	1:05.19	1:06.09	1:07.39	1:09.59	1:11.19	1:12.79	1:14.59	1:16.19	1:18.09	1:20.79	1:24.69
200 Back	2:18.29	2:19.39	2:21.39	2:23.79	2:27.79	2:30.79	2:33.39	2:35.89	2:39.39	2:43.39	2:47.79	2:55.19
100 Breast	1:10.59	1:11.69	1:12.79	1:14.39	1:16.69	1:19.09	1:20.99	1:22.79	1:24.99	1:27.29	1:29.59	1:33.69
200 Breast	2:33.09	2:35.19	2:37.49	2:40.79	2:44.99	2:49.89	2:53.09	2:56.79	2:59.79	3:03.29	3:10.29	3:20.09
100 Fly	1:00.09	1:00.99	1:01.79	1:02.99	1:05.29	1:06.99	1:08.59	1:10.19	1:11.49	1:13.19	1:15.79	1:19.89
200 Fly	2:13.19	2:14.69	2:16.09	2:17.99	2:22.69	2:25.89	2:28.89	2:32.99	2:36.69	2:40.79	2:45.69	2:55.29
200 IM	2:18.49	2:20.69	2:22.59	2:24.79	2:28.89	2:31.89	2:34.29	2:37.19	2:39.89	2:43.19	2:47.39	2:54.69
400 IM	4:47.69	4:50.89	4:54.49	5:00.59	5:07.29	5:13.39	5:18.49	5:24.49	5:29.29	5:35.79	5:43.19	5:51.29
17-18 BOYS												
50 Free	25.29	25.49	25.69	25.99	26.39	26.69	27.09	27.49	27.89	28.39	28.99	29.89
100 Free	54.99	55.59	56.29	56.89	57.89	58.79	59.69	1:00.69	1:01.59	1:02.69	1:04.29	1:06.39
200 Free	2:00.39	2:01.19	2:02.69	2:04.19	2:06.89	2:09.49	2:11.49	2:13.59	2:16.09	2:18.39	2:22.39	2:28.89
400 Free	4:12.49	4:15.49	4:19.09	4:21.69	4:26.69	4:31.59	4:35.49	4:39.99	4:46.19	4:50.19	4:56.69	5:06.69
800 Free	8:37.49	8:42.69	8:50.29	9:00.09	9:07.49	9:15.29	9:22.19	9:30.69	9:36.79	9:44.79	9:53.59	10:30.49
1500 Free	16:34.99	16:41.09	16:54.39	17:01.99	17:18.29	17:33.89	17:44.29	18:03.69	18:17.29	18:43.89	19:03.49	19:46.29
100 Back	1:01.39	1:02.29	1:03.29	1:03.99	1:06.09	1:07.79	1:09.59	1:11.09	1:12.49	1:14.49	1:16.79	1:19.69
200 Back	2:11.29	2:13.69	2:15.59	2:18.29	2:22.49	2:25.29	2:28.69	2:30.99	2:34.49	2:38.19	2:42.39	2:48.59
100 Breast	1:08.89	1:09.99	1:10.59	1:12.39	1:14.99	1:16.99	1:18.39	1:19.99	1:21.59	1:23.49	1:25.99	1:30.49
200 Breast	2:28.49	2:29.69	2:31.29	2:34.89	2:40.69	2:44.49	2:47.99	2:50.39	2:53.69	2:57.59	3:02.39	3:07.79
100 Fly	58.99	59.89	1:00.59	1:01.59	1:03.19	1:04.49	1:05.69	1:06.89	1:08.29	1:10.19	1:12.49	1:15.69
200 Fly	2:11.49	2:12.79	2:14.49	2:16.49	2:19.99	2:23.39	2:25.79	2:28.49	2:31.39	2:35.59	2:40.79	2:46.79
200 IM	2:15.39	2:17.19	2:18.69	2:20.49	2:23.79	2:26.69	2:28.99	2:31.69	2:34.09	2:37.79	2:41.69	2:46.89
400 IM	4:42.59	4:47.29	4:49.09	4:52.29	4:57.69	5:02.79	5:07.49	5:10.59	5:16.69	5:22.69	5:32.79	5:41.09

SHORT COURSE METERS

10 & U GIRLS												
50 Free	33.69	34.49	35.39	36.39	38.59	40.39	42.29	44.09	46.19	48.99	52.49	58.69
100 Free	1:11.99	1:14.39	1:16.09	1:18.29	1:22.89	1:26.69	1:30.19	1:33.59	1:37.59	1:42.29	1:48.79	1:58.99
200 Free	2:31.49	2:34.59	2:38.19	2:41.99	2:49.39	2:54.99	3:01.29	3:07.19	3:13.09	3:19.79	3:29.09	3:43.79
50 Back	38.89	39.89	40.99	42.29	44.79	46.69	48.59	50.79	53.09	55.69	59.39	1:04.79
100 Back	1:20.39	1:22.79	1:24.69	1:26.79	1:30.29	1:33.19	1:36.39	1:39.09	1:42.09	1:45.79	1:51.09	1:59.79
50 Breast	43.69	44.69	45.99	47.59	50.29	52.19	54.09	55.99	58.19	1:00.79	1:03.99	1:09.69
100 Breast	1:31.09	1:33.59	1:36.29	1:38.79	1:43.59	1:47.09	1:50.19	1:53.39	1:56.29	1:59.59	2:04.49	2:13.09
50 Fly	36.69	37.59	38.79	40.29	42.69	44.69	46.89	48.99	51.29	53.89	57.29	1:02.39
100 Fly	1:19.09	1:20.79	1:21.99	1:24.99	1:29.59	1:32.99	1:36.29	1:39.19	1:42.49	1:46.89	1:51.49	2:01.69
100 IM	1:23.99	1:25.79	1:28.09	1:30.49	1:35.69	1:39.69	1:43.29	1:46.89	1:51.09	1:55.89	2:02.29	2:12.09
200 IM	2:52.09	2:54.49	2:57.89	3:01.99	3:09.99	3:14.89	3:20.09	3:25.99	3:31.99	3:37.99	3:46.49	3:59.49
11 - 12 GIRLS												
50 Free	29.99	30.59	31.19	31.89	33.09	34.09	35.19	36.19	37.39	38.99	41.19	44.99
100 Free	1:04.69	1:05.99	1:07.59	1:08.89	1:11.79	1:13.99	1:16.19	1:18.49	1:20.89	1:24.09	1:29.09	1:36.59
200 Free	2:17.49	2:20.29	2:23.69	2:26.89	2:31.89	2:36.09	2:40.29	2:45.19	2:49.89	2:54.99	3:01.99	3:16.39
400 Free	4:45.59	4:49.39	4:54.49	4:59.99	5:09.49	5:15.99	5:22.89	5:29.59	5:35.89	5:44.19	5:56.89	6:15.29
50 Back	34.59	35.39	36.19	37.09	38.89	40.19	41.69	43.19	44.59	46.49	49.19	53.49
100 Back	1:12.69	1:13.99	1:16.09	1:17.69	1:20.69	1:23.29	1:25.69	1:28.09	1:30.49	1:33.29	1:37.49	1:44.79
50 Breast	38.69	39.49	40.49	41.59	43.59	45.19	46.69	48.09	49.69	51.59	53.99	58.09
100 Breast	1:22.19	1:23.99	1:25.99	1:28.29	1:31.99	1:34.89	1:37.69	1:40.49	1:43.19	1:46.79	1:50.99	1:57.69
50 Fly	32.59	33.39	34.29	35.29	36.79	38.19	39.69	41.09	42.79	44.99	47.79	52.59
100 Fly	1:10.19	1:11.99	1:13.59	1:15.79	1:19.39	1:21.99	1:24.69	1:27.39	1:30.09	1:33.39	1:37.59	1:44.69
100 IM	1:12.69	1:14.99	1:16.89	1:18.79	1:22.29	1:24.99	1:27.59	1:30.09	1:32.59	1:35.69	1:39.59	1:46.79
200 IM	1:17.59	2:29.39	2:37.99	2:43.29	2:49.79	2:55.49	2:59.99	3:04.89	3:10.49	3:16.39	3:23.79	3:36.69

SHORT COURSE METERS

Event	Track "NRT"			Track "A"			Track "B"			Track "C"		
	NNN	NN	N	AAA	AA	A	BBB	BB	B	CCC	CC	C
13 - 14 GIRLS												
50 Free	28.39	28.79	29.19	29.69	30.69	31.49	32.09	32.79	33.59	34.69	36.19	38.49
100 Free	1:01.49	1:02.39	1:03.29	1:04.39	1:06.29	1:07.99	1:09.69	1:11.39	1:13.19	1:15.59	1:18.89	1:24.39
200 Free	2:12.29	2:13.69	2:15.79	2:17.79	2:21.89	2:25.59	2:28.89	2:32.29	2:35.99	2:40.29	2:46.59	2:57.49
400 Free	4:34.19	4:36.99	4:41.09	4:45.79	4:53.79	5:00.09	5:05.99	5:12.09	5:19.09	5:27.29	5:36.49	5:55.69
800 Free	11:35.39	11:40.69	11:50.09	11:54.99	12:09.99	12:23.49	12:35.59	12:48.79	13:03.29	13:19.99	13:44.59	14:17.99
1500 Free	17:21.09	17:31.39	17:47.99	18:04.09	18:36.39	18:57.79	19:15.59	19:33.89	19:52.49	20:17.19	20:59.99	21:50.19
100 Back	1:08.59	1:09.89	1:11.09	1:12.79	1:15.79	1:17.89	1:19.89	1:22.09	1:24.59	1:27.09	1:30.99	1:36.99
200 Back	2:25.09	2:27.29	2:29.59	2:32.09	2:36.59	2:40.49	2:43.69	2:46.99	2:50.49	2:55.49	3:01.99	3:12.09
100 Breast	1:17.49	1:19.29	1:20.89	1:22.69	1:25.79	1:28.49	1:30.79	1:32.99	1:35.29	1:38.19	1:42.09	1:47.69
200 Breast	2:42.89	2:45.29	2:48.79	2:52.49	2:58.59	3:02.79	3:07.09	3:10.99	3:14.79	3:19.99	3:26.09	3:36.79
100 Fly	1:07.69	1:08.69	1:09.89	1:11.29	1:13.69	1:15.99	1:18.29	1:20.79	1:23.49	1:26.79	1:30.79	1:36.99
200 Fly	2:22.49	2:25.19	2:28.29	2:30.99	2:35.89	2:39.89	2:43.69	2:48.09	2:51.69	2:56.29	3:02.59	3:11.39
200 IM	4:11.59	4:14.99	4:19.39	4:23.19	4:28.79	4:34.49	4:37.89	4:43.29	4:48.29	4:53.29	5:00.39	5:07.99
400 IM	5:07.09	5:10.49	5:14.99	5:19.09	5:27.49	5:32.89	5:38.19	5:43.79	5:50.49	5:57.49	6:06.29	6:18.79
15-16 GIRLS												
50 Free	27.69	27.99	28.29	28.69	29.49	30.09	30.59	31.19	31.79	32.59	33.69	35.29
100 Free	59.99	1:00.79	1:01.49	1:02.49	1:04.09	1:05.39	1:06.69	1:08.19	1:09.69	1:11.79	1:14.49	1:19.09
200 Free	2:08.19	2:09.49	2:10.99	2:13.19	2:17.09	2:20.19	2:22.79	2:25.49	2:29.19	2:32.59	2:37.39	2:46.09
400 Free	4:24.19	4:27.09	4:31.29	4:35.19	4:43.79	4:49.69	4:55.39	5:00.59	5:06.39	5:14.19	5:21.69	5:35.69
800 Free	11:09.99	11:21.49	11:26.49	11:32.99	11:47.29	11:59.39	12:13.89	12:26.99	12:39.79	12:52.59	13:13.99	14:00.89
1500 Free	16:56.89	17:07.99	17:22.49	17:39.59	18:01.59	18:27.59	18:43.79	19:08.59	19:33.99	20:03.89	20:34.59	21:28.29
100 Back	1:06.69	1:07.49	1:08.39	1:09.99	1:12.29	1:14.49	1:16.49	1:18.49	1:20.49	1:22.99	1:26.49	1:31.99
200 Back	2:21.49	2:23.19	2:25.09	2:27.39	2:31.59	2:34.79	2:38.09	2:41.19	2:44.59	2:48.79	2:53.09	3:00.59
100 Breast	1:16.49	1:17.39	1:18.49	1:19.99	1:22.19	1:24.79	1:27.29	1:29.69	1:32.59	1:34.89	1:38.29	1:44.79
200 Breast	2:43.69	2:44.99	2:47.29	2:49.29	2:53.69	2:56.49	2:59.79	3:04.39	3:08.59	3:14.19	3:19.69	3:27.09
100 Fly	1:06.09	1:06.59	1:07.39	1:08.39	1:10.49	1:12.39	1:14.39	1:16.39	1:18.89	1:22.09	1:25.99	1:31.79
200 Fly	2:22.49	2:23.69	2:24.89	2:26.79	2:30.29	2:33.49	2:35.89	2:38.69	2:42.29	2:46.99	2:52.49	3:01.59
200 IM	2:26.09	2:27.69	2:29.89	2:32.29	2:35.89	2:39.69	2:43.39	2:46.89	2:50.39	2:54.69	3:00.79	3:11.79
400 IM	5:03.39	5:06.49	5:08.79	5:11.29	5:18.19	5:24.39	5:29.59	5:35.29	5:41.19	5:48.39	5:56.99	6:09.09
17 - 18 GIRLS												
50 Free	27.09	27.39	27.69	28.09	28.79	29.29	29.79	30.39	30.79	31.39	32.19	33.49
100 Free	58.69	59.39	1:00.19	1:00.99	1:02.49	1:03.59	1:04.59	1:05.89	1:07.29	1:08.59	1:10.69	1:14.99
200 Free	2:07.19	2:07.89	2:09.09	2:10.59	2:13.29	2:15.59	2:18.19	2:20.99	2:24.39	2:27.49	2:31.29	2:37.79
400 Free	4:23.89	4:25.79	4:28.29	4:32.39	4:37.89	4:42.09	4:48.29	4:53.29	4:59.29	5:04.79	5:12.99	5:27.89
800 Free	11:08.09	11:10.09	11:15.69	11:26.59	11:38.89	11:48.89	11:56.19	12:07.09	12:18.59	12:35.89	12:55.99	13:29.79
1500 Free	16:46.59	16:54.79	17:07.79	17:13.39	17:39.39	17:58.49	18:14.59	18:31.69	18:57.69	19:30.69	20:04.69	20:57.19
100 Back	1:05.19	1:05.89	1:06.69	1:07.99	1:10.09	1:11.59	1:13.29	1:15.09	1:16.99	1:19.69	1:22.49	1:26.59
200 Back	2:19.29	2:20.49	2:22.29	2:23.89	2:28.49	2:30.99	2:33.99	2:36.99	2:39.89	2:44.19	2:49.09	2:56.59
100 Breast	1:12.79	1:13.69	1:15.39	1:16.29	1:18.89	1:21.09	1:22.59	1:24.89	1:27.39	1:29.99	1:33.19	1:38.89
200 Breast	2:35.49	2:37.79	2:39.59	2:42.49	2:47.59	2:51.19	2:54.29	2:56.59	2:58.99	3:02.99	3:08.09	3:15.49
100 Fly	1:04.39	1:04.99	1:05.79	1:06.79	1:08.69	1:10.19	1:11.79	1:13.59	1:15.49	1:17.79	1:20.49	1:26.19
200 Fly	2:19.59	2:20.79	2:22.49	2:23.99	2:27.49	2:30.49	2:33.09	2:35.79	2:38.79	2:41.79	2:46.89	2:55.19
200 IM	2:22.99	2:24.89	2:26.59	2:28.39	2:31.49	2:34.19	2:37.19	2:40.19	2:43.69	2:47.99	2:52.59	3:01.79
400 IM	4:57.29	5:00.69	5:01.69	5:04.79	5:12.89	5:18.19	5:22.69	5:26.99	5:30.79	5:35.59	5:42.39	5:53.69
10 & U BOYS												
50 Free	32.79	33.59	34.39	35.49	37.59	39.59	41.39	43.29	45.49	48.19	51.99	58.49
100 Free	1:09.89	1:11.99	1:13.89	1:16.19	1:20.09	1:24.09	1:27.99	1:31.99	1:36.09	1:40.69	1:46.69	1:55.59
200 Free	2:27.69	2:30.39	2:33.99	2:37.59	2:44.69	2:49.89	2:54.59	2:59.69	3:07.19	3:15.39	3:25.29	3:41.79
50 Back	37.99	38.89	39.89	41.19	43.79	46.09	48.19	50.39	52.59	55.19	58.79	1:04.59
100 Back	1:18.59	1:20.09	1:22.29	1:24.39	1:27.99	1:30.79	1:33.89	1:37.49	1:41.39	1:45.19	1:50.19	1:59.49
50 Breast	42.49	43.39	44.89	46.29	49.09	51.09	52.79	54.39	56.49	59.29	1:02.79	1:08.29
100 Breast	1:28.89	1:31.29	1:33.59	1:36.49	1:41.19	1:44.59	1:47.99	1:51.29	1:54.69	1:58.59	2:03.09	2:10.99
50 Fly	35.29	36.29	37.29	38.59	40.99	43.29	45.79	47.79	50.19	52.99	56.79	1:02.99
100 Fly	1:15.29	1:16.39	1:18.39	1:20.99	1:26.39	1:29.69	1:33.19	1:36.19	1:39.89	1:43.89	1:48.79	1:56.99
100 IM	1:21.99	1:24.09	1:26.09	1:28.59	1:33.79	1:37.99	1:41.89	1:45.39	1:49.39	1:54.19	2:00.99	2:11.79
200 IM	2:45.89	2:50.59	2:53.69	2:57.89	3:04.89	3:09.99	3:14.99	3:20.49	3:26.39	3:32.29	3:40.99	3:55.09

SHORT COURSE METERS

Event	Track "NRT"			Track "A"			Track "B"			Track "C"		
	NNN	NN	N	AAA	AA	A	BBB	BB	B	CCC	CC	C
11 - 12 BOYS												
50 Free	28.89	29.59	30.29	31.09	32.39	33.59	34.59	35.69	36.89	38.39	40.29	43.99
100 Free	1:02.69	1:03.89	1:05.69	1:07.29	1:10.29	1:12.89	1:15.39	1:17.69	1:20.49	1:23.69	1:28.19	1:35.39
200 Free	2:13.99	2:17.39	2:20.49	2:23.49	2:28.89	2:33.29	2:37.39	2:41.79	2:46.69	2:53.19	3:00.09	3:11.29
400 Free	4:40.09	4:44.49	4:49.49	4:55.99	5:03.89	5:10.89	5:18.19	5:24.69	5:31.79	5:39.29	5:52.79	6:11.89
50 Back	33.89	34.69	35.49	36.49	38.19	39.79	41.29	42.69	44.39	46.39	48.99	53.39
100 Back	1:11.09	1:12.29	1:14.19	1:16.49	1:19.69	1:22.19	1:24.59	1:27.19	1:29.69	1:32.69	1:37.29	1:43.99
50 Breast	37.69	38.59	39.69	40.89	42.99	44.69	46.19	47.79	49.59	51.49	53.99	58.29
100 Breast	1:20.39	1:22.19	1:24.29	1:26.39	1:30.29	1:33.39	1:36.49	1:39.29	1:42.49	1:46.29	1:51.29	1:58.29
50 Fly	31.59	32.49	33.29	34.29	35.99	37.49	38.89	40.29	42.29	44.59	47.59	52.29
100 Fly	1:07.79	1:09.79	1:12.09	1:13.89	1:16.99	1:19.69	1:22.69	1:25.69	1:28.79	1:32.69	1:37.19	1:45.19
100 IM	1:12.59	1:13.99	1:15.69	1:17.59	1:20.99	1:23.79	1:26.29	1:28.79	1:31.79	1:35.09	1:39.09	1:45.79
200 IM	2:32.89	2:36.29	2:39.09	2:43.09	2:48.59	2:53.39	2:58.39	3:03.59	3:08.49	3:14.79	3:22.49	3:33.79
13 - 14 BOYS												
50 Free	26.29	26.79	27.19	27.79	28.79	29.59	30.29	31.09	31.89	32.89	34.29	36.69
100 Free	57.19	57.99	59.29	1:00.59	1:02.59	1:04.29	1:05.99	1:07.79	1:09.69	1:12.09	1:14.89	1:20.09
200 Free	2:03.59	2:05.29	2:07.69	2:10.49	2:14.59	2:18.19	2:21.59	2:25.19	2:28.79	2:33.09	2:38.89	2:48.49
400 Free	4:21.69	4:23.69	4:27.69	4:32.29	4:40.79	4:47.29	4:53.39	4:58.89	5:05.59	5:12.09	5:22.09	5:39.69
800 Free	11:08.99	11:17.09	11:21.29	11:26.39	11:39.49	11:50.29	12:00.89	12:10.49	12:24.09	12:38.49	13:00.59	13:27.19
1500 Free	16:57.19	17:07.39	17:16.09	17:25.49	17:43.79	18:10.19	18:28.79	18:46.79	19:17.69	19:42.69	20:28.39	21:15.89
100 Back	1:04.59	1:05.99	1:07.59	1:09.29	1:12.09	1:14.19	1:16.29	1:18.39	1:20.59	1:23.29	1:26.29	1:31.99
200 Back	2:15.89	2:18.49	2:21.19	2:24.59	2:29.19	2:32.79	2:35.99	2:39.39	2:43.59	2:47.49	2:53.79	3:02.29
100 Breast	1:11.79	1:12.99	1:15.29	1:17.39	1:20.79	1:23.29	1:25.89	1:28.49	1:31.19	1:33.99	1:37.99	1:44.39
200 Breast	2:32.29	2:35.09	2:37.69	2:41.59	2:47.09	2:51.59	2:55.39	2:59.69	3:04.99	3:10.19	3:17.19	3:27.89
100 Fly	1:02.49	1:03.29	1:04.89	1:06.59	1:09.59	1:11.99	1:14.29	1:16.79	1:18.89	1:21.89	1:25.99	1:31.99
200 Fly	2:14.69	2:16.39	2:18.49	2:20.69	2:25.49	2:29.39	2:32.69	2:37.39	2:41.69	2:46.59	2:55.39	3:07.19
200 IM	2:19.89	2:21.99	2:24.89	2:28.79	2:33.69	2:37.69	2:41.79	2:45.79	2:50.29	2:55.19	3:02.29	3:12.89
400 IM	4:49.09	4:52.69	4:55.89	5:01.29	5:10.19	5:17.49	5:23.59	5:29.79	5:35.19	5:41.79	5:48.49	6:00.79
15 - 16 BOYS												
50 Free	24.69	24.99	25.49	25.89	26.69	27.19	27.69	28.19	28.69	29.39	30.19	31.49
100 Free	54.29	54.99	55.79	56.79	58.39	59.59	1:00.69	1:02.09	1:03.39	1:04.99	1:07.19	1:11.39
200 Free	1:58.79	1:59.59	2:01.29	2:03.09	2:06.59	2:09.29	2:12.09	2:14.49	2:16.99	2:20.69	2:25.79	2:34.39
400 Free	4:09.39	4:11.89	4:15.59	4:18.39	4:25.19	4:30.69	4:34.99	4:40.19	4:46.29	4:53.99	5:02.49	5:17.79
800 Free	10:37.19	10:42.79	10:46.59	10:55.39	11:14.19	11:24.89	11:35.79	11:46.09	11:58.49	12:16.69	12:36.79	12:56.49
1500 Free	16:04.59	16:16.99	16:30.09	16:43.49	17:09.09	17:27.99	17:42.19	18:01.99	18:26.69	18:48.89	19:21.09	20:07.39
100 Back	1:00.49	1:01.49	1:02.69	1:03.99	1:06.39	1:08.09	1:09.79	1:11.89	1:14.29	1:16.39	1:19.49	1:24.69
200 Back	2:10.09	2:11.69	2:14.09	2:16.49	2:20.69	2:23.69	2:26.49	2:29.39	2:32.99	2:37.89	2:42.99	2:50.19
100 Breast	1:07.19	1:08.29	1:09.69	1:11.29	1:14.69	1:17.09	1:19.19	1:21.29	1:23.39	1:25.39	1:28.09	1:32.89
200 Breast	2:24.99	2:26.49	2:29.39	2:32.09	2:38.29	2:42.59	2:46.69	2:50.69	2:54.99	2:59.19	3:04.29	3:12.19
100 Fly	59.09	59.69	1:00.69	1:01.89	1:03.69	1:05.69	1:07.49	1:09.19	1:10.99	1:13.09	1:16.99	1:23.19
200 Fly	2:09.49	2:10.59	2:12.19	2:14.39	2:17.49	2:20.79	2:23.79	2:27.49	2:31.69	2:36.29	2:41.39	2:48.99
200 IM	2:11.69	2:13.69	2:16.19	2:18.99	2:22.89	2:26.39	2:29.99	2:33.09	2:36.29	2:40.29	2:45.39	2:55.89
400 IM	4:37.79	4:39.99	4:43.99	4:47.99	4:55.29	5:01.29	5:05.69	5:10.99	5:16.79	5:23.69	5:31.69	5:44.09
17 - 18 BOYS												
50 Free	24.09	24.29	24.49	24.79	25.39	25.79	26.09	26.49	26.99	27.49	28.19	29.29
100 Free	52.49	52.99	53.49	54.19	55.39	56.29	57.19	58.09	59.19	1:00.49	1:02.19	1:05.39
200 Free	1:54.59	1:55.59	1:56.79	1:57.99	2:00.89	2:02.99	2:04.89	2:07.39	2:09.79	2:12.79	2:16.49	2:22.99
400 Free	4:02.79	4:05.69	4:08.19	4:10.79	4:16.49	4:20.99	4:25.19	4:30.19	4:34.99	4:41.99	4:50.39	5:09.89
800 Free	10:35.09	10:39.99	10:44.69	10:51.19	11:01.59	11:13.49	11:21.09	11:35.79	11:44.59	11:52.19	12:07.59	12:36.09
1500 Free	15:53.79	16:02.89	16:09.49	16:14.09	16:37.09	16:56.19	17:09.39	17:31.49	17:48.49	18:07.59	18:39.29	19:45.19
100 Back	58.59	59.49	1:00.19	1:00.79	1:02.49	1:04.09	1:05.89	1:07.29	1:09.19	1:11.09	1:13.69	1:18.39
200 Back	2:04.19	2:06.79	2:08.39	2:10.39	2:13.49	2:15.79	2:18.59	2:21.39	2:24.09	2:27.69	2:32.19	2:40.79
100 Breast	1:05.29	1:06.09	1:06.89	1:08.09	1:10.49	1:11.89	1:13.59	1:15.29	1:16.89	1:19.19	1:22.39	1:27.49
200 Breast	2:21.59	2:22.49	2:23.69	2:25.89	2:31.19	2:34.39	2:37.19	2:40.49	2:43.59	2:47.69	2:52.89	3:01.39
100 Fly	57.49	57.99	58.89	59.79	1:01.29	1:02.39	1:03.59	1:04.89	1:06.09	1:07.59	1:10.29	1:15.09
200 Fly	2:05.99	2:07.39	2:08.89	2:10.79	2:14.69	2:17.69	2:19.39	2:20.99	2:23.69	2:26.89	2:32.79	2:42.59
200 IM	2:08.89	2:10.29	2:12.29	2:14.09	2:16.89	2:19.69	2:22.59	2:25.49	2:28.19	2:31.49	2:36.49	2:44.79
400 IM	4:31.09	4:31.99	4:33.89	4:38.59	4:46.09	4:50.99	4:56.09	5:00.29	5:05.79	5:10.19	5:18.09	5:27.99

SHORT COURSE YARDS

Event	Track "NRT"			Track "A"			Track "B"			Track "C"		
	NNN	NN	N	AAA	AA	A	BBB	BB	B	CCC	CC	C
10 & U GIRLS												
50 Free	30.49	31.19	31.99	32.99	34.89	36.49	38.29	39.99	41.79	44.39	47.49	53.09
100 Free	1:05.09	1:07.29	1:08.89	1:10.89	1:14.99	1:18.49	1:21.59	1:24.69	1:28.29	1:32.59	1:38.49	1:47.69
200 Free	2:17.09	2:19.89	2:23.19	2:26.59	2:33.29	2:38.39	2:44.09	2:49.39	2:54.79	3:00.89	3:09.29	3:22.59
50 Back	35.19	36.19	37.09	38.29	40.49	42.29	43.99	45.99	47.99	50.39	53.79	58.59
100 Back	1:12.69	1:14.99	1:16.69	1:18.59	1:21.79	1:24.29	1:27.19	1:29.69	1:32.39	1:35.69	1:40.49	1:48.39
50 Breast	39.59	40.39	41.69	43.09	45.49	47.19	48.89	50.69	52.69	55.09	57.99	1:03.09
100 Breast	1:22.49	1:24.69	1:27.09	1:29.39	1:33.79	1:36.89	1:39.79	1:42.59	1:45.19	1:48.19	1:52.69	2:00.39
50 Fly	33.19	34.09	35.19	36.49	38.59	40.49	42.49	44.29	46.39	48.79	51.79	56.49
100 Fly	1:11.59	1:13.09	1:14.29	1:16.89	1:21.09	1:24.19	1:27.19	1:29.79	1:32.79	1:36.69	1:40.99	1:50.09
100 IM	1:15.99	1:17.59	1:19.69	1:21.89	1:26.59	1:30.19	1:33.49	1:36.69	1:40.59	1:44.89	1:50.69	1:59.59
200 IM	2:35.69	2:37.89	2:40.99	2:44.69	2:51.89	2:56.29	3:01.09	3:06.39	3:11.79	3:17.29	3:24.99	3:36.69
11 - 12 GIRLS												
50 Free	27.19	27.69	28.29	28.89	29.99	30.89	31.79	32.79	33.89	35.29	37.29	40.79
100 Free	58.59	59.79	1:01.09	1:02.39	1:04.99	1:06.99	1:08.99	1:11.09	1:13.29	1:16.09	1:20.69	1:27.39
200 Free	2:04.49	2:06.89	2:09.99	2:12.89	2:17.49	2:21.19	2:25.09	2:29.49	2:33.69	2:38.39	2:44.69	2:57.79
500 Free	5:26.39	5:30.69	5:36.49	5:42.69	5:53.69	6:00.99	6:08.99	6:16.59	6:23.79	6:33.29	6:47.89	7:08.79
50 Back	31.39	31.99	32.79	33.49	35.19	36.39	37.69	39.09	40.39	42.09	44.49	48.39
100 Back	1:05.79	1:06.99	1:08.89	1:10.29	1:13.09	1:15.39	1:17.59	1:19.69	1:21.99	1:24.39	1:28.19	1:34.89
50 Breast	34.99	35.79	36.59	37.59	39.49	40.89	42.29	43.49	44.99	46.69	48.89	52.59
100 Breast	1:14.39	1:15.99	1:17.89	1:19.89	1:23.29	1:25.89	1:28.49	1:30.99	1:33.39	1:36.69	1:40.39	1:46.49
50 Fly	29.49	30.29	31.09	31.89	33.29	34.59	35.89	37.19	38.69	40.69	43.19	47.59
100 Fly	1:03.59	1:05.19	1:06.59	1:08.59	1:11.89	1:14.19	1:16.59	1:19.09	1:21.59	1:24.59	1:28.29	1:34.79
100 IM	1:05.79	1:07.89	1:09.59	1:11.49	1:14.49	1:16.89	1:19.29	1:21.49	1:23.79	1:26.59	1:30.19	1:36.59
200 IM	2:21.79	2:24.19	2:27.09	2:30.09	2:35.09	2:39.79	2:43.99	2:47.99	2:52.99	2:58.19	3:04.79	3:16.59
13 - 14 GIRLS												
50 Free	25.79	25.99	26.49	26.89	27.79	28.49	29.09	29.69	30.39	31.39	32.79	34.79
100 Free	55.69	56.49	57.29	58.29	59.99	1:01.49	1:03.09	1:04.59	1:06.29	1:08.39	1:11.39	1:16.39
200 Free	1:59.79	2:00.99	2:02.89	2:04.79	2:08.39	2:11.79	2:14.69	2:17.79	2:21.19	2:25.09	2:30.79	2:40.69
500 Free	5:13.39	5:16.49	5:21.19	5:26.59	5:36.69	5:42.89	5:49.59	5:56.59	6:04.59	6:13.99	6:24.49	6:46.39
1000 Free	10:29.29	10:34.09	10:42.59	10:47.09	11:00.69	11:12.89	11:23.89	11:35.79	11:48.89	12:03.99	12:26.19	12:56.49
1650 Free	17:27.19	17:37.49	17:54.29	18:10.39	18:42.89	19:04.39	19:22.39	19:40.79	19:59.49	20:24.29	21:07.29	21:57.89
100 Back	1:02.09	1:03.29	1:04.29	1:05.89	1:08.59	1:10.49	1:12.29	1:14.29	1:16.49	1:18.79	1:22.29	1:27.79
200 Back	2:11.29	2:13.29	2:15.39	2:17.69	2:21.69	2:25.19	2:28.19	2:31.09	2:34.29	2:38.79	2:44.69	2:53.79
100 Breast	1:10.19	1:11.69	1:13.19	1:14.89	1:17.69	1:20.09	1:22.19	1:24.19	1:26.29	1:28.89	1:32.39	1:37.39
200 Breast	2:27.39	2:29.59	2:32.69	2:36.09	2:41.69	2:45.39	2:49.29	2:52.79	2:56.29	3:00.99	3:06.49	3:16.19
100 Fly	1:01.19	1:02.19	1:03.29	1:04.49	1:06.69	1:08.79	1:10.79	1:13.09	1:15.59	1:18.59	1:22.19	1:27.79
200 Fly	2:08.99	2:11.39	2:14.19	2:16.69	2:21.09	2:24.69	2:28.09	2:32.09	2:35.39	2:39.59	2:45.29	2:53.19
200 IM	2:14.99	2:16.89	2:19.09	2:21.59	2:25.79	2:29.69	2:33.39	2:36.99	2:40.59	2:45.29	2:51.09	3:00.99
400 IM	4:37.89	4:40.99	4:45.09	4:48.79	4:56.39	5:01.29	5:06.09	5:11.19	5:17.19	5:23.49	5:31.49	5:42.79
15 - 16 GIRLS												
50 Free	25.09	25.29	25.69	25.99	26.69	27.29	27.69	28.19	28.79	29.49	30.49	31.99
100 Free	54.29	54.99	55.59	56.59	57.99	59.19	1:00.29	1:01.69	1:03.09	1:04.99	1:07.49	1:11.59
200 Free	1:55.99	1:57.19	1:58.49	2:00.59	2:03.99	2:06.89	2:09.29	2:11.69	2:14.99	2:18.09	2:22.49	2:30.29
500 Free	5:01.89	5:05.09	5:09.99	5:14.49	5:24.29	5:31.09	5:37.49	5:43.49	5:50.09	5:58.99	6:07.59	6:23.59
1000 Free	10:06.29	10:16.79	10:21.29	10:27.19	10:40.09	10:51.09	11:04.19	11:15.99	11:27.59	11:39.19	11:58.59	12:40.99
1650 Free	17:02.79	17:14.09	17:28.59	17:45.79	18:07.89	18:34.09	18:50.39	19:15.29	19:40.79	20:10.99	20:41.79	21:35.79
100 Back	1:00.39	1:01.09	1:01.99	1:03.29	1:05.39	1:07.39	1:09.19	1:11.09	1:12.89	1:15.09	1:18.29	1:23.19
200 Back	2:08.09	2:09.59	2:11.29	2:13.39	2:17.19	2:20.09	2:23.09	2:25.89	2:28.99	2:32.79	2:36.59	2:43.49
100 Breast	1:09.19	1:10.09	1:10.99	1:12.39	1:14.39	1:16.69	1:18.99	1:21.19	1:23.79	1:25.89	1:28.99	1:34.89
200 Breast	2:28.19	2:29.29	2:31.39	2:33.19	2:37.19	2:39.69	2:42.69	2:46.89	2:50.69	2:55.69	3:00.79	3:07.39
100 Fly	59.79	1:00.29	1:00.99	1:01.89	1:03.79	1:05.49	1:07.29	1:09.09	1:11.39	1:14.29	1:17.79	1:23.09
200 Fly	2:08.99	2:10.09	2:11.09	2:12.79	2:16.09	2:18.89	2:21.09	2:23.59	2:26.89	2:31.19	2:36.09	2:44.39
200 IM	2:12.19	2:13.69	2:15.59	2:17.79	2:21.09	2:24.49	2:27.79	2:30.99	2:34.19	2:38.09	2:43.59	2:53.59
400 IM	4:34.59	4:37.39	4:39.39	4:41.79	4:47.99	4:53.59	4:58.29	5:03.49	5:08.79	5:15.29	5:23.09	5:33.99

SHORT COURSE YARDS

Event	Track "NRT"			Track "A"			Track "B"			Track "C"		
	NNN	NN	N	AAA	AA	A	BBB	BB	B	CCC	CC	C
17 - 18 GIRLS												
50 Free	24.59	24.79	25.09	25.49	26.09	26.49	26.99	27.49	27.89	28.39	29.09	30.29
100 Free	53.19	53.79	54.49	55.19	56.59	57.49	58.49	59.69	1:00.89	1:02.09	1:03.99	1:07.89
200 Free	1:55.09	1:55.79	1:56.79	1:58.19	2:00.69	2:02.79	2:05.09	2:07.59	2:10.69	2:13.49	2:16.99	2:22.79
500 Free	5:01.49	5:03.69	5:06.49	5:11.29	5:17.59	5:22.29	5:29.39	5:35.19	5:41.89	5:48.29	5:57.69	6:14.69
1000 Free	10:04.59	10:06.49	10:11.49	10:21.39	10:32.49	10:41.59	10:48.09	10:57.99	11:08.49	11:24.09	11:42.29	12:12.79
1650 Free	16:52.49	17:00.69	17:13.79	17:19.39	17:45.59	18:04.89	18:20.99	18:38.19	19:04.39	19:37.59	20:11.79	21:04.59
100 Back	58.99	59.59	1:00.39	1:01.49	1:03.39	1:04.79	1:06.29	1:07.89	1:09.69	1:12.09	1:14.69	1:18.39
200 Back	2:05.99	2:07.19	2:08.79	2:10.19	2:14.39	2:16.69	2:19.29	2:22.09	2:24.69	2:28.59	2:33.09	2:39.79
100 Breast	1:05.89	1:06.69	1:08.19	1:08.99	1:11.39	1:13.39	1:14.79	1:16.89	1:19.09	1:21.39	1:24.39	1:29.49
200 Breast	2:20.69	2:22.79	2:24.49	2:27.09	2:31.69	2:34.99	2:37.69	2:39.79	2:41.99	2:45.59	2:50.19	2:56.89
100 Fly	58.29	58.79	59.59	1:00.49	1:02.19	1:03.49	1:04.99	1:06.59	1:08.29	1:10.39	1:12.89	1:17.99
200 Fly	2:06.29	2:07.39	2:08.99	2:10.39	2:13.49	2:16.19	2:18.59	2:20.99	2:23.69	2:26.39	2:31.09	2:38.59
200 IM	2:09.39	2:11.19	2:12.69	2:14.29	2:17.19	2:19.59	2:22.29	2:24.99	2:28.19	2:31.99	2:36.19	2:44.49
400 IM	4:29.09	4:32.09	4:32.99	4:35.89	4:43.09	4:47.89	4:52.09	4:55.89	4:59.39	5:03.69	5:09.89	5:20.09
10 & U BOYS												
50 Free	29.69	30.49	31.19	32.09	33.99	35.79	37.49	39.19	41.19	43.69	47.09	52.89
100 Free	1:03.29	1:05.19	1:06.89	1:08.99	1:12.49	1:16.09	1:19.69	1:23.19	1:26.99	1:31.19	1:36.49	1:44.69
200 Free	2:13.69	2:16.09	2:19.39	2:22.59	2:29.09	2:33.79	2:37.99	2:42.59	2:49.39	2:56.79	3:05.79	3:20.69
50 Back	34.39	35.19	36.09	37.29	39.69	41.69	43.69	45.59	47.59	49.99	53.29	58.39
100 Back	1:11.09	1:12.49	1:14.49	1:16.39	1:19.69	1:22.19	1:24.99	1:28.29	1:31.79	1:35.29	1:39.79	1:48.09
50 Breast	38.39	39.29	40.59	41.89	44.39	46.29	47.79	49.29	51.19	53.69	56.89	1:01.79
100 Breast	1:20.49	1:22.59	1:24.69	1:27.39	1:31.59	1:34.69	1:37.79	1:40.69	1:43.79	1:47.39	1:51.39	1:58.49
50 Fly	31.99	32.79	33.79	34.99	37.09	39.19	41.39	43.29	45.49	47.89	51.49	56.99
100 Fly	1:08.19	1:09.09	1:10.89	1:13.29	1:18.19	1:21.19	1:24.29	1:27.09	1:30.39	1:33.99	1:38.49	1:45.89
100 IM	1:14.19	1:16.09	1:17.99	1:20.19	1:24.89	1:28.69	1:32.19	1:35.39	1:38.99	1:43.39	1:49.49	1:59.29
200 IM	2:30.19	2:34.39	2:37.19	2:40.99	2:47.29	2:51.99	2:56.49	3:01.49	3:06.79	3:12.09	3:19.99	3:32.79
11 - 12 BOYS												
50 Free	26.19	26.79	27.39	28.09	29.39	30.39	31.29	32.29	33.39	34.79	36.49	39.79
100 Free	56.79	57.89	59.39	1:00.89	1:03.59	1:05.99	1:08.19	1:10.29	1:12.79	1:15.69	1:19.79	1:26.29
200 Free	2:01.29	2:04.39	2:07.19	2:09.89	2:14.69	2:18.79	2:22.49	2:26.49	2:30.89	2:36.69	2:42.99	2:53.19
500 Free	5:20.09	5:25.09	5:30.79	5:38.29	5:47.19	5:55.29	6:03.59	6:11.09	6:19.09	6:27.69	6:43.09	7:04.89
50 Back	30.69	31.39	32.09	32.99	34.59	35.99	37.39	38.69	40.19	41.99	44.39	48.29
100 Back	1:04.39	1:05.49	1:07.09	1:09.19	1:12.19	1:14.39	1:16.59	1:18.89	1:21.19	1:23.89	1:28.09	1:34.19
50 Breast	34.09	34.89	35.89	36.99	38.89	40.49	41.79	43.29	44.89	46.59	48.89	52.79
100 Breast	1:12.79	1:14.39	1:16.29	1:18.19	1:21.69	1:24.49	1:27.29	1:29.89	1:32.79	1:36.19	1:40.69	1:47.09
50 Fly	28.59	29.49	30.19	30.99	32.59	33.99	35.19	36.49	38.29	40.29	43.09	47.29
100 Fly	1:01.29	1:03.19	1:05.19	1:06.89	1:09.69	1:12.09	1:14.79	1:17.59	1:20.39	1:23.89	1:27.99	1:35.19
100 IM	1:05.69	1:06.89	1:08.49	1:10.19	1:13.29	1:15.79	1:18.09	1:20.39	1:22.99	1:26.09	1:29.69	1:35.79
200 IM	2:18.39	2:21.39	2:23.99	2:27.59	2:32.59	2:36.89	2:41.49	2:46.19	2:50.59	2:56.29	3:03.29	3:13.49
13 - 14 BOYS												
50 Free	23.79	24.19	24.69	25.19	25.99	26.79	27.49	28.19	28.89	29.79	31.09	33.19
100 Free	51.79	52.49	53.69	54.79	56.69	58.19	59.69	1:01.39	1:03.09	1:05.19	1:07.79	1:12.49
200 Free	1:51.89	1:53.39	1:55.59	1:58.09	2:01.79	2:05.09	2:08.19	2:11.39	2:14.69	2:18.49	2:23.79	2:32.49
500 Free	4:59.09	5:01.29	5:05.89	5:11.19	5:20.79	5:28.19	5:35.29	5:41.49	5:49.19	5:56.59	6:07.99	6:28.19
1000 Free	10:05.39	10:12.79	10:16.59	10:21.19	10:32.99	10:42.79	10:52.39	11:01.09	11:13.39	11:26.39	11:46.39	12:10.49
1650 Free	17:03.19	17:13.49	17:22.19	17:31.59	17:49.99	18:16.59	18:35.29	18:53.39	19:24.49	19:49.59	20:35.49	21:23.39
100 Back	58.49	59.79	1:01.19	1:02.69	1:05.19	1:07.19	1:08.99	1:10.89	1:12.89	1:15.39	1:18.09	1:23.29
200 Back	2:02.99	2:05.39	2:07.79	2:10.79	2:14.99	2:18.29	2:21.19	2:24.19	2:28.09	2:31.59	2:37.29	2:44.99
100 Breast	1:04.89	1:06.09	1:08.09	1:10.09	1:13.09	1:15.39	1:17.79	1:20.09	1:22.49	1:25.09	1:28.69	1:34.49
200 Breast	2:17.89	2:20.39	2:22.69	2:26.19	2:31.19	2:35.29	2:38.79	2:42.59	2:47.39	2:52.09	2:58.49	3:08.19
100 Fly	56.49	57.29	58.79	1:00.29	1:02.99	1:05.09	1:07.19	1:09.49	1:11.39	1:14.09	1:17.79	1:23.29
200 Fly	2:01.89	2:03.49	2:05.29	2:07.29	2:11.69	2:15.19	2:18.19	2:22.49	2:26.29	2:30.79	2:38.69	2:49.49
200 IM	2:06.59	2:08.49	2:11.19	2:14.69	2:19.09	2:22.69	2:26.39	2:29.99	2:34.19	2:38.59	2:44.99	2:54.49
400 IM	4:21.69	4:24.89	4:27.79	4:32.69	4:40.69	4:47.39	4:52.89	4:58.49	5:03.39	5:09.39	5:15.39	5:26.49

SHORT COURSE YARDS

Event	Track "NRT"			Track "A"			Track "B"			Track "C"		
	NNN	NN	N	AAA	AA	A	BBB	BB	B	CCC	CC	C
15 - 16 BOYS												
50 Free	22.29	22.69	23.09	23.49	24.19	24.59	25.09	25.59	25.99	26.59	27.39	28.49
100 Free	49.19	49.79	50.49	51.39	52.89	53.89	54.99	56.19	57.29	58.79	1:00.79	1:04.59
200 Free	1:47.49	1:48.29	1:49.79	1:51.49	1:54.49	1:57.09	1:59.49	2:01.69	2:03.99	2:07.39	2:11.99	2:19.69
500 Free	4:44.99	4:47.89	4:51.99	4:55.29	5:02.99	5:09.29	5:14.19	5:20.09	5:27.09	5:35.99	5:45.59	6:03.09
1000 Free	9:36.69	9:41.69	9:45.19	9:53.09	10:10.09	10:19.79	10:29.69	10:38.99	10:50.29	11:06.69	11:24.89	11:42.79
1650 Free	16:10.29	16:22.69	16:35.89	16:49.39	17:15.09	17:34.09	17:48.39	18:08.29	18:33.19	18:55.49	19:27.89	20:14.49
100 Back	54.79	55.59	56.69	57.89	1:00.09	1:01.69	1:03.09	1:04.99	1:07.29	1:09.19	1:11.99	1:16.69
200 Back	1:57.79	1:59.19	2:01.29	2:03.49	2:07.29	2:10.09	2:12.59	2:15.19	2:18.49	2:22.89	2:27.49	2:33.99
100 Breast	1:00.79	1:01.79	1:03.09	1:04.49	1:07.59	1:09.79	1:11.69	1:13.59	1:15.49	1:17.29	1:19.69	1:23.99
200 Breast	2:11.19	2:12.59	2:15.19	2:17.69	2:23.29	2:27.19	2:30.89	2:34.49	2:38.29	2:42.19	2:46.79	2:53.89
100 Fly	53.49	53.99	54.89	56.09	57.69	59.49	1:01.09	1:02.69	1:04.19	1:06.19	1:09.69	1:15.29
200 Fly	1:57.19	1:58.19	1:59.59	2:01.59	2:04.49	2:07.49	2:10.09	2:13.49	2:17.29	2:21.39	2:26.09	2:32.89
200 IM	1:59.19	2:00.99	2:03.29	2:05.79	2:09.39	2:12.49	2:15.79	2:18.59	2:21.39	2:25.09	2:29.69	2:39.19
400 IM	4:11.39	4:13.39	4:17.09	4:20.69	4:27.29	4:32.59	4:36.69	4:41.39	4:46.69	4:52.99	5:00.19	5:11.39
17 - 18 BOYS												
50 Free	21.79	21.99	22.19	22.49	22.99	23.29	23.69	23.99	24.39	24.89	25.49	26.49
100 Free	47.49	47.89	48.39	49.09	50.19	50.99	51.79	52.59	53.59	54.79	56.29	59.19
200 Free	1:43.69	1:44.59	1:45.69	1:46.79	1:49.39	1:51.29	1:53.09	1:55.29	1:57.49	2:00.19	2:03.49	2:09.39
500 Free	4:37.39	4:40.69	4:43.69	4:46.59	4:52.99	4:58.19	5:02.99	5:08.79	5:14.19	5:22.19	5:31.79	5:54.09
1000 Free	9:34.79	9:39.19	9:43.39	9:49.39	9:58.79	10:09.49	10:16.39	10:29.69	10:37.69	10:44.49	10:58.39	11:24.29
1650 Free	15:59.39	16:08.49	16:15.19	16:19.79	16:42.99	17:02.09	17:15.39	17:37.59	17:54.79	18:13.99	18:45.79	19:52.19
100 Back	52.99	53.89	54.39	54.99	56.59	57.99	59.59	1:00.89	1:02.59	1:04.29	1:06.69	1:10.89
200 Back	1:52.39	1:54.79	1:56.19	1:57.99	2:00.79	2:02.89	2:05.39	2:07.99	2:10.39	2:13.69	2:17.69	2:25.49
100 Breast	59.09	59.89	1:00.59	1:01.69	1:03.79	1:05.09	1:06.59	1:08.09	1:09.59	1:11.69	1:14.59	1:19.19
200 Breast	2:08.09	2:08.89	2:09.99	2:12.09	2:16.79	2:19.69	2:22.29	2:25.19	2:27.99	2:31.69	2:36.49	2:44.09
100 Fly	52.09	52.49	53.29	54.09	55.49	56.49	57.59	58.69	59.89	1:01.19	1:03.59	1:07.99
200 Fly	1:53.99	1:55.29	1:56.69	1:58.39	2:01.89	2:04.69	2:06.19	2:07.69	2:10.09	2:12.89	2:18.29	2:27.09
200 IM	1:56.69	1:57.99	1:59.79	2:01.29	2:03.89	2:06.49	2:08.99	2:11.69	2:14.09	2:17.09	2:21.59	2:29.19
400 IM	4:05.29	4:06.19	4:07.89	4:12.19	4:18.99	4:23.39	4:27.99	4:31.79	4:36.69	4:40.79	4:47.89	4:56.89

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 USS, nor any organization affiliated with USS, 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 USS, if selected by USS or one of its members. In addition, except as provided in 301.2, no individual or organizational member of USS, nor any organization affiliated with USS, 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 USS.

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 USS, 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/her 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. REGISTRATION — All swimmers competing in events sanctioned by USS must be registered as athlete members of USS. 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/her possible ineligibility, pursuant to Parts Four and/or Six.

302.2. MEMBERSHIP — 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 — At the option of the LSC, membership may be offered for one or two periods of not more than 150 days per period within a registration year. This membership is not valid for competition at or above the Zone Championship level.

302.3. APPLICATION/RENEWAL — Athlete membership forms may be obtained from the LSC registration chairman. The form shall be fully completed and submitted with the fee set forth in 501.6 to the registration chairman of the LSC, which shall issue a registration card upon approval. The registration chairman, exclusively, shall be authorized to receive and accept such application forms and the registration/membership shall not be effective until so accepted, except that the registration chairman may directly designate by title, position or name, specific deputy registrars to receive and accept registration forms on behalf of the chairman and that no other person or position shall be considered to be so designated indirectly or by implication. Identification of the deputy registrars shall be published by the LSC.

302.4 FALSE REGISTRATION — An LSC may impose a fine of up to \$100.00 per event against a member coach or a member club representative signing a document which indicates a swimmer is registered with USS for a meet when that swimmer is not properly registered. This will be enforced by the LSC and the LSC will be entitled to the fines imposed.

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 USS or of FINA.

303.2. A swimmer need not reside within the geographical boundaries of the LSC in which the USS club he/she represents is located, but he/she must be registered in that LSC; a swimmer who has been released by his/her 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. This 120-day rule does not apply to representation in closed competition if it is sanctioned or approved by the LSC.

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/her club upon commencement of his/her swimming season to compete for that school in school competition, and upon termination of such school swimming season he/she shall be immediately eligible to represent the USS non-school club of his/her choice (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 between LSCs or clubs the swimmer shall present a written transfer in accordance with USS and LSC procedures. 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 member club of an LSC has secured a court judgment against an athlete member (or his/her parents or custodians) for non-payment of club membership dues and fees which entitle the athlete to compete attached to the club that athlete shall be ineligible to participate in any USS event and from joining any other USS member club until the judgment is paid.

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

303.8. An unattached swimmer shall be identified in competition with the LSC in which he/she is registered, his/her club, or his/her place of residence, as specified in the meet entry information.

303.9. 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.

303.10. A swimmer who is a member of another Federation may compete in USS sanctioned competition with written permission of his/her Federation to do so. Except as provided in Sections 206.9.11 and 206.9.12, the swimmer may swim for a USS club or team with the consent of the swimmer's Federation, in which event the swimmer shall remain a member of the swimmer's Federation, under its control and supervision. The swimmer shall register with USS, and be subject to the Rules and Regulations of United States Swimming (including specifically Article 303 of the Code). One hundred and twenty (120) consecutive days must have elapsed without the swimmer having participated in competition for any other organization within the foreign Federation other than the Federation itself.

ARTICLE 304

ELIGIBILITY

304.1. A swimmer is eligible to compete in competitions unless he/she has competitive swimming as his/her sole occupation or business on which he/she is financially dependent on living.

304.2

304.2. Any swimmer eligible to compete shall be an athlete member of USS.

304.3. A swimmer need not account to USS for any financial advantage gained based on athletic fame and/or competitive results.

The following legislation (304.4, 304.5, 304.6) took effect on September 14, 1996.

304.4. USS, as a member national governing body (NGB) of the United States Olympic Committee (USOC), and as a member Federation of the Federation Internationale de Natation (FINA), participates in the USOC National Anti-Doping Program and the FINA Doping Control Program. Both programs involve in-competition and out-of-competition testing of athletes. In order to implement USS's participation in USOC's National Anti-Doping Program, the USS Board of Directors is authorized to adopt rules regarding athletes' retirement and requiring selected athletes to advise USS of their current location for purposes of drug testing. Each athlete member of USS is obligated without reservation or condition to submit to all doping control policies and procedures adopted from time to time by USS, USOC or FINA. Any athlete who violates the doping control rules or policies of USS, USOC or FINA shall be subject to punitive action.

304.5 In determining whether a doping offense has occurred and what sanctions should be imposed, USS will look to the following rules:

- 1 The definition of 'doping' employed shall be the definition adopted by FINA effective at the time of testing. For purposes of illustration, that definition as of the adoption of this rule is as follows:

FINA Rule DC 9.1: For the purpose of these rules, the following shall be regarded as "doping offenses:"

- (a) the finding in competitor's body tissue or fluids of a banned substance;
 - (b) the use or taking advantage of banned techniques;
 - (c) admitting having taken advantage of, or having used, a banned substance or a banned technique;
 - (d) the failure or refusal of the competitor to submit to doping control;
 - (e) assisting or encouraging others to use a banned substance or banned technique; or admitting having assisted or incited others;
 - (f) trafficking, distributing or selling any banned substance.
- 2 The doping substances and practices which are banned shall be the FINA list of banned substances and practices effective at the time of testing.
 - 3 The sanctions shall be those adopted by FINA effective at the time of testing. For purposes of illustration, the applicable sanctions as of the adoption of this rule are as follows:

FINA Rule DC 9.2: Sanctions shall include the following:

- (a) Anabolic androgenic steroids, growth hormones, and chemically or pharmacologically-related compounds:

First Offense: a minimum of four (4) years' suspension; plus a retroactive sanction involving cancellation of all results achieved in competitions within a period of up to six (6) months before the offense shall be imposed.

Second Offense: lifetime expulsion; plus a retroactive sanction involving cancellation of all results achieved in competitions during the competitors' career shall be imposed.

The finding in a competitor's body tissue or fluids of a banned substance listed in this DC 9.2 (a) shall constitute an offense, and the competitor shall be sanctioned in accordance with DC 9.2 (a), regardless of whether the competitor can establish that he or she did not knowingly ingest the banned substance.

- (b) Amphetamine-related and other stimulants, diuretics, beta-blockers, beta-2 antagonists and related substances:

First Offense: up to two (2) years' suspension

Second Offense: a minimum of two (2) years' suspension up to a lifetime expulsion.

- (c) Narcotic analgesics:

First Offense: up to two (2) years' suspension

Second Offense: up to lifetime expulsion

- (d) Ephedrine, phenylpropanolamine, caffeine (the level of caffeine must, however, be taken into consideration), cannabinoids (such as marijuana and hashish), and all other banned substances not otherwise set in DC 9.2 (a) through (c)

First Offense: up to three (3) months' suspension

Second Offense: three (3) months' to two (2) years' suspension

Third Offense: two (2) years' suspension to lifetime expulsion.

- (e) Refusal to submit to doping control when requested shall be regarded as an offense with anabolic androgenic steroids, and sanctioned in accordance with DC 9.2(a).
- (f) For all other violations of these Rules related to Doping Control, sanctions may be imposed at the discretion of the Doping Panel.

FINA Rule DC 9.3: The finding in a competitor's body tissue or fluids of a banned substance, or any of its metabolites, shall shift to the competitor the burden of establishing why he or she should not be sanctioned to the full extent provided for under DC 9.2.

- .4 The procedures and applicable standards employed with respect to the collection and transport of samples, notification of athletes, athletes' presence at testing, and specimen analysis shall be those set forth in the USOC's National Anti-Doping Program for tests conducted by the USOC and those set forth in FINA rules for tests conducted by FINA.

304.6. In every case involving a swimmer charged with violation of Sections 304.1, 304.2 or 304.3 and 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.

304.7. A swimmer, shall cease to be eligible to compete in events conducted by USS or its LSCs, or by any FINA Federation, while under suspension or if expelled by USS for violations of this Part Three.

304.8. A swimmer may be registered for USS and Masters Swimming at the same time. Membership in United States Masters Swimming does not imply or presume membership in USS.

304.9. 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.

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

USOC Drug Hotline

**For the latest in drug information, contact the
USOC Drug Hotline at 1-800-233-0393.**

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PART FOUR

HEARINGS AND APPEALS

ARTICLE 401

HEARINGS AND APPEALS

401.1. GENERAL — As hereinafter set forth, the USS may censure, place on probation, suspend for a definite or indefinite period of time with or without terms of probation, fine, or expel any member of USS, including any athlete, coach, manager, official, member of any committee, or any person participating in any capacity whatsoever in the affairs of USS, 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 USS or upon the sport of swimming. USS may also conduct hearings on any matter affecting USS 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 6-A.)

All new legislation in 401.3, 401.8, and 401.9 took effect on September 14, 1996.

401.3. JURISDICTION OF USS

- .1 Original Jurisdiction** — In those matters in which athletes or other members of USS 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 Chairman of the National Board of Review ("Chairman") and to the President of USS, who shall promptly initiate their review of the matter. If, in the opinion of the President or the Chairman, a hearing or further investigation is then warranted, the matter shall be submitted to a National Board of Review for hearing and decision.
 - A Where persons or entities from more than one LSC are involved, the investigation and report shall be made by the Executive Director or his/her designee.
 - B In those matters occurring during the course of a national, regional or zone event, the Vice President of Program Operations, or his/her designee, shall make the investigation and report.
 - C In those matters occurring during the course of an international event, Olympic International Operations Committee Coordinator, or his/her designee, shall make the investigation and report.
- .2 Discretionary Jurisdiction** — Upon a majority vote of the USS Board of Directors or the USS Executive Committee, the USS National Board of Review may be assigned exclusive and immediate jurisdiction at any stage of any matter within the purview of this Article 401 (including Sections 401.2 and 401.3.1) when the best interests of USS will be served thereby, or

when compliance with regular USS or LSC 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 these Rules and Regulations. The reviewing body may set such procedural time limitations as it may deem necessary in order to reach a decision which will do justice to the affected parties under particular circumstances. In all cases, where USS is not a party, the reviewing body may assess fees and costs against any party.

3. **Exclusive Jurisdiction** — The National Board of Review has exclusive authority to hear any complaint against any members of USS, including any athlete, coach, manager, official member of any committee, or any person participating in any capacity whatsoever in the affair of USS, who: a) has been charged with, indicted for or convicted of or entered a plea of guilty or no contest to or being investigated for a criminal charge involving sexual misconduct, child abuse or a law specifically designed to protect minors; or b) is alleged to have violated the provisions of Section 304.4 or 304.5; or c) is the subject of a complaint initiated by USS. Any complaint initiated by USS shall be prosecuted by, and may be appealed by, the USS Executive Director.

401.4. NATIONAL BOARD OF REVIEW — The National Board of Review shall be comprised of a Chairman appointed by the President and members appointed by a committee, comprised of the President, the General Counsel and the Chairman of the National Board of Review. The appointment of the Chairman and the members shall be approved by the Executive Committee. The term of the Chairman and members shall be two years with no limit on the number of terms they may serve. Each case submitted to the National Board of Review shall be assigned by the Chairman of the National Board of Review to a panel of no less than three members, one of whom shall be an athlete representative, to hear and decide the case.

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 USS;
2. Determine the eligibility and right to compete of any athlete;
3. Vacate, modify, sustain, reverse or stay 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 USS 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 any athlete to amateur status. (Note: This relates only to USS domestic competition and NOT international competition. It must be read in light of current FINA rules on requalification.)

401.6. PROCEDURE FOR ORIGINAL HEARING

- .1 Matters on original jurisdiction to the National Board of Review shall be instituted by a written complaint served upon the Executive Director. An investigation of the matter will be conducted in accordance with Article 401.3. If the results of the investigation warrant a National Board of Review, the Executive Director shall send a copy of the written complaint together with the results of the investigation to the Chairman of the National Board of Review.
- .2 The Chairman will set a hearing date, which shall be not less than fifty (50) nor more than seventy-five (75) calendar days from the date of mailing the Notice of Hearing. The Notice of Hearing will include:
 - A. the name of the respondent(s),
 - B. a written statement of charges, which will be set forth in sufficient detail to give the respondent(s) sufficient notice of the charges and the facts supporting the charges,
 - C. the name of the petitioner(s),
 - D. the date the response is due,
 - E. the date, time and place of the hearing,
 - F. the names of the members of the National Board of Review,
 - G. the possible penalties,
 - H. the right of appeal and the time limit to file for an appeal,
 - I. any other general information, including the right to be represented by counsel, to have witnesses testify, and to submit any and all evidence which is relevant to the issues.
- .3 The Chairman will mail the Notice of Hearing, together with a copy of the written complaint received by the Executive Director, to the respondent(s). The respondent(s) shall have thirty (30) calendar days from the date of mailing to submit a written response to the charges. The response shall be mailed to the Chairman, who will mail a copy to the petitioner(s).
- .4 The petitioner(s) shall have ten (10) calendar days from the date of mailing of the response to submit a written rebuttal. The written rebuttal will be mailed to the Chairman, who will mail a copy to the respondent(s).
- .5 For hearings conducted other than through the receipt of written statements, the National Board of Review shall cause a recording or transcription to be made of the proceedings. The hearing may proceed in the absence of any party who fails to be available at the appointed time and judgment shall not be reached merely because of the person's absence. If the National Board of Review determines that the hearing cannot proceed without the absent party, the National Board of Review may adjourn the hearing and reschedule it for such time as the absent party can be present. The hearing shall be opened by the recording of the place, time and date of the hearing, and the presence of the National Board of Review, parties, counsel, if any, and any other witnesses or observers. Each party may then present an opening statement setting forth generally the party's view of the issues in dispute, the relief sought and what they hope to prove by the presentation of evidence. The Complainant may then present his/her claims, proofs, and witnesses, who shall be subject to cross examination by the other party. The Respondent may then present his/her claims, proofs, and witnesses, who shall also be subject to cross examination by the other party. The Complainant may then be allowed an opportunity to rebut any testimony or evidence presented by the Respondent after the Respon-

dent's presentation. The National Board of Review may question any person at any time. The National Board of Review has the discretion to vary these procedures, but shall afford all parties a full and equal opportunity to present any material or relevant proofs.

- .6 Upon showing of good cause, the Chairman may decrease or increase the time limits for any of the foregoing upon request of either party.
- .7 A decision may be rendered by the National Board of Review at the time of the hearing and reduced to writing within seventy-two (72) hours. A written decision will be mailed to the parties within four (4) calendar days after the hearing. The written decision will set forth the right of appeal.
- .8 Upon the request of either party or the determination of the National Board of Review, the hearing may be closed.
- .9 The National Board of Review shall have the authority to stay the enforcement of its decision during the time allowed for appeal, with the decision going into effect automatically if no appeal is perfected during the allowable period.
- .10 All mailing shall be by (a) United States certified mail, postage prepaid, return receipt requested or (b) overnight express delivery.

401.7. PROCEDURE FOR MATTERS UNDER EXCLUSIVE JURISDICTION — In all matters where a decision is sought under Section 401.3.3 the request for review shall be submitted directly to the President. The President shall cause such investigation as he/she considers appropriate to be conducted. At the conclusion of the investigation, the President may dismiss the request for review if it is found to be meritless or the President may attempt to mediate the matter to the satisfaction of the parties involved and/or refer the matter to the National Board of Review for a hearing. Depending on the severity of the alleged misconduct, the President may suspend the member who is the subject of the complaint pending the outcome of the National Board of Review hearing. If an interim suspension is ordered, the National Board of Review shall conduct its hearing and publish its result within twenty-one (21) days, except as provided herein. The member who is the subject of the complaint and the complainant shall be notified of such action when the matter is referred to the National Board of Review. The review process shall then proceed as outlined in Article 401.6. Until such time as the National Board of Review makes a decision all proceedings under Rule 401.3.3 shall be confidential and not subject to disclosure to anyone other than the parties to the review and/or witness.

401.8. PROCEDURE FOR REVIEW

- .1 Every appeal to the National 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 USS. 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 National Board of Review may, in cases where USS is not a party, 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 National 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 USS, or upon showing of sufficient cause to the Chairman of the National Board of Review.

401.9. 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 postmark date of the mailing of its written decision. The petition on appeal is to be served upon the Executive Director and shall be accompanied by a \$50 filing fee payable to USS. The petition shall set forth the grounds for appeal, citing factual and legal issues in as much detail as possible. USS Board of Directors may, in cases where USS is not a party, assess fees and costs against the losing party.

401.10. FULL FAITH AND CREDIT — Final decisions rendered by any LSC shall, when applicable, be recognized and fully enforced in all other LSCs of USS.

PART FIVE

GOVERNING REGULATIONS OF USS

FOREWORD

CORPORATE CODE OF REGULATIONS (BYLAWS)

United States Swimming, Inc. (USS) 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), USS 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 USS, its LSCs, divisions and committees, shall be open to all members of USS, except in those situations where by majority vote of the meeting body it would be in the best interests of USS 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. It is the intent and purpose of United States Swimming, Inc., to provide an equal opportunity to eligible athletes, coaches, trainers, managers, administrators, and officials to participate in athletic competition within its jurisdiction, without discrimination on the basis of race, color, religion, age, gender, disability, or national origin.

At all meetings of USS, 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 the USS Table of Organization.

ARTICLE 501

MEMBERS

501.1. The membership of United States Swimming, Inc., hereinafter as USS, shall consist of two classes: group members, including clubs, seasonal clubs and other organizations interested in competitive swimming; and individual members, including athletes and non-athletes.

501.2. Group Membership

- .1 Club membership is for a calendar year. A club applying for membership on or after September 1 will receive membership valid through December 31 of the following year.
- .2 An LSC may provide for a seasonal club membership for the period established by the LSC pursuant to Article 302.2.2.

501.3. Organization Membership

- .1 The Board of Directors may establish classes of organizational membership.
- .2 Any organization which is interested in competitive swimming, on either the national, state, or local level, may join USS.

501.4. Individual Membership

- .1 Any individual may join USS as a member.
- .2 Athlete members who register with an LSC and USS are eligible for swimming competition. An athlete member shall not be registered in more than one LSC at the same time.
- .3 Non-athlete membership consists of five classes: individual, family, sports medicine, sustaining, and life.
- .4 Each class of membership (except life membership and seasonal membership) is for a calendar year period. Individuals applying for membership on or after September 1 will receive membership credentials through December 31 of the following year.

501.5. Privileges of Membership

- .1 All members of the House of Delegates or Board of Directors and all members of any committee, sub-committee, or division of USS, appointed or elected, must hold an individual membership pursuant to the provisions of this Article, unless otherwise specified by the Board of Directors.
- .2 Only members of USS are eligible to receive credentials at National Championships.

501.6. Fees

- .1 The annual fee for each class of membership is composed of the following elements:
 - A A national fee established by the Board of Directors and House of Delegates; and
 - B A local fee established by the LSC.
- .2 An LSC may charge a fee for transfers.

501.7. Membership Responsibility

- .1 All clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USS sanctioned competition, are members of their LSC and USS.
- .2 All coaches of USS clubs, including seasonal clubs, shall join USS as coach members and shall satisfactorily complete safety training required by USS.

501.8. Delinquent Dues and Fees. If any member or the legal representative of any member has secured a court judgment against any other member for non-payment of financial obligations due such member in the normal and usual course of activities or business associated with membership in and of swimming, that member's membership rights shall be suspended until the judgment is satisfied.

501.9. Conflict of Interest. Conflict of interest and ethical practices of USS shall be as follows:

- .1 If any officer, or member of the Board of Directors, Executive Committee or any other Committee has a financial interest in any contract or transaction involving USS, such individual shall

not participate in USS's evaluation or approval of such contract or transaction unless the material facts of the relationship or interest are disclosed or known to the other Directors or other Committee members. If such disclosure is made, the contracts or transaction shall not be voidable if the Board or Committee in good faith authorized the contracts or transaction by the affirmative vote of the majority of the disinterested Directors or Committee members and the contract or transaction is fair to USS at the time it is authorized.

- 2 The Executive Committee shall adopt a written code of conduct and ethical practices for USS which shall contain the requirement that each Officer, member of the Board of Directors, Executive Committee, other Committees and each key employee of USS annually agree in writing to abide by such code. Such code may be amended from time to time by the Executive Committee as it may deem advisable.

ARTICLE 502

HOUSE OF DELEGATES

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

502.2. The following from each LSC shall be at large 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. An alternate for each of the delegates may also be elected.

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

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

502.5. Ten athlete representatives, elected by those athletes competing at the USS 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%).

502.6. All USS officers and all voting members of the Board of Directors, the Olympic International Operations Committee, the Planning Committee, the Age Group Planning Committee, the Rules Committee, the Legislation/Redistricting Committee, the Registration/Membership Committee, the Convention/Elections Committee, past USS Presidents, the Domestic and Age Group Operations Coordinator, the National Events Coordinator, the OVC Committee Chairman, and five (5) representatives of the USS Open Water Committee, shall be at-large members of the House of Delegates. Membership on any committee notwithstanding paid USS staff personnel shall not be members of the House of Delegates.

502.7. Any organization, as set forth in Article 501.3.2, 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 make application for membership to USS. The Registration/Membership Committee shall determine whether an organization meets the criteria set forth in this section and may recommend ratification of membership by the House of Delegates. Additionally, if the organization is national in character, the Registration/Membership committee may recommend to the House of Delegates that the organization be allowed to appoint a maximum of five at-large members to the House of Delegates.

502.8. The President shall be empowered to appoint up to ten percent (10%) of the total membership as at large members of the House of Delegates. One fourth (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.

502.9. 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.

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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 USS, 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 USS officers, 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 USS 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/her duties, the Vice President of National Administration shall perform the duties.

504.4. The Treasurer shall be the Chief Financial Officer of USS, and shall have all the duties incident to that office; those specifically assigned by the Board of Directors; those specified in the USS Policy Manual or specifically set forth in Article 511.3 of these By-Laws.

504.5. The Secretary of USS 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 USS under the direction of the Board. The Secretary shall have voice but no vote in any of the affairs of USS.

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/she shall make a report at each annual meeting of the House of Delegates.

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

504.9. Any vacancy that may occur in an office of USS caused by death, resignation, incapacity or other reason, may be filled permanently or temporarily by the President with the consent of the Executive Committee to fill out the unexpired term of a permanent vacancy or until the individual is able to resume the duties of the office in the event of a temporary vacancy. An appointment to fill a permanent or temporary vacancy shall be with the full rights of the office.

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 USS 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 Chairman of the Olympic International Operations Committee shall also be a member.

505.3. Any organization which is a member of USS pursuant to 501.4, 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 actively engaged in amateur swimming competition or have represented the United States in international competition within the ten (10) years preceding their election.

505.5. Directors shall hold office for two years, through the annual meeting in even-numbered years, or until their successors are elected and qualified, except that zone Directors shall hold staggered terms of office pursuant to 505.11.

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, incapacity or other reason may be filled permanently or temporarily by a majority vote of the remaining members until the zone, organization, or committee concerned shall have elected or selected a permanent or temporary successor. A permanent successor shall fill the unexpired term of the vacant office. A temporary appointment shall serve for only such time as is necessary for either the appointing authority to replace the vacant office or until the temporary incapacity is cured. An appointment to fill a permanent or temporary vacancy shall be with full rights of the office.

505.8. The Board of Directors shall have the authority to act for USS between meetings of the House of Delegates, as set forth below, except that it cannot amend the Code.

- .1 The President with concurrence described below may assign to the Board of Directors emergency powers to act in the best interests of USS in such manner as it deems necessary, under the following circumstances:
 - A In the event of actual or potential lawsuits against USS, with the concurrence of a majority of the Counselors Committee.
 - B In the event of any extraordinary situation, with the concurrence of a majority of the officers.
- .2 Such emergency powers may include, but are not limited to:
 - A Suspension or reinstatement of any member of any class of membership.
 - B Adoption, revocation and amendment of any rule or regulation in the Code 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 require. A technical rule which is also a FINA rule, may not be revoked or amended.
 - C Take exclusive jurisdiction in any matter materially affecting USS.
- .3 An 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 zone shall have one coach and one non-coach director from the zone as its Zone Representatives, elected at the convention in the following years:

	Coach	Non-Coach
Eastern Zone	Even Years	Odd Years
Southern Zone	Odd Years	Even Years
Central Zone	Odd Years	Even Years
Western Zone	Even Years	Odd Years

- .1 Both coach and non-coach Zone directors will be elected by the members present (with each LSC entitled to three votes) at their Zone meeting in the appropriate year.
- .2 No director elected to two successive terms is eligible for re-election to that office until after a lapse of two years.
- .3 An LSC may send one or more delegates to the Zone meeting for the purpose of casting its three votes.

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 USS between meetings of the Board and House of Delegates, except that it cannot amend the Code. It shall be comprised of the officers of USS, 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 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 501.4;
- .3 The President of USS, the Program Operations Vice President 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 first official meeting of the quadrennium at 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 and a secretary, shall be elected by and from the Committee. All officers of the Committee and its sub-committees shall serve for the life of that Committee 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 USS. 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 Open Water 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 one (1) meeting of the Committee without an excuse acceptable to the Committee shall be dropped. Under no circumstances will more than one (1) excused absence be permitted. 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/her 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.

5

ARTICLE 507

TECHNICAL PLANNING COMMITTEE

507.1. The Technical Planning Committee shall comprise the Vice President of Program Development and the chairpersons of the Senior Swimming, Steering, Sports Science, Outreach, Club Development, Age Group Planning, Camps and Coach Education Committees, and not more than two (2) at-large members elected by the USS House of Delegates and three (3) athlete members. The Vice President of Program Development shall chair the committee and appoint the secretary.

507.2. Each member shall serve for two years and 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 AND COORDINATORS

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

508.1. Standing committees of USS 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 shall be athletes, each of whom must at the time of his/her appointment be engaged in amateur swimming within eight (8) years preceding his/her appointment.

508.2. The House of Delegates shall elect the following at the time of the annual meeting of USS in even-numbered years: Domestic and Age Group Operations Coordinator, National Events Coordinator, and Open Water Swimming Coordinator. The Domestic and Age Group Operations Coordinator shall be directly responsible to the Program Development Vice-President. The National Events Coordinator and Open Water Coordinator 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 USS (Section 504.6).

508.3. The following shall be responsible to the President: International Affairs Committee.

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

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

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

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

508.8. The following shall be responsible to the Domestic and Age Group Operations Coordinator: Age Group Planning, Club Development and Camps committees and the Age Group Records, Age Group Time Standards, and Top 16 Tabulation coordinators.

508.9. The following shall be responsible to the Olympic International Operations Coordinator: Olympic International Operations and National Steering committees.

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

508.11. The following shall be responsible to the Secretary: Counselors committee and Chairman, National Board of Review.

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; the Legislation Committee Chairman; the Chairman of the NCAA Men's and Women's Swimming Committee; 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/her designee, from each Allied member, on condition that within thirty (30) days following the annual meeting of USS in even-numbered years the member informs USS 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, 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/her successor is appointed or elected. All appointments to the committee shall be made following the annual meeting of USS 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 Part One of this Code, and joint authority with the Legislation Committee to officially interpret Part Two 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, meeting the criteria of an Athlete Director set forth in Article 505.4, who shall be chairman of the Committee and shall serve as an officer of USS and on its Board of Directors;

- B A vice chairman, meeting the criteria of an Athlete Director set forth in Article 505.4, who shall also serve on the USS Board of Directors;
 - C Such additional athlete members to the USS Board of Directors as may be necessary to bring the number of Athlete Directors, who meet the criteria set forth in Article 505.4, to twenty (20) percent of the Board.
 - 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/her 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 USS except the 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 six (6) members appointed by the President and Treasurer and ratified by the Board of Directors. The Treasurer shall chair the committee. The committee shall serve as a resource to the Treasurer and perform such other duties as may be set forth in the USS Policy Manual or as assigned from time to time by the Treasurer.

511.3. The Treasurer shall supervise the preparation of the USS annual budgets by the Executive Director and staff and shall be responsible for presenting such budgets to the Board of Directors for approval and to the House of Delegates for adoption at the USS annual meeting. The Treasurer shall prepare an annual financial report to be presented to the House of Delegates at the annual meeting and oversee the USS Controller and accounting staff who shall on behalf of USS: receive all moneys due USS and deposit same to accounts in the name of USS; pay any bill approved by the Executive Director, a duly authorized corporate officer or by the Board of Directors. If requested by the USS Board of Directors or auditors, the Treasurer and the USS Controller shall deliver to the requesting party all money, accounts, books, papers, vouchers and records pertaining to the accounts of USS or the office of the Treasurer for audit or other purposes.

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 USS 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 USS's principal office on request made within 180 days after notice of its availability.

511.5. There shall be an Investment Committee of five (5) persons. Two (2) of the members shall be the President and Treasurer. The remaining three (3) members shall be 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. At least two (2) of the appointed members shall be non-members of the Board of Directors, one (1) of whom shall be appointed chairman by the President, Treasurer and Financial Chairman with the approval of the Board of Directors. At least one (1) of the appointed members shall be an athlete.

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 USS in even-numbered years, or until his/her successor is appointed: eight members to be appointed by the President; three members to be appointed by the Athletes Committee; and the Chairman of the Rules Committee or his/her designee. The Executive Director, and others appointed by the Legislation Committee Chairman shall be ex-officio members of the Legislation Committee with voice but no 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 Part One 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 Part One and shall jointly interpret Part Two with the Rules Committee.

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 be responsible for all redistricting procedures for USS (see Appendix 6E).

ARTICLE 513 ENDOWMENT FUNDS

513.1. The Corporation may, by action of the Board of Directors or the House of Delegates, designate, receive and accept, or otherwise acquire property or funds or any interest therein in the form of set asides, gifts, grants, contributions, and testamentary transfers. The Corporation's use of such property and funds shall be limited to expenditure of its income only for USS's exempt purposes in furtherance of its support of, or to benefit, USS athletes and USS programs while retaining the principal thereof as an endowment to further such purposes.

513.2. There shall be established within USS such special endowment fund accounts as the House of Delegates or the Board of Directors deem appropriate. The rules governing their respective operations shall be set forth in the USS Policy Manual. Those funds previously established in this Code, and known as the "USS Athlete Assistance Fund" and the "USS Program Endowment Fund" shall continue. The "USS Athlete Assistance Fund" shall provide assistance and/or recognition to USS athletes who show potential for international swimming competition. The "USS Program Endowment Fund" shall provide financial benefit and support for the development of new and existing USS programs.

ARTICLE 514 INDEMNIFICATION

514.1. Each person who is or was a director, officer, or employee of USS (including the heirs, executors, administrators or estate of such person) shall be indemnified by USS to the full extent permitted by the Non-profit 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/her capacity as director, officer, or employee, or arising out of his/her status as a director, officer, or employee (including serving at the request of USS as a Director, trustee, officer, employee or agent of another corporation).

514.2. USS 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 514, references to "USS" include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

ARTICLE 515 AMENDMENTS

515.1. 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.
- D Part Eight: By a majority of the House members present and voting, after recommendation for approval by a majority of the Open Water Swimming Committee.

.2 In even-numbered years:

- A All Parts of the Code, except Part Eight, by nine-tenths (9/10) of the House members present and voting.
- B Part Eight, by nine-tenths (9/10) of the House members present and voting after recommendation for approval by a majority of the Open Water Swimming Committee.

515.2. AMENDMENTS PROPOSED

.1 **By Whom Proposed** — An amendment to the USS Rules and Regulations may be proposed only by an LSC, a duly constituted committee, a member of the USS House of Delegates, the Board of Directors, the National Board of Review, or any Allied or Affiliate Group Member.

.2 **Form Required** — Every proposed amendment to the USS Rules and Regulations shall be in such form as to show the entire section as it will read if adopted, with any changes in existing language single underlined if new and lined out (struck through) if deleted. Each amendment shall be accompanied by a concise, but informative rationale for adoption and for the proposed effective date. In addition, the name address and telephone number of the proposer must be included (if the proposer is an entity, the name, address and telephone number of an authorized spokesperson with authority to agree to changes in the proposed amendment).

.3 **Last Date for Proposal** — Every proposed amendment shall be submitted no later than the May 15 preceding an annual meeting of the USS House of Delegates.

- A Part One Proposals — Part One proposals shall be submitted to the chairman of the USS Rules Committee.
- B Part Two Proposals — Part Two proposals shall be submitted to either the chairman of the Legislation Committee or the chairman of the Rules Committee; and
- C All Other Proposals — Proposed amendments to the USS Code other than Parts One and Two shall be submitted to the chairman of the Legislation Committee.

.4 **Consideration, Recommendation and Report**

- A Part One Proposals — Proposed amendments to Part One shall be considered by the Rules Committee which shall report with a recommendation on such amendments to the USS House of Delegates;
- B Part Two Proposals — Proposed amendments to Part Two shall be considered by each of the USS Legislation and Rules Committees (which consideration may be taken at a joint meeting) which shall report with a recommendation on such amendments to the USS House of Delegates.

- 5 **Procedures for Recommendations** — As a part of its consideration, the respective Committee is encouraged to consult with the proposer and any other interested parties and suggest changes (which may be substantive or drafting) to the amendment that would enable the Committee to support adoption. Recommendations under this Section may be for or against adoption, a statement of no recommendation, or a recommendation to commit the proposal to a USS Officer or another USS Committee or the proposer for further consideration. Each report under this Section shall include a concise but informative rationale for the respective recommendation.

NOTE: Submittals must follow this format: ~~Deleted language~~; New language; No change from present language; *Committee comments, recommendations and notes*; **Duplicates Rulebook style only.**

515.3. 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.

515.4. 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 (which does not require the nine-tenths (9/10) vote as provided in 515.5). 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.

515.5. 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 an affirmative vote of nine-tenths (9/10) of the members of the House of Delegates present and voting.

515.6. 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 516 DISSOLUTION

516.1. If deemed advisable by the members, USS may be dissolved pursuant to the applicable provisions of the corporation laws of the State of Ohio.

516.2. Upon the dissolution of USS, the Board of Directors shall, after paying or making provision for the payment of all the liabilities of USS, dispose of all the assets of USS exclusively for the purposes of USS 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).

USS SwimFax

Need information and need it now!

Call the SwimFax and have swimming information faxed directly to you in a matters of seconds, 24-hours-a-day.

The U.S. Swimming SwimFax system uses a simple three-step method.

1. Call SwimFax at **719-575-9606**
2. When asked, punch in the four-digit code for the item you'd like faxed.
3. When asked, punch in your fax machine phone number.

The SwimFax system is updated on a daily and weekly basis. If you would like to have the current SwimFax Index faxed to you, simply dial the SwimFax number and follow the instructions on the recording.

The SwimFax Index, which appears in every issue of *Splash!* on page six, includes such topics as:

- ▼ Time Standards
- ▼ Age Group Programs
- ▼ Computers
- ▼ Membership
- ▼ Media
- ▼ Meet Results
- ▼ Forms

Carol Zaleski
President*

Charly Mallery
VP Program Operations*

Ron Van Pool
National Events
Coordinator*

Don Hart
Officials

Bob Brown
OVC Coordination

Ron Van Pool
Championship
Coordination

Pete Raykovich
Site Selection /
Facilities

Mike Burnham
Championship
Evaluation

Pete Malone
Championship Time
Standards

Alice Kempthorne
Reimbursement

Jim Wood
Olympic International
Operations Coordinator#

TBA
Steering

Rick Klaff
Trip Evaluation

Sid Burkot
Regional Coordination

Dave Thomas
Open Water Coordinator*

Martha McKee
National Records

Dave Knochenhauer
VP Program Development*

Mary Jo Swalley
Age Group Coordinator*

Al Crosby
Top 16 Tabulation

James Patterson
Age Group Times
Standards

Mark Hesse
Age Group Planning

Don Lichtenstein
Age Group Records

Paul Klingensmith
Club Development

Jane Grosser
Camps

Greg Eggert
VP National Administration*

Craig Ferrell
Sport Medicine Council

Gregg Troy
Senior Swimming

Dave Knochenhauer
Planning

Gail Dummer
Adapted Swimming

Lee Daniell
Outreach

Peter Carney
Rules

Peter Carney
Legislation /
Redistricting

Margaret Donofrio
Public Relations

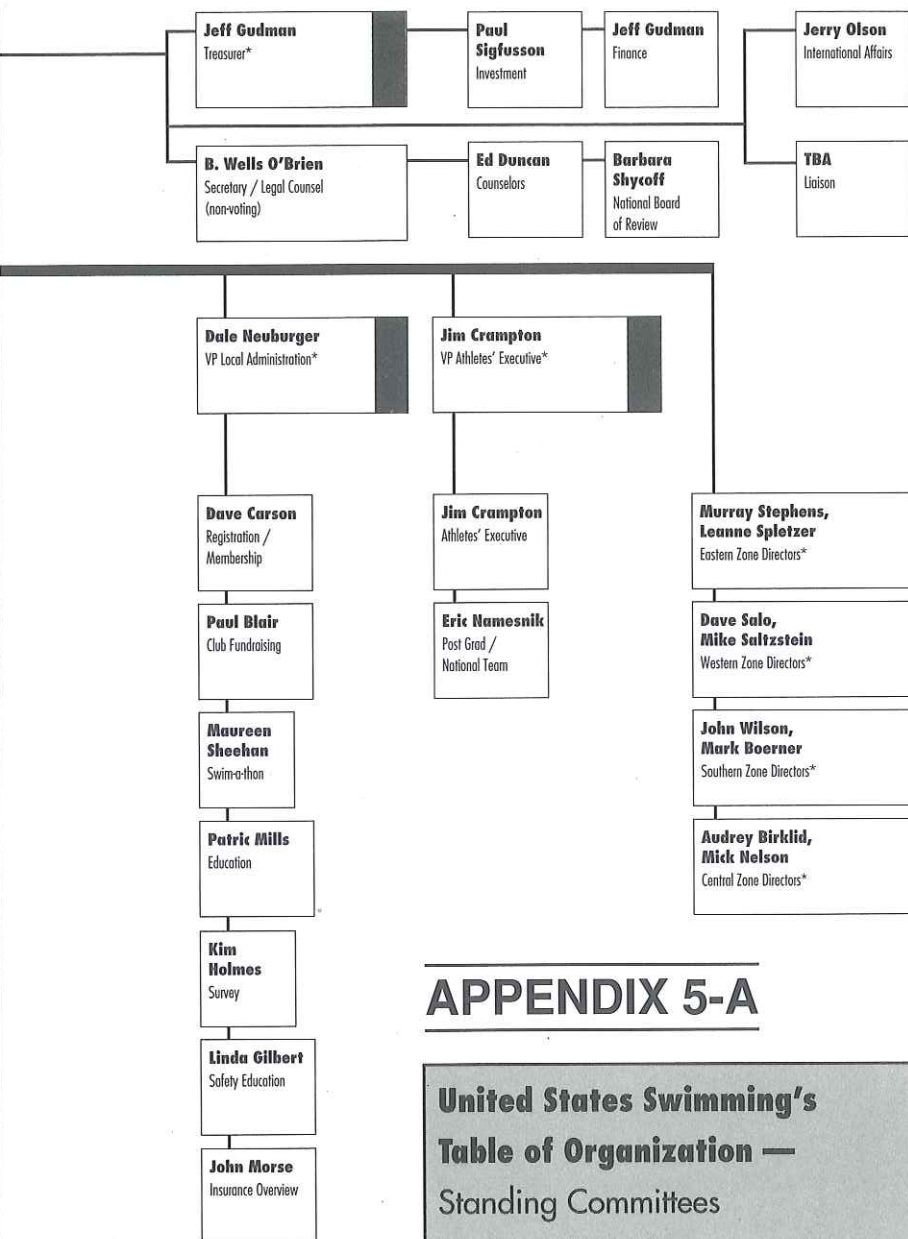
Brian Gordon
Marketing

Judy Szmidt
Conventions /
Elections

Richard Beebe
Communications

Ellaine Cox
Awards

Sherrill Nelson
All-America



APPENDIX 5-A

United States Swimming's Table of Organization — Standing Committees

* denotes an elective office;
denotes elected by OIOC;
(shadow box denotes Executive Committee member)

USS WWW

United States Swimming's homepage is the finest website for swimming fans who want all the details in a hurry.

<http://www.usswim.org>

From all the USS National Championships and major international competitions, U.S. Swimming loads all of the notes, quotes and results onto the site.

Swim fans need to check the site each week for changes. The newest improvements are:

- ▼ Athlete Diaries
- ▼ E-Mail to the Superstars
- ▼ New Graphics
- ▼ Coaches and Officials Forums
- ▼ Swim Club Search

And our latest feature: an on-line USS Store with photos, descriptions and instructions on how to order U.S. Swimming merchandise: everything from t-shirts to key rings.

So log on and check it out!

PART SIX

GOVERNING REGULATIONS OF THE LOCAL SWIMMING COMMITTEE

Note: It is intended that the LSC shall 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 by-laws 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.

Note: The USS House of Delegates has adopted a new Part Six-A, which replaces in its entirety the LSC Bylaws which follow this note. The LSCs are required to adopt new Bylaws in accord with Parts Six-A, Six-C and Seven. The old LSC Bylaws have been retained in the Code for the convenience of members of LSCs which have not yet adopted new Bylaws. The new Parts Six and Seven are available to anyone requesting them from USS National Headquarters.

ARTICLE 601

OBJECTIVES, BOUNDARIES, JURISDICTION

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. USS 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-D 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 USS, have athletes and coaches, all of whom are members in good standing of the LSC and USS, and whose coaches all have satisfactorily completed safety training required by USS.
- 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 officer or secretary, and substitute a new representative.
- D Each group member shall also appoint a club safety coordinator. He/she 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 selected, one each annually for a two year term. One of those so selected should reside in the LSC throughout his/her 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/her election, be engaged in amateur swimming or have competed in LSC swimming within the three (3) years immediately preceding his/her 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 502.2 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.
 - D To remove officers of the LSC who have failed to attend to their duties, provided, however, that no elected officer may be removed except upon not less than thirty (30) days written notice specifying the deficiency in the performance of specific official duties. All notices and proceedings under this section shall be prepared, served and processed utilizing the procedures for a formal hearing pursuant to 611.4. Should the officer contest the allegation, the initial due process hearing shall be conducted by the LSC board.
- .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 General Chairman 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/her successor is chosen, but he/she is not eligible for re-election to the same office if he/she 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/her 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 recommended order of business. The order of business may be modified.

- .1 Roll Call
- .2 Reading, correction and adoption of minutes
- .3 Reports of Officers
- .4 Reports of Committees
- .5 Unfinished business
- .6 Elections where appropriate
- .7 New business
- .8 Resolutions and Orders
- .9 Adjournment

***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) Open Water 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 divisions)

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

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/she shall aid in the development of procedures and policy for those committees for which he/she 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; for the dissemination of USS safety education information to all member clubs, coaches and officials; and 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/her 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 Rules and Regulations of 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

- .1 The failure of a group member to pay dues or fees required by the LSC, or by 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.
- .2 If a club/organization member of the LSC has secured a court judgment against one of its individual members, athlete, non-athlete, or coach, for non-payment of financial obligations that member shall be ineligible to participate in the affairs of the LSC or USS in any capacity and from joining any other USS LSC club/organization until the judgment is satisfied.

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 meeting to USS National Headquarters.

610.2. FINANCIAL REPORTS — Each LSC treasurer shall send a copy of the LSC financial reports to the USS national headquarters as follows:

- .1 The IRS Form 990 or 990EZ, if the LSC is required by the IRS Code to file such forms, shall be sent at the same time the form is filed with the IRS. When the filing date has been extended with IRS approval, a copy of the valid extension shall be sent to USS within 10 days of receipt by the LSC of such extension. If Form 990 or 990EZ is not required to be filed, a Balance Sheet and Statement of Income and Expense for the fiscal year being reported upon shall be sent no later than the end of the third month following the end of the fiscal year.

- .2 Each LSC shall annually, following the close of its fiscal year conduct an examination or review of its financial statements and records by either having (a) an independent CPA perform an audit, review or compilation of such records or (b) an audit committee of three (3) members appointed by the Board of Directors, other than the Treasurer. The examination or review shall cover inspection of IRS Form 990 or 990EZ if filed, Balance Sheet, Statement of Income and Expenses, check register and bank statements, income receipts and expense vouchers, and budgets.
- .3 Upon receipt of a written request from the USS Treasurer or Controller, an LSC shall provide either (a) a copy of the CPA's report or (b) a written statement verifying the results of the audit committee's review. The written statement shall be signed by all members of the committee and state that the financial records and reports of the LSC have been examined and fairly represent the financial condition of the LSC as of the end of its last fiscal year to the best of the committee's knowledge, information and belief.

610.3. MEMBERSHIP REPORTS — The registration chairman or his/her 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/her 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 6-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 LSC, USS and applicable international rules and regulations to participate in any competition as an athlete, coach, trainer, manager, administrator or other official, so long as such competition is conducted in compliance with reasonable LSC, USS 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 or fails to act in a timely manner for any reason in any particular circumstance, the General Chairman shall appoint a disinterested alternate to act in the member's place and stead with respect to that particular circumstance.

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. 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, place on probation, fine, or expel any member of USS 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 USS 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 USS, the LSC, or upon the sport of swimming. All disciplinary hearings may be closed at the option of either the Respondent, the complaining party, or the reviewing body.
- .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 USS will be served thereby.

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/her last known address by certified mail, return receipt requested, or by personal delivery or 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/her 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. The Review Section shall have the authority to stay the enforcement of its decision during the time allowed for appeal, with the decision going into effect automatically if no appeal is perfected during the allowable period.

- .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 611.4.

3. **Conduct of Hearing** — For hearings conducted other than through the receipt of written statements, the Review Section shall cause a recording or transcription to be made of the proceedings. The hearing may proceed in the absence of any party who fails to be available at the appointed time and judgment shall not be reached merely because of the person's absence. If the Review Section determines that the hearing cannot proceed without the absent party, the Review Section may adjourn the hearing and reschedule it for such time as the absent party can be present. The hearing shall be opened by the recording of the place, time, and date of the hearing, and the presence of the Review Section, parties, counsel, if any, and any other witnesses or observers. Each party may then present an opening statement setting forth generally the party's view of the issues in dispute, the relief sought and what they hope to prove by the presentation of evidence. The Complainant may then present his/her claims, proofs, and witnesses, who shall be subject to cross examination by the other party. The Respondent may then present his/her claims, proofs, and witnesses, who shall also be subject to cross examination by the other party. The Complainant may then be allowed an opportunity to rebut any testimony or evidence presented by the Respondent after the Respondent's presentation. The Review Section may question any person at any time. The Review Section has the discretion to vary these procedures, but shall afford all parties a full and equal opportunity to present any material or relevant proofs.

4. **Reporting of Decisions and Actions** — In all cases, decisions and actions of the Review Section shall be in writing and sent by first-class mail to each party involved in the matter. The Review Section Chairman or designee shall report to the next meeting of the LSC Board of Directors the Review Section's decisions and actions made since the previous report. When appropriate, names and items of a confidential nature shall be omitted from such a report whether given orally or in writing.

611.5. APPEAL — The decision of the Review Section will be final in all cases, subject only to appeal to the LSC Board of Directors and thereafter to the National Board of Review. An appeal to the LSC Board of Directors shall be made in writing directly to the LSC General Chairman within twenty (20) days after postmark date of written notice of the decision of the Review Section, by certified mail, return receipt requested, or within twenty (20) days after personal delivery or service of said notice of decision. Upon timely petition to the LSC General Chairman, and upon showing of good cause therefor, the time for appeal from the decision of the Review Section may be extended. The General Chairman shall set a date for appellate hearing which is not less than 30 days nor more than 60 days after postmark date of notice of appeal. The decision of the LSC House of Delegates on exclusive jurisdiction 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 postmark date 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 therefor, 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/her application for registration; or, if he/she 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. 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

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 LSC 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/her 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/she 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.

.2 Jurisdiction of USS

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 to 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 it is a disciplinary hearing, the notice should list the possible penalties that can be assessed (censure, probation, fine, 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. The Review Section shall have the authority to stay the enforcement of its decision during the time allowed for appeal, with the decision going into effect automatically if no appeal is perfected during the allowable period.

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 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 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 Para-

graph 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 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 Board shall have the authority to stay the enforcement of its decision during the time allowed for appeal, with the decision going into effect automatically if no appeal is perfected during the allowable period.

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 611.4.

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, fine 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 Board of Directors of this LSC within twenty (20) days from the mailing, delivery or service postmark date of the written notice.
- 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/she 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.

APPENDIX 6-B

This Appendix has been deleted.

APPENDIX 6-C

LSC REGISTRATION CODES

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

APPENDIX 6-D

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 and the community of Mammoth Lakes), 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, Madison and Vermillion Counties.

INDIANA — All of State of Indiana except Floyd, and Clark Counties, and including Vermillion County, Illinois.

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 and Boone 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, and the County of Texas in the State of Oklahoma and the County of Hansford in the State of Texas.

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.

NORTH TEXAS — That part of the State of Texas bounded on the South but not including the counties of Callahan, Brown, Mills, Lampasas, Bell, Milan, Robertson, Leon, 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.

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, except the County of Texas.

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 California Counties of Del Norte, Humboldt, Mendocino, Lake, Sonoma, Napa, Marin, San Francisco, San Mateo, Alameda, Contra Costa, Santa Clara, Santa Cruz, San Benito, Monterey, Tuolumne, Alpine, and the portions of: Solano County south of Highway 12, including the communities of Vallejo and Benicia and excluding the communities of Fairfield, Suisun City, and Rio Vista; Sacramento County south of Highway 12; San Joaquin County west and south of Highway 12, Interstate 5, Eight Mile Road, Highway 99 and Highway 4; including the City of Stockton; Stanislaus County south of Highway 4, Calaveras County south of Highway 4; and El Dorado County East of Highway 89; the City of Bishop in Inyo County, the community of Mammoth Lakes in Mono County, and the Nevada Counties of Lyon, Storey, Douglas, Carson City, and the portion of Washoe County lying south of the northerly boundary of the Pyramid Lake Indian Reservation.

The Solano Community College pool in Solano County and any pool between Eight Mile Road and Hammer Lane in San Joaquin County shall be available for the use of Pacific Swimming LSC and Sierra Nevada Swimming LSC and their respective club members, and both LSC's may sanction swimming events at these pools 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, Amador, and the portions of: Solano County north of Highway 12 including the communities of Fairfield, Suisun City and Rio Vista and excluding the communities of Vallejo and Benicia; Sacramento County north of Highway 12, San Joaquin County north and east of Highway 12, Interstate 5, Eight Mile Road, Highway 99 and Highway 4, excluding the City of Stockton, Stanislaus County north of Highway 4, Calaveras County north of Highway 4; El Dorado County west of Highway 89; and the Nevada Counties of Humboldt, Mineral, Churchill, Pershing and Lander, and the portion of Washoe County lying north of the northerly boundary of the Pyramid Lake Indian Reservation.

The Solano Community College pool in Solano County and any pool between Eight Mile Road and Hammer Lane in San Joaquin County shall be available for the use of Pacific Swimming LSC and Sierra Nevada Swimming LSC and their respective club members, and both LSC's may sanction swimming events at these pools 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, Burleson, Washington, Austin, Fayette, Lavaca and Jackson; on the South by the Gulf of Mexico and the Republic of Mexico; on the West by and including the counties of Val Verde, Sutton, and Schleicher and on the North by and including the counties of Menard, Mason, Llano, Burnett, Lampasas and Bell.

SOUTHEASTERN — All of the State of Alabama, except the counties of Chambers and Russell; the State of Tennessee; the Florida counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, Bay and that portion of Jackson and Calhoun counties west of the Apalachicola River.

SOUTHERN 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.

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, Currituck 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, except the County of Hansford.

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.

WISCONSIN — State of Wisconsin, except Counties of St. Croix, Dunn and Pierce.

WYOMING — State of Wyoming and the county of Scottsbluff, Nebraska.

APPENDIX 6-E

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 USS. 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 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 USS. 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 **Change in Regional Alignment.** If an LSC, by a two-thirds (2/3) vote of those members present and voting at a regular or special meeting of the LSC House of Delegates or by a mail vote of the majority of those members eligible to vote, approves a change moving the LSC from one region to another region contiguous to the LSC, that change shall become effective at the close of the next USS annual meeting upon approval of a majority of the USS House of Delegates present and voting.
- .6 **Review.** Should the House of Delegates of any LSC mentioned in subsections (1), (2), or (3), or any Zone mentioned in subsection (4), or a Zone mentioned in subsection (5), disapprove the proposed changes, the proponents may submit the matter to the Legislation 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 Committee.

APPENDIX 6-F

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, North Texas, South Carolina, South Texas, Southeastern, 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.

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, Wyoming.

Zone Administration — The Zone Age Group Junior Olympic Championship Meet shall be conducted and administered by the Zone Championship Committee. (See USS Policies and Procedures for Zone Committee.)

APPENDIX 6-G

REGIONAL ALIGNMENT

In order to reduce the travel distances for athletes and to provide equitable quality competition the LSCs may make arrangements to compete on a regional basis as follows:

- 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, North Texas, South Texas, West Texas
- Region 10** Arizona, Border, Colorado, New Mexico, Utah
- Region 11** North Dakota, South Dakota, Wyoming
- Region 12** Inland Empire, Montana, 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

1997 TECHNICAL RULE DIFFERENCES

USMS follows Articles 101 and 102 of the USS Technical Rules with the following exceptions:

The U.S. Masters Swimming Rulebook is available at a cost of \$7.00 from the USMS National Office, 2 Peter Avenue, Rutland, MA 01543.

Starts, Strokes, and Relays

Forward start. The forward start may be taken from the starting block, the pool deck, or a push from the wall. The Starter shall direct the swimmers to assume a position with at least one foot at the front of the block, the edge of the deck, or on the wall before the command, "Take your mark." Those starting in the water must have at least one hand in contact with the wall or starting block.

Backstroke start. 1. *For short course yards events*, the feet may be placed in any position on the wall or on the gutter of the pool, and the swimmer may assume any desired starting position which does not remove either foot completely from the water, or either hand from the starting grips or pool edge. Standing in or on the gutter is not permitted at any time before the start. *For short course meters and long course meters events*, USMS and USS follow the same rules.

Backstroke. Standing in or on the gutter (any course) and curling the toes over the lip of the gutter (short course meters and long course meters) is not permitted after the start.

Butterfly. The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick at any time during the race. However, when the breaststroke or whip kick is used, the arms must be recovered over the top of the water at least once per breaststroke or whip kick, except after the last such kick before the turn or finish.

Relays. Relay swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may be allowed to hold on to the lane line until all relays have finished, allowing them to exit the pool more slowly or via the ladders at the conclusion of the race.

Swimming Competition

Officials. The minimum number of officials at USMS sanctioned or recognized Masters swimming meets shall include the following:

- 1 Referee
- 1 Starter
- 2 Stroke and Turn Judges
- 2 Timers per lane (if automatic timing is not being used)

The Referee and Starter may double as stroke and turn judges, but the Referee and Starter may not be the same person. The referee shall be certified as a stroke and turn judge, starter, or referee by USS, YMCA, or any other USMS-approved certifying bodies.

Warmup. If there is no other warm-up/ warm-down area available in pools of five lanes or more, one lane shall be set aside for warm-up/ warm-down during the conduct of the meet. If there is no other warm-up/ warm-down area available in pools of four or fewer lanes, swimmers shall be allowed to swim to the other end of the pool at the end of each heat and a warm-up/ warm-down period must be offered at least once during each half-hour of competition.

Timed Finals. All Masters events shall be conducted on a timed final basis.

Seeding. Age groups, sexes and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled.

It is recommended that when swimmers are seeded by time and not by age groups, the fastest two swimmers in each age group shall not be seeded into outside lanes. It is recommended that they be moved inward one lane, or given the center lane in the next slowest heat, whichever is the most appropriate placement.

Seeding at meets other than National Championship meets may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events. The meet announcement shall state the seeding for all events.

At the discretion of the meet director, competitors in the freestyle events over 200 meters may be required to swim two-to-a-lane when only one course is available for the event. When events are swum two-to-a-lane, obstructing another swimmer by swimming across the lane or otherwise interfering with the other swimmer may disqualify the offender, and the offender shall be removed from the lane as soon as practical.

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

Records. USMS records may only be established by USMS-registered swimmers in sanctioned or recognized competition. Because swimmers from different age groups and sexes may compete in the same heat or event, winning the heat or event is not required to establish a record.

Relay lead-off split times will be considered for record or Top Ten Times, provided the swimmers complete the event without being disqualified, and provided automatic timing is used.

Required documentation for USMS records includes the Referee's signature, as well as the tape from the automatic or semi-automatic (with three buttons) timing equipment or the time card bearing times and signatures from *three* timers.

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

Protests. Protests arising from competition shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester shall at that time file a written protest with the Chairman of the Local Masters Swimming Committee (LMSC) or the Chairman's representative having jurisdiction over the event. If the LMCS does not satisfactorily resolve the protest within 10 days, the protester may appeal in writing to the USMS Rules Committee Chairman within the next five days for final adjudication, whose decision shall then be binding on all parties.

Relay Take-Off Judges. Relay exchanges shall be observed by a minimum of two officials acting independently of each other. One of them shall be assigned to the side of the course, and the other may be assigned next to the lane on the other side of the course, or next to the first official. When automatic relay take-off judging equipment is in use, a team will be disqualified only when there is dual confirmation of an illegal take-off (i.e., visual and automatic equipment).

Eligibility. The eligibility of a participant for a particular age group will be determined by age as of the *last* day of the meet.

Long Distance Swimming Costume. Multiple swim caps and neoprene caps are allowed in any USMS long distance competition. Separate wetsuit divisions may be offered in non-National Championship events.

PART EIGHT

OPEN WATER SWIMMING

ARTICLE 801

JURISDICTION AND DEFINITION

801.1 JURISDICTION — Open Water Swimming applies to all open water swimming events held under Corporate sanction. Other sections of the Code apply only when specifically referenced.

801.2 DEFINITION — Open Water 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.

ARTICLE 802

ADMINISTRATION

802.1 ORGANIZATION — The Open Water Swimming Coordinator shall be elected at the time of the annual meeting of USS in even numbered years and will be responsible to the Program Operations Vice President for the conduct and administration of the Open Water Program.

The membership of the Open Water Swimming Committee of USS shall consist of the following:

- .1 Coordinator
- .2 Open Water National Team Coach
- .3 Four Zone Open Water Representatives
- .4 At Large consisting of, but not limited to, Past Coordinator and Masters Liaison and sufficient number of athlete members to contribute twenty percent (20%) of the voting membership of the committee.

802.2 REGISTRATION AND SANCTIONS

- .1 All Open Water Swimming Athletes must be registered with USS and shall comply with the provisions of Articles 302, 303 and 304.
- .2 All Open Water events will be sanctioned according to provisions of Article 202.
- .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 duly registered with USS and meet the criteria as is established in Article 304, and meet the entry requirements.

- .5 A swimmer may enter both the USS and USMS event that is being contested at the same time, but must choose either the USS or USMS event in which to compete and scratch the other.
- .6 Sanctions of international competitions shall comply with the procedures outlined in Article 202.
- .7 If an event is to be swum in one or more LSC's jurisdiction, where the organizing committee is located determines the LSC responsible for issuing the sanction. The LSC issuing the sanction will notify the other LSCs of their action along with the information pertaining to the swim.

802.3 RULES — The provisions contained in Article 515 shall apply.

ARTICLE 803

EVENTS

The Open Water swimming events shall consist of individual or team competition as follows:

803.1 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 1/2 mile has been completed. The last recorded 1/2 mile time for each swimmer will be used to place finishers.

803.2 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.

All events over 25 kilometers shall be deemed as Open Water Marathon events.

803.3 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 deter-

mined 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.

803.4 INDIVIDUAL OPEN WATER AND 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 Open Water 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.

803.5 TEAM EVENTS

- .1 A team event may be contested on a total time or point-system basis. Clubs may enter any number of swimmers, but only the times/points of the top three swimmers shall be used to determine the team time/point score.
- .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 club official making the entry.

803.6 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/her respective leg. In the exchange, physical contact must be made between the two swimmers.

ARTICLE 804

SAFETY PRECAUTIONS

804.1. Each competitor is strongly encouraged to have a complete medical evaluation before competing in any long distance swimming event.

804.2. As conditions and courses vary, it is the responsibility of each swimmer to know and follow the safety standards. The meet manager can assist by:

- .1 Obtaining necessary permits/approvals from the U.S. Coast Guard, Park Authorities, Life Guards Associations, etc.
- .2 Providing accurate maps/charts, 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.

ARTICLE 805

CONDUCT OF THE COMPETITION

805.1 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.

805.2 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. Paddlers and/or boats should also be visibly marked with the swimmer's seed number. If foreign swimmers are participating, their country flag must be visibly displayed as well.

- .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.

805.3 COSTUME

- .1 One cap, one suit, goggles, ear plugs and grease will be allowed. The suit shall be made of a porous material.
- .2 Flotation aids and any devices used to maintain body heat are not allowed.
- .3 Wet Suits, neoprene caps or any similar items are not allowed.

805.4 ASSISTANCE DURING THE RACE

- .1 Any assistance given to the swimmer at the start or finish will result in disqualification.
- .2 Feeding is permissible but use of alcohol or illegal drugs are forbidden.
- .3 The swimmer will be disqualified if there is any intentional physical contact with another swimmer, coach or other persons or objects.
- .4 Paddlers and escort boats are authorized if approved by meet director.

805.5 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.
- .3 All National Championships will have an "in-water" start and finish.

805.6 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 an Open Water event are outlined below:
- .2 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/she may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He/she may appoint additional officials if considered necessary.

- F Disqualify any competitor for any violation of the rules that he/she 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.
 - H Have the option in all events 15 kilometers and longer to stop the race two (2) hours after the first United States Swimming athlete has completed the race.
- .3 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.
- .4 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.
- .5 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.
- .6 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.
- .7 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.
- .8 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.
- .9 The chief judge shall:
- A Assign each judge to his/her 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.
- .10 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.

.11 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.

.12 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 impedance on another competitor, and instruct a swimmer to maintain a 3-meter distance from any other swimmer.

805.7 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 Violate costume rules.
- .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 competitor.
- .8 In all races 15 kilometers or longer, swimmers must maintain at least three (3) meters distance between themselves and other swimmers and/or escort craft except at starts, turns, finishes or where the course or race conditions dictate. All escorts must maintain a position to the side or behind of the swimmer.

ARTICLE 806

NATIONAL CHAMPIONSHIPS

806.1. National Championship meets shall be awarded by the Open Water Swimming Committee.

806.2. ELIGIBILITY

- .1 All registered swimmers are eligible for Open Water Championships. (see Article 201.1.6).
- .2 USS Open Water 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. When the National Championship is a National Team qualifier for an A level international meet (World Championships and Olympic Games) no foreign athletes will be allowed to compete.

806.3 EVENTS — The USS Open Water Swimming Committee shall award National USS Open Water Championships, individual and team in the following events:

- .1 Open Water Five Kilometer. Race may be contested in distances between 4.5 and 5.5 kilometers (2.8 to 3.4 miles).
- .2 Open Water Ten Kilometers. Race may be contested in distances between nine (9) and eleven (11) kilometers (5.6 to 6.8 miles).
- .3 Open Water Fifteen Kilometer. Race may be contested in distances between 13.5 and 15.5 kilometers (8.4 to 10.3 miles)
- .4 Open Water Twenty Five Kilometer. Race may be contested in any distance over 22 kilometers (13.6 miles)

806.4 RULES OF CONDUCT OF NATIONAL CHAMPIONSHIPS

- .1 Meet Director — The Assistant Coordinator of Championships shall appoint a Championship Meet Advisor to aid the meet director and insure that all the rules are observed.
- .2 Entry Forms — Entry forms shall be reviewed by the LSC and the designated USS Championship meet advisor.
- .3 Officials — Officials will be assigned in accordance with V-F-(1).
- .4 In all USS National Championship Open Water events, a water finish is required.

806.5 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.

806.6 ENTRY FEES — The entry fees for national championship Open Water Swimming meets shall not exceed \$20.00 for individual events and \$5.00 per individual entered in team events.

806.7 ENTRY BLANKS AND MEET INFORMATION BOOKLET

- .1 The entry blanks and information booklet shall be prepared under joint direction of the Open Water Swimming Coordinator, the Meet Director and the USS Executive Director or his/her rep-

representative. Printing, distribution and mailing of the entry blank and information booklet shall be the responsibility of USS. All data shall be approved in writing by the Open Water Swimming Coordinator prior to printing and distribution.

- .2 One set of entry blanks and information booklet shall be sent at least ninety (90) days prior to the meet entry closing date to all LSC General Chairmen, LSC Senior Chairmen, LSC Coaches Representative and to all coaches of unattached swimmers and teams entered in the two preceding years' National Championships. 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.
- .3 The information booklet shall state eligibility criteria, qualifying times and any procedure necessary for proof of time.
- .4 The information booklet shall state eligibility criteria for foreign swimmers.

806.8. Qualifying times and/or qualifying criteria shall be established by the meet manager. Any swimmer entered in any USS 15 Kilometer Open Water Championships or the 25 Kilometer Open Water Marathon Championships shall show proof of having swum at least eighteen (18) minutes in the 1500-meter freestyle for men and nineteen (19) minutes in the 1500-meter freestyle for women. This can be verified by any USS / foreign official and does not have to be from a sanctioned event.

806.9. Individual and team results and records shall be kept and submitted to the national Open Water 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.

806.10 TEAM EVENTS

- .1 The USS National Open Water Championship Team events will be contested on a time basis in the Men, Women and Mixed Gender categories under the provisions of Sections 803.5.1 and 803.5.2.
- .2 Clubs may enter any number of swimmers in any category but must designate in which category they will compete. Swimmers may compete in only one category.
- .3 Clubs may enter only one team per category.

806.11 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.

806.12 AWARDS

- .1 USS championship medals shall be awarded to the 1st through 8th place winners of individual senior championships as follows: 1st place, gold; 2nd place, silver; 3rd-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 The highest finishing position attained by the male and female swimmers 18 years of age or younger shall be designated as the USS 18 and Under Champion and receive the appropriate USS championship medal.
- .4 All contestants on the winning team involved in the team's scoring shall receive a regulation national USS team championship medal, and all members on the team awarded second and third place involved in the team's scoring, shall receive regulation silver and bronze team championship medals, respectively.
- .5 Additional awards may be presented to individuals and teams at the discretion of the meet director.

ARTICLE 807

ALL-AMERICA

The National USS Open Water 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 selection will be based on the finishing position in the USS National Open Water Championships using the following criteria:

- .1 Five Kilometer: First Place Finishers;
- .2 In the Ten Kilometer: First and second place finishers;
- .3 In the Fifteen Kilometer: First, second and third place finishers;
- .4 In the Twenty-five Kilometer: First, second, third and fourth place finishers;
- .5 Swimmers qualifying for the National Team.
- .6 The committee will also consider individuals nominated by the LSCs.

ARTICLE 808

POSTAL MEETS

- .1 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.
- .2 National Postal Meets will be awarded by the Open Water Committee in the following events:
 - A One Hour Swim for Distance (Age Group, Senior)
 - B Ten Kilometer Swim (Age Group starting with the 13-14 group, Seniors)
 - C Age Group 1000-2000-3000-5000 yards/meters Postal Meet
 - (1) 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.

- .3 USS Postal Meet Medals or caps will be awarded as indicated below but the meet managers may offer additional awards at their discretion:

- A Age Group — first six places
- B Seniors — first ten places
- C Teams — first three places

ARTICLE 809 RECORDS

809.1. National records will be maintained in the quarter-mile straightaway events and Time/Distance events conducted in a pool.

809.2. 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.

809.3. 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 Open Water Swimming Chairman.

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

809.5. Age-group Long Distance records will be kept as indicated.

ARTICLE 810 CHAMPIONSHIP MEET SITE SELECTION

Date	Distance	Site
April 12	10K	Indiatlantic, Fla.
TBA	25K	TBA
August 2	5K	Nashville, Tenn.
August 16	15K	Colorado Springs, Colo.

AMERICAN LONG DISTANCE SWIMMING RECORDS

MEN			EVENT	WOMEN		
Ron Nuegent	1984	1:16:21.54	Qtr.-Mile Straightaway (Four Mile)	Tobie Smith	1990	1:21:22
Ray Pedin (M)		2:00:35.10	5 Mile	Robin Boughey	1984	2:10:48.50
Chad Fallin	1985	2:14:48.00				
Ray Pedin (M)	1984	4:06:48.70	10 Mile	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	15 Mile	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	20 Mile	Robin Boughey	1984	10:17:18.70
Chad Fallin	1985	10:08:05.00				
Ray Pedin (M)	1984	11:24:42.40	25 Mile	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	Marathon	Stacy Chanin (M)	1984	13:48:58.30
Chad Fallin	1985	13:10:28.00	26 Mile-385 Yds.	Robin Boughey	1984	14:07:27.90
Christopher Gleason	1984	1:07:10.87	5 Kilometer	Mellisa Hoy	1984	1:04:27.00
David Swanson	1982	1:54:05.00	10 Kilometer	Libby Pruden	1983	2:00:48.00
			15 Kilometer	Penny Lee Dean	1978	3:22:44.00
(M = Master)			20 Kilometer	Penny Lee Dean	1978	4:31:00.00
			25 Kilometer	Penny Lee Dean	1978	5:40:21.00
			30 Kilometer	Penny Lee Dean	1978	6:48:26.00
			35 Kilometer	Penny Lee Dean	1978	7:57:11.00
Gary Brinkman, SIU	1985	6:135 Yards	One Hour Swim	Tiffany Cohen	1981	5700 Yards
				Vera Baker	1981	5700 Yards
MEN			AGE GROUP	WOMEN		
Kent Johnson, PC	1984	11:40.65	9 Year 1000 Yard	F. Klaus, LE	1994	11:36.13
Kent Johnson, PC	1985	10:56.13	10 Year 1000 Yard	F. Klaus, LE	1995	11:15.79
Jefferson Moors, MI	1994	21:59.31	11 Year 2000 Yard	S. Rosenthal, SC	1984	22:21.28
Lir Derieg, SE	1995	21:06.97	12 Year 2000 Yard	Janet Evans, SC	1983	21:04.33
Scott Hubbard, PC	1986	30:52.75	13 Year 3000 Yard	Janet Evans, SC	1984	30:50.03
Chad Hundebay, CA	1985	29:59.98	14 Year 3000 Yard	Janet Evans, SC	1985	30:41.09
Dan Jorgensen	1983	29:04.74	15 Year 3000 Yard	Kim Brown, CA	1986	30:00.32
Dan Jorgensen	1984	28:45.61	16 Year 3000 Yard	Julie Martin, CA	1986	30:31.03
Dan Jorgensen, CA	1985	28:25.53	17 Year 3000 Yard	Stacy Shupe	1983	30:15.72
Jeff Kostoff	1983	27:39.81	18 Year 3000 Yard	Stacy Shupe	1984	30:48.44
MEN			TEAM EVENTS	WOMEN		
Univ. of Arkansas	1983	2:48:48.15	Qtr.-Mile Straightaway (3 x Four Miles)	Univ. of Arkansas	1983	2:57:17.06
Roy Deary				Shelly Taylor		
Kevin Ryskowski				Leith Weston		
Ken Landgraf				Tammy Ditter		
So. Illinois University	1985	18,305 Yds.	3 Hour Swim (3 x One Hour)	Mission Viejo	1981	17,025 Yds.
Gary Brinkman				Nadadores		
Erwin Kratz				Tiffany Cohen		
Anders Grillhammer				Vera Baker		
				Florence Barker		

SWIMMING RECORDS

LONG COURSE RECORDS — MEN

50m freestyle

WORLD:	21.81	Tom Jager, Santa Clara	Nashville, Tennessee	03-24-90
AMERICAN:	21.81	Tom Jager, Santa Clara	Nashville, Tennessee	03-24-90
U.S. OPEN:	21.81	Tom Jager, Santa Clara	Nashville, Tennessee	03-24-90

100m freestyle

WORLD:	48.21	Alexander Popov, RUS	Monte Carlo, MON	06-18-94
AMERICAN:	48.42	Matt Biondi, Golden Bear	Austin, Texas	08-10-88
U.S. OPEN:	48.42	Matt Biondi, Golden Bear	Austin, Texas	08-10-88

200m freestyle

WORLD:	1:46.69	Giorgio Lamberti, ITA	Bonn, FRG	08-15-89
AMERICAN:	1:47.72p	Matt Biondi, Golden Bear	Austin, Texas	08-08-88
U.S. OPEN:	1:47.44	Michael Gross, FRG	Los Angeles, California	07-29-84

400m freestyle

WORLD:	3:43.80	Kieren Perkins, AUS	Rome, ITA	09-09-94
AMERICAN:	3:48.06	Matt Cetlinski, Holmes Lumber Gators	Austin, Texas	08-11-88
U.S. OPEN:	3:47.38	Artur Wojdat, POL/Mission Viejo	Orlando, Florida	03-25-88

800m freestyle

WORLD:	7:46.00s	Kieren Perkins, AUS	Victoria, Canada	08-24-94
AMERICAN:	7:52.45	Sean Killion, Jersey Wahoos	Clovis, California	07-27-87
U.S. OPEN:	7:50.28	Daniel Kowalski, AUS	Atlanta, Georgia	08-10-95

1500m freestyle

WORLD:	14:43.48	Kieren Perkins, AUS	Barcelona, ESP	07-31-92
AMERICAN:	15:01.51	George DiCarlo, Tucson Farmer John	Indianapolis, Indiana	06-30-84
U.S. OPEN:	14:58.55	Glen Housman, AUS	Minneapolis, Minnesota	12-01-91

100m backstroke

WORLD:	53.86r	Jeff Rouse, USA	Barcelona, ESP	07-31-92
AMERICAN:	53.86r	Jeff Rouse, USA	Barcelona, ESP	07-31-92
U.S. OPEN:	54.07	Jeff Rouse, Stanford	Indianapolis, Indiana	03-05-92

200m backstroke

WORLD:	1:56.57	Martin Lopez-Zubero, ESP/Florida	Tuscaloosa, Alabama	11-23-91
AMERICAN:	1:58.33	Tripp Schwenk, Sarasota YMCA	Pasadena, California	08-01-95
U.S. OPEN:	1:56.57	Martin Lopez-Zubero, ESP/Florida	Tuscaloosa, Alabama	11-23-91

100m breaststroke

WORLD:	1:00.60p	Fred deBurghgraeve, BEL	Atlanta, Georgia	07-20-96
AMERICAN:	1:00.77	Jeremy Linn, USA	Atlanta, Georgia	07-20-96
U.S. OPEN:	1:00.60p	Fred deBurghgraeve, BEL	Atlanta, Georgia	07-20-96

200m breaststroke

WORLD:	2:10.16	Mike Barrowman, USA	Barcelona, ESP	07-29-92
AMERICAN:	2:10.16	Mike Barrowman, USA	Barcelona, ESP	07-29-92
U.S. OPEN:	2:10.60	Mike Barrowman, Curl-Burke	Ft. Lauderdale, Florida	08-13-91

100m butterfly

WORLD:	52.27	Denis Pankratov, RUS	Atlanta, Georgia	07-24-96
AMERICAN:	52.84	Pablo Morales, Concord-Pleasant Hill	Orlando, Florida	06-23-86
U.S. OPEN:	52.27	Denis Pankratov, RUS	Atlanta, Georgia	07-24-96

200m butterfly

WORLD:	1:55.22	Denis Pankratov, RUS	Canet, FRA	06-14-95
AMERICAN:	1:55.69	Melvin Stewart, AUS	Perth, AUS	01-12-91
U.S. OPEN:	1:55.72	Melvin Stewart, unattached	Indianapolis, Indiana	03-05-92

200m individual medley

WORLD:	1:58.16	Jani Sievinen, FIN	Rome, ITA	09-11-94
AMERICAN:	2:00.11	David Wharton, USA	Tokyo, JPN	08-20-89
U.S. OPEN:	2:00.17	Attila Czene, HUN	Federal Way, Washington	04-03-94

400m individual medley

WORLD:	4:12.30	Tom Dolan, USA	Rome, ITA	09-06-94
AMERICAN:	4:12.30	Tom Dolan, USA	Rome, ITA	09-06-94
U.S. OPEN:	4:12.72	Tom Dolan, Michigan/Curl-Burke	Indianapolis, Indiana	03-07-96

200m freestyle relay

WORLD BEST:	1:29.16	USA National Team	Indianapolis, Indiana	08-14-87
		(Scott McCadam, James Born, Mike Neuhofer, Tom Williams)		
AMERICAN:	1:29.16	USA National Team	Indianapolis, Indiana	08-14-87
		(Scott McCadam, James Born, Mike Neuhofer, Tom Williams)		
U.S. OPEN:	1:29.16	USA National Team	Indianapolis, Indiana	08-14-87
		(Scott McCadam, James Born, Mike Neuhofer, Tom Williams)		
AM. CLUB:	1:34.17	Ft. Lauderdale Swim Team	Ft. Lauderdale, Florida	07-26-78
		(Scott Albritton, Bruce Rindahl, Tim McKeon, Andy Coan)		
OPEN CLUB:	1:30.38	LSU	Indianapolis, Indiana	04-10-88
		(Mark Andrews, Randy Everrat, Daryl Cronje, Adam Schmitt)		

400m freestyle relay

WORLD:	3:15.11	USA Pan Pacific Team	Atlanta, Georgia	08-12-95
		(David Fox, Joe Hudepohl, Jon Olsen, Gary Hall)		
AMERICAN:	3:15.11	USA Pan Pacific Team	Atlanta, Georgia	08-12-95
		(David Fox, Joe Hudepohl, Jon Olsen, Gary Hall)		
U.S. OPEN:	3:15.11	USA Pan Pacific Team	Atlanta, Georgia	08-12-95
		(David Fox, Joe Hudepohl, Jon Olsen, Gary Hall)		
CLUB:	3:20.29	Curl-Burke	Pasadena, California	08-02-95
		(Joe Hudepohl, Mark Henderson, Tom Dolan, Jon Olsen)		

800m freestyle relay

WORLD:	7:11.95	Unified Olympic Team	Barcelona, ESP	07-27-92
		(Dmitri Lepikov, Vladimir Pychenko, Veniamin Taianovitch, Evgueni Sadovyi)		
AMERICAN:	7:12.51	USA Olympic Team	Seoul, KOR	09-21-88
		(Troy Dalbey, Matt Cetlinski, Doug Gjertsen, Matt Biondi)		
U.S. OPEN:	7:14.84	USA Olympic Team	Atlanta, Georgia	07-21-96
		(Josh Davis, Joe Hudepohl, Brad Schumacher, Ryan Berube)		
AM. CLUB:	7:22.78	Longhorn Aquatics	Los Angeles, California	08-02-89
		(Jeff Olsen, Paul Robinson, Adam Werth, Doug Gjertsen)		
OPEN CLUB:	7:22.78	Longhorn Aquatics	Los Angeles, California	08-02-89
		(Jeff Olsen, Paul Robinson, Adam Werth, Doug Gjertsen)		

200m medley relay

WORLD BEST:	1:39.22	USA National Team	Tokyo, JPN	08-17-89
		(Jeff Rouse, Richard Korhammer, Wade King, Tom Jager)		
AMERICAN:	1:39.22	USA National Team	Tokyo, JPN	08-17-89
		(Jeff Rouse, Richard Korhammer, Wade King, Tom Jager)		
U.S. OPEN:	1:41.07	USA National Team	Mission Viejo, California	07-21-84
		(Rick Carey, Steve Lundquist, Pablo Morales, Rowdy Gaines)		
CLUB:	1:42.12	Fort Lauderdale Swim Team	Los Angeles, California	08-04-89
		(Mike Ross, Richard Korhammer, Keith Hayes, Todd Pace)		

400m medley relay

WORLD:	3:34.84	USA Olympic Team	Atlanta, Georgia	07-26-96
		(Jeff Rouse, Jeremy Linn, Mark Henderson, Gary Hall Jr.)		
AMERICAN:	3:34.84	USA Olympic Team	Atlanta, Georgia	07-26-96
		(Jeff Rouse, Jeremy Linn, Mark Henderson, Gary Hall Jr.)		
U.S. OPEN:	3:34.84	USA Olympic Team	Atlanta, Georgia	07-26-96
		(Jeff Rouse, Jeremy Linn, Mark Henderson, Gary Hall Jr.)		
AM. CLUB:	3:39.26	Stanford Swimming	Austin, Texas	07-30-93
		(Jeff Rouse, Tyler Mayfield, Pablo Morales, Joe Hudepohl)		
OPEN CLUB:	3:39.26	Stanford Swimming	Austin, Texas	07-30-93
		(Jeff Rouse, Tyler Mayfield, Pablo Morales, Joe Hudepohl)		

LONG COURSE RECORDS — WOMEN

50m freestyle

WORLD:	24.51	Jingyi Le, CHN	Rome, ITA	09-11-94
AMERICAN:	24.87	Amy Van Dyken, USA	Atlanta, Georgia	07-26-96
U.S. OPEN:	24.87	Amy Van Dyken, USA	Atlanta, Georgia	07-28-96

100m freestyle

WORLD:	54.01	Jingyi Le, CHN	Rome, ITA	09-05-94
AMERICAN:	54.48p	Jenny Thompson, Seacoast/Stanford	Indianapolis, Indiana	03-01-92
U.S. OPEN:	54.48p	Jenny Thompson, Seacoast/Stanford	Indianapolis, Indiana	03-01-92

200m freestyle

WORLD:	1:56.78	Franziska Van Almsick, GER	Rome, ITA	09-06-94
AMERICAN:	1:57.90	Nicole Haislett, USA	Barcelona, ESP	07-27-92
U.S. OPEN:	1:58.16	Claudia Poll, CRC	Atlanta, Georgia	07-21-96

400m freestyle

WORLD:	4:03.85	Janet Evans, USA	Seoul, KOR	09-22-88
AMERICAN:	4:03.85	Janet Evans, USA	Seoul, KOR	09-22-88
U.S. OPEN:	4:05.45	Janet Evans, Fullerton Aquatics	Orlando, Florida	12-20-87

800m freestyle

WORLD:	8:16.22	Janet Evans, USA	Tokyo, JPN	08-20-89
AMERICAN:	8:16.22	Janet Evans, USA	Tokyo, JPN	08-20-89
U.S. OPEN:	8:17.12	Janet Evans, Fullerton Aquatics	Orlando, Florida	03-22-88

1500m freestyle

WORLD:	15:52.10	Janet Evans, Fullerton Aquatics	Orlando, Florida	03-26-88
AMERICAN:	15:52.10	Janet Evans, Fullerton Aquatics	Orlando, Florida	03-26-88
U.S. OPEN:	15:52.10	Janet Evans, Fullerton Aquatics	Orlando, Florida	03-26-88

100m backstroke

WORLD:	1:00.16r	Cihong He, CHN	Rome, ITA	09-10-94
AMERICAN:	1:00.82r	Lea Loveless, USA	Barcelona, ESP	07-30-92
U.S. OPEN:	1:00.84	Janie Wagstaff, Kansas City Blazers	Indianapolis, Indiana	03-03-92

200m backstroke

WORLD:	2:06.62	Krisztina Egerszegi, HUN	Athens, GRE	08-26-91
AMERICAN:	2:08.60	Betsy Mitchell, Longhorn	Orlando, Florida	06-27-86
U.S. OPEN:	2:07.83	Krisztina Egerszegi, HUN	Atlanta, Georgia	07-25-96

100m breaststroke

WORLD:	1:07.02	Penelope Heyns, RSA	Atlanta, Georgia	07-21-96
AMERICAN:	1:08.09	Amanda Beard, USA	Atlanta, Georgia	07-21-96
U.S. OPEN:	1:07.02p	Penelope Heyns, RSA	Atlanta, Georgia	07-21-96

200m breaststroke

WORLD:	2:24.76	Rebecca Brown, AUS	Queensland, AUS	03-16-94
AMERICAN:	2:25.35	Anita Nall, North Baltimore	Indianapolis, Indiana	03-02-92
U.S. OPEN:	2:24.81	Samantha Riley, AUS	Atlanta, Georgia	08-13-95

100m butterfly

WORLD:	57.93	Mary T. Meagher, Lakeside	Brown Deer, Wisconsin	08-16-81
AMERICAN:	57.93	Mary T. Meagher, Lakeside	Brown Deer, Wisconsin	08-16-81
U.S. OPEN:	57.93	Mary T. Meagher, Lakeside	Brown Deer, Wisconsin	08-16-81

200m butterfly

WORLD:	2:05.96	Mary T. Meagher, Lakeside	Brown Deer, Wisconsin	08-13-81
AMERICAN:	2:05.96	Mary T. Meagher, Lakeside	Brown Deer, Wisconsin	08-13-81
U.S. OPEN:	2:05.96	Mary T. Meagher, Lakeside	Brown Deer, Wisconsin	08-13-81

200m individual medley

WORLD:	2:11.65	Li Lin, CHN	Barcelona, ESP	07-30-92
AMERICAN:	2:11.91	Summer Sanders, USA	Barcelona, ESP	07-30-92
U.S. OPEN:	2:12.64	Tracy Caulkins, USA	Los Angeles, California	08-03-84

400m individual medley

WORLD:	4:36.10	Petra Schneider, GDR	Guayaquil, ECU	08-01-82
AMERICAN:	4:37.58	Summer Sanders, USA	Barcelona, ESP	07-26-92
U.S. OPEN:	4:38.58	Janet Evans, Fullerton Aquatics	Austin, Texas	08-08-88

200m freestyle relay

WORLD BEST:	1:43.05	Longhorn Aquatic Club	Los Angeles, California	08-04-89
		<i>(Jill Sterkel, Courtney Madsen, Julie Cooper, Leigh Ann Fetter)</i>		
AMERICAN:	1:43.05	Longhorn Aquatic Club	Los Angeles, California	08-04-89
		<i>(Jill Sterkel, Courtney Madsen, Julie Cooper, Leigh Ann Fetter)</i>		
U.S. OPEN:	1:43.05	Longhorn Aquatic Club	Los Angeles, California	08-04-89
		<i>(Jill Sterkel, Courtney Madsen, Julie Cooper, Leigh Ann Fetter)</i>		
CLUB:	1:43.05	Longhorn Aquatic Club	Los Angeles, California	08-04-89
		<i>(Jill Sterkel, Courtney Madsen, Julie Cooper, Leigh Ann Fetter)</i>		

400m freestyle relay

WORLD:	3:37.91	China National Team	Rome, ITA	09-07-94
		<i>(Jingyi Le, Shan Ying, Ying Le, Bin Lu)</i>		
AMERICAN:	3:39.29	USA Olympic Team	Atlanta, Georgia	07-22-96
		<i>(Angel Martino, Amy Van Dyken, Catherine Fox, Jenny Thompson)</i>		
U.S. OPEN:	3:39.29	USA Olympic Team	Atlanta, Georgia	07-22-96
		<i>(Angel Martino, Amy Van Dyken, Catherine Fox, Jenny Thompson)</i>		
CLUB:	3:44.31	Holmes Lumber Gators	Orlando, Florida	03-25-88
		<i>(Dara Torres, Jana Ellis, Holly Green, Mary Wayte)</i>		

800m freestyle relay

WORLD:	7:55.47	East German National Team	Strasbourg, FRA	08-18-87
		<i>(Manuela Stellmach, Astrid Strauss, Anke Mohring, Heike Friedrich)</i>		
AMERICAN:	7:59.87	USA Olympic Team	Atlanta, Georgia	07-25-96
		<i>(Trina Jackson, Cristina Teuscher, Sheila Taormina, Jenny Thompson)</i>		
U.S. OPEN:	7:59.87	USA Olympic Team	Atlanta, Georgia	07-25-96
		<i>(Trina Jackson, Cristina Teuscher, Sheila Taormina, Jenny Thompson)</i>		
CLUB:	8:07.44	Mission Viejo, Nadadores	Brown Deer, Wisconsin	08-14-81
		<i>(Marybeth Linzmeier, Sue Habernigg, Tiffany Cohen, Cynthia Woodhead)</i>		

200m medley relay

WORLD BEST:	1:53.28	USA Olympic Team	Tokyo, JPN	08-17-89
		<i>(Lea Loveless, Tracey McFarlane, Jenna Johnson, Leigh Ann Fetter)</i>		
AMERICAN:	1:53.28	USA Olympic Team	Tokyo, JPN	08-17-89
		<i>(Lea Loveless, Tracey McFarlane, Jenna Johnson, Leigh Ann Fetter)</i>		
U.S. OPEN:	1:55.00	USA Olympic Team	Mission Viejo, California	07-21-84
		<i>(Betsy Mitchell, Tracy Caulkins, Jenna Johnson, Jill Sterkel)</i>		
CLUB:	1:58.99	Nashville Aquatic Club	Carbondale, Illinois	07-12-81
		<i>(Amy Caulkins, Tracy Caulkins, Patty King, Lisa Brown)</i>		

400m medley relay

WORLD:	4:01.67	China National Team	Rome, ITA	09-10-94
		<i>(Cihong He*, Guohong Dai, Limin Liu, Jingyi Le)</i>		
AMERICAN:	4:02.54	USA Olympic Team	Barcelona, ESP	07-30-92
		<i>(Lea Loveless*, Anita Nall, Crissy Ahmann-Leighton, Jenny Thompson)</i>		
U.S. OPEN:	4:02.88	USA Olympic Team	Atlanta, Georgia	07-24-96
		<i>(Beth Botsford, Amanda Beard, Angel Martino, Amy Van Dyken)</i>		
CLUB:	4:11.01	Hillendbrand	Pasadena, California	08-04-95
		<i>(Ashley Tappin, Kelli King Bednar, Crissy Ahmann-Leighton, Melanie Valerio)</i>		

*set world record on relay's lead-off backstroke leg

**set American record on relay's lead-off backstroke leg

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.

SHORT COURSE RECORDS (YARDS) — MEN

50y freestyle

AMERICAN:	19.05	Tom Jager, Santa Clara	Nashville, Tennessee	03-23-90
U.S. OPEN:	19.05	Tom Jager, Santa Clara	Nashville, Tennessee	03-23-90

100y freestyle

AMERICAN:	41.80	Matt Biondi, California	Austin, Texas	04-04-87
U.S. OPEN:	41.80	Matt Biondi, California	Austin, Texas	04-04-87

200y freestyle

AMERICAN:	1:33.03	Matt Biondi, California	Austin, Texas	04-03-87
U.S. OPEN:	1:33.03	Matt Biondi, California	Austin, Texas	04-03-87

500y freestyle

AMERICAN:	4:08.75	Tom Dolan, Michigan	Indianapolis, Indiana	03-23-95
U.S. OPEN:	4:08.75	Tom Dolan, Michigan	Indianapolis, Indiana	03-23-95

1000y freestyle

AMERICAN:	8:47.38	Mike O'Brien, Mission Viejo	E. Los Angeles, California	04-02-85
U.S. OPEN:	8:47.38	Mike O'Brien, Mission Viejo	E. Los Angeles, California	04-02-85

1650y freestyle

AMERICAN:	14:29.31	Tom Dolan, Michigan	Indianapolis, Indiana	03-25-95
U.S. OPEN:	14:29.31	Tom Dolan, Michigan	Indianapolis, Indiana	03-25-95

100y backstroke

AMERICAN:	45.43	Brian Retterer, Stanford	Indianapolis, Indiana	03-24-95
U.S. OPEN:	45.43	Brian Retterer, Stanford	Indianapolis, Indiana	03-24-95

200y backstroke

AMERICAN:	1:40.06	Brian Retterer, Stanford	Indianapolis, Indiana	03-25-95
U.S. OPEN:	1:40.06	Brian Retterer, Stanford	Indianapolis, Indiana	03-25-95

100y breaststroke

AMERICAN:	52.48	Steve Lundquist, SMU	Indianapolis, Indiana	03-25-83
U.S. OPEN:	52.48	Steve Lundquist, SMU	Indianapolis, Indiana	03-25-83

200y breaststroke

AMERICAN:	1:53.77	Mike Barrowman, Michigan	Indianapolis, Indiana	03-24-90
U.S. OPEN:	1:53.77	Mike Barrowman, Michigan	Indianapolis, Indiana	03-24-90

100y butterfly

AMERICAN:	46.26p	Pablo Morales, Stanford	Indianapolis, Indiana	04-04-86
U.S. OPEN:	46.18	Lars Frolander, Southern Methodist	Indianapolis, Indiana	03-24-95

200y butterfly

AMERICAN:	1:41.78	Melvin Stewart, Tennessee	Austin, Texas	03-30-91
U.S. OPEN:	1:41.78	Melvin Stewart, Tennessee	Austin, Texas	03-30-91

200y individual medley

AMERICAN:	1:43.52	Greg Burgess, Florida	Indianapolis, Indiana	03-25-93
U.S. OPEN:	1:43.52	Greg Burgess, Florida	Indianapolis, Indiana	03-25-93

400y individual medley

AMERICAN:	3:38.18	Tom Dolan, Michigan	Indianapolis, Indiana	03-24-95
U.S. OPEN:	3:38.18	Tom Dolan, Michigan	Indianapolis, Indiana	03-24-95

200y freestyle relay

AMERICAN:	1:16.93	Stanford	Minneapolis, Minnesota	03-24-94
		(Bill Schell, Brian Retterer, Tyler Mayfield, Joe Hudepohl)		
U.S. OPEN:	1:16.93	Stanford	Minneapolis, Minnesota	03-24-94
		(Bill Schell, Brian Retterer, Tyler Mayfield, Joe Hudepohl)		

400y freestyle relay

AMERICAN:	2:51.07	Texas	Minneapolis, Minnesota	03-26-94
		(Jason Fink, Josh Davis, Chris Eckerman, Gary Hall)		
U.S. OPEN:	2:51.07	Texas	Minneapolis, Minnesota	03-26-94
		(Jason Fink, Josh Davis, Chris Eckerman, Gary Hall)		

800y freestyle relay

AMERICAN:	6:20.89	Michigan	Austin, Texas	03-30-96
		(Chris Rumley, Jason Lancaster, John Piersma, Tom Dolan)		
U.S. OPEN:	6:20.89	Michigan	Austin, Texas	03-30-96
		(Chris Rumley, Jason Lancaster, John Piersma, Tom Dolan)		

200y medley relay

AMERICAN:	1:25.88	Stanford	Indianapolis, Indiana	03-27-92
		(Jeff Rouse, Tyler Mayfield, Trip Zedlitz, Erik Maurer)		
U.S. OPEN:	1:25.85	Tennessee	Austin, Texas	03-29-96
		(Craig Gilliam, Jeremy Linn, Jim Rumbaugh, Ricky Busquets)		

400y medley relay

AMERICAN:	3:07.28	Stanford	Indianapolis, Indiana	03-23-95
		(Brian Retterer, Kurt Grote, Sabir Muhammad, Joe Hudepohl)		
U.S. OPEN:	3:07.28	Stanford	Indianapolis, Indiana	03-23-95
		(Brian Retterer, Kurt Grote, Sabir Muhammad, Joe Hudepohl)		

SHORT COURSE RECORDS (YARDS) — WOMEN

50y freestyle

AMERICAN:	21.77	Amy Van Dyken, Colorado State	Indianapolis, Indiana	03-17-94
U.S. OPEN:	21.77	Amy Van Dyken, Colorado State	Indianapolis, Indiana	03-17-94

100y freestyle

AMERICAN:	47.61	Jenny Thompson, Stanford	Austin, Texas	03-21-92
U.S. OPEN:	47.61	Jenny Thompson, Stanford	Austin, Texas	03-21-92

200y freestyle

AMERICAN:	1:43.28	Nicole Haislett, Florida	Austin, Texas	03-20-92
U.S. OPEN:	1:43.28	Nicole Haislett, Florida	Austin, Texas	03-20-92

500y freestyle

AMERICAN:	4:34.39	Janet Evans, Stanford	Austin, Texas	03-15-90
U.S. OPEN:	4:34.39	Janet Evans, Stanford	Austin, Texas	03-15-90

1000y freestyle

AMERICAN:	9:25.49	Janet Evans, Fullerton	Chapel Hill, North Carolina	03-25-89
U.S. OPEN:	9:25.49	Janet Evans, Fullerton	Chapel Hill, North Carolina	03-25-89

1650y freestyle

AMERICAN:	15:39.14	Janet Evans, Stanford	Austin, Texas	03-17-90
U.S. OPEN:	15:39.14	Janet Evans, Stanford	Austin, Texas	03-17-90

100y backstroke

AMERICAN:	52.79r	Lea Loveless, Stanford	Austin, Texas	03-19-92
U.S. OPEN:	52.79r	Lea Loveless, Stanford	Austin, Texas	03-19-92

200y backstroke

AMERICAN:	1:52.98	Whitney Hedgepeth, Texas	Austin, Texas	03-21-92
U.S. OPEN:	1:52.98	Whitney Hedgepeth, Texas	Austin, Texas	03-21-92

100y breaststroke

AMERICAN:	1:00.66	Mary Ellen Blanchard, Dynamo	Chapel Hill, North Carolina	03-24-89
U.S. OPEN:	59.71	Beata Kaszuba, POL/Arizona State	Austin, Texas	03-17-95

200y breaststroke

AMERICAN:	2:09.06p	Mary Ellen Blanchard, Dynamo	Chapel Hill, North Carolina	03-22-89
U.S. OPEN:	2:08.90	Penelope Heyns, RSA/Nebraska	Oklahoma City, Oklahoma	02-17-96

100y butterfly

AMERICAN:	51.75	Crissy Ahmann-Leighton, Arizona	Austin, Texas	03-20-92
U.S. OPEN:	51.75	Crissy Ahmann-Leighton, Arizona	Austin, Texas	03-20-92

200y butterfly

AMERICAN:	1:52.99	Mary T. Meagher, Lakeside	Cambridge, Massachusetts	04-08-81
U.S. OPEN:	1:52.99	Mary T. Meagher, Lakeside	Cambridge, Massachusetts	04-08-81

200y individual medley

AMERICAN:	1:55.54	Summer Sanders, Stanford	Austin, Texas	03-19-92
U.S. OPEN:	1:55.54	Summer Sanders, Stanford	Austin, Texas	03-19-92

400y individual medley

AMERICAN:	4:02.28	Summer Sanders, Stanford	Austin, Texas	03-20-92
U.S. OPEN:	4:02.28	Summer Sanders, Stanford	Austin, Texas	03-20-92

200y freestyle relay

AMERICAN:	1:28.90	Texas	Indianapolis, Indiana	03-17-89
		(Leigh Ann Fetter, Julie Cooper, Jeanne Doolan, Courtney Madsen)		
U.S. OPEN:	1:28.90	Texas	Indianapolis, Indiana	03-17-89
		(Leigh Ann Fetter, Julie Cooper, Jeanne Doolan, Courtney Madsen)		

400y freestyle relay

AMERICAN:	3:14.97	Florida	Minneapolis, Minnesota	03-20-93
		(Laura Booth, Vicki Stemper, Melanie Morgan, Nicole Haislett)		
U.S. OPEN:	3:14.97	Florida	Minneapolis, Minnesota	03-20-93
		(Laura Booth, Vicki Stemper, Melanie Morgan, Nicole Haislett)		

800y freestyle relay

AMERICAN:	7:04.06	Stanford	Austin, Texas	03-20-92
		(Karen Kraemer, Lea Loveless, Janel Jorgensen, Jenny Thompson)		
U.S. OPEN:	7:04.06	Stanford	Austin, Texas	03-20-92
		(Karen Kraemer, Lea Loveless, Janel Jorgensen, Jenny Thompson)		

200y medley relay

AMERICAN:	1:38.68	Stanford	Austin, Texas	03-20-92
		(Lea Loveless, Lori Haisick, Summer Sanders, Jenny Thompson)		
U.S. OPEN:	1:38.68	Stanford	Austin, Texas	03-20-92
		(Lea Loveless, Lori Haisick, Summer Sanders, Jenny Thompson)		

400y medley relay

AMERICAN:	3:35.64	Stanford	Austin, Texas	03-19-92
		(Lea Loveless*, Lori Haisick, Summer Sanders, Janel Jorgensen)		
U.S. OPEN:	3:35.64	Stanford	Austin, Texas	03-19-92
		(Lea Loveless*, Lori Haisick, Summer Sanders, Janel Jorgensen)		

*Established American Record in 100y backstroke on lead-off leg

SHORT COURSE RECORDS (METERS) — MEN

50m freestyle

WORLD:	21.50	Alexander Popov, RUS	Desenzano, ITA	03-13-94
AMERICAN:	21.64	Steve Crocker, Rockwood	Dallas, Texas	03-21-92
U.S. OPEN:	21.64	Steve Crocker, Rockwood	Dallas, Texas	03-21-92

100m freestyle

WORLD:	46.74	Alexander Popov, RUS	Gelsenkirchen, GER	03-19-94
AMERICAN:	48.29p	Jon Olsen, USA	Mallorca, ESP	12-04-93
U.S. OPEN:	48.52	David McCagg, USA	Austin, Texas	04-15-78

200m freestyle

WRLD BEST:	1:43.64	Giorgio Lamberti, ITA	Bonn, FRG	02-11-90
AMERICAN:	1:45.54	Troy Dalbey, USA	Bonn, FRG	02-14-88
U.S. OPEN:	1:46.46	John Witchel, Stanford	Los Angeles, California	04-26-87

400m freestyle

WORLD:	3:40.46	Danyon Loader, NZL	Sheffield, GBR	02-11-95
AMERICAN:	3:43.71	Jeff Kostoff, USA	Bonn, FRG	02-12-83
U.S. OPEN:	3:43.71	Jeff Kostoff, USA	Bonn, FRG	02-12-83

800m freestyle

WORLD:	7:34.90	Kieren Perkins, AUS	Sydney, AUS	07-25-93
AMERICAN:	7:43.06	Jeff Kostoff, USA	Bonn, FRG	02-13-83
U.S. OPEN:	7:43.06	Jeff Kostoff, USA	Bonn, FRG	02-13-83

1500m freestyle

WORLD:	14:26.52	Kieren Perkins, AUS	Auckland, AUS	07-13-93
AMERICAN:	14:50.37	Jeff Kostoff, USA	Indianapolis, Indiana	01-09-83
U.S. OPEN:	14:50.37	Jeff Kostoff, USA	Indianapolis, Indiana	01-09-83

50m backstroke

WORLD:	24.37	Jeff Rouse, USA	Sheffield, GBR	02-12-95
AMERICAN:	24.37	Jeff Rouse, USA	Sheffield, GBR	02-12-95
U.S. OPEN:	N/A			

100m backstroke

WORLD:	51.43	Jeff Rouse, Stanford/USA	Sheffield, GBR	04-12-93
AMERICAN:	51.43	Jeff Rouse, Stanford	Sheffield, GBR	04-12-93
U.S. OPEN:	53.38	Derya Buyukuncu, TUR/Irvine Novas	Ann Arbor, Michigan	12-03-93

200m backstroke

WORLD:	1:52.51	Martin Zubero, ESP/Florida	Gainesville, Florida	04-10-91
AMERICAN:	1:54.19	Tripp Schwenk, USA	Mallorca, ESP	12-03-93
U.S. OPEN:	1:52.51	Martin Zubero, ESP/Florida	Gainesville, Florida	04-10-91

50m breaststroke

WORLD:	27.00	Mark Warnecke, GER	Gelsenkirchen, GER	02-18-95
AMERICAN:	27.60	Seth Van Neerden, Fort Lauderdale		12-00-94
U.S. OPEN:	N/A			

100m breaststroke

WORLD:	59.07	Philip Rogers, AUS	Melbourne, AUS	09-27-93
AMERICAN:	1:00.08	Seth van Neerden, USA	Mallorca, ESP	12-03-93
U.S. OPEN:	1:00.97	Jeremy Linn, Tennessee	San Antonio, Texas	12-05-96

200m breaststroke

WORLD:	2:07.88	Philip Rogers, AUS	Melbourne, AUS	09-28-93
AMERICAN:	2:08.49	Eric Wunderlich, USA	Mallorca, ESP	12-04-93
U.S. OPEN:	2:11.54	Victor Davis, CAN	Gainesville, Florida	01-09-92

50m butterfly

WORLD:	23.55	Mark Foster, GBR	Sheffield, GBR	02-11-95
AM. BEST:	23.95	Jon Olsen, USA	Sabadelle, ESP	12-00-93
U.S. OPEN:	N/A			

100m butterfly

WRLD BEST:	52.07	Marcel Gery, CAN	Leicester, GBR	02-23-90
AMERICAN:	52.78	Mel Stewart, Tennessee	Buffalo, New York	12-02-94
U.S. OPEN:	52.78	Mel Stewart, Tennessee	Buffalo, New York	12-02-94

200m butterfly

WORLD:	1:53.05	Franck Esposito, FRA	Paris, FRA	03-26-94
AMERICAN:	1:54.37	Mel Stewart, unattached	Paris, FRA	03-26-94
U.S. OPEN:	1:54.76	Mel Stewart, Tennessee	Buffalo, New York	12-03-94

100m individual medley

WRLD BEST:	53.10	Jani Sievinen, FIN	Malmö, SWE	01-30-96
AMERICAN:	56.24	Ryan Ruberle, USA		04-00-95
U.S. OPEN:	N/A			

200m individual medley

WORLD:	1:54.65	Jani Sievinen, FIN	Kuopio, FIN	01-21-94
AMERICAN:	1:58.18	Pablo Morales, Stanford	Los Angeles, California	04-26-87
U.S. OPEN:	1:58.18	Pablo Morales, Stanford	Los Angeles, California	04-26-87

400m individual medley

WORLD:	4:06.03	Jani Sievinen, FIN	Lappeenranta, FIN	01-20-96
AMERICAN:	4:14.25	Eric Namesnik, Club Wolverine	Ann Arbor, Michigan	12-03-93
U.S. OPEN:	4:13.35	Stefan Marne, BEL	Buffalo, New York	12-02-94

200m freestyle relay

WRLD BEST:	1:27.95	West German National Team	Bonn, FRG	02-12-88
		(Berndt Hoffmeister, Frank Henter, Jochen Bruha, Stefan Guesgen)		
AMERICAN:	1:28.32	USA National Team	Bonn, FRG	02-07-87
		(Jim Born, Scott McCadam, Tom Williams, Todd Dudley)		
U.S. OPEN:	1:30.85	University of Arkansas	Fayetteville, Arkansas	01-03-85
		(Chris Cantwell, Norman Wyatt, Larry Craft, James Pringle)		
AMER. CLUB:	1:30.85	University of Arkansas	Fayetteville, Arkansas	01-03-85
		(Chris Cantwell, Norman Wyatt, Larry Craft, James Pringle)		

400m freestyle relay

WORLD:	3:12.11	Brazil National Team	Mallorca, ESP	12-05-93
		(Franco Scherer, J. C. Ferreira, J. R. Souza, Gustavo Borges)		
AMERICAN:	3:12.68	USA National Team	Mallorca, ESP	12-05-93
		(David Fox, Seth Pepper, Jon Olsen, Mark Henderson)		
U.S. OPEN:	3:16.11	USA National Team	Austin, Texas	04-16-78
		(David McCagg, Scott Findorff, Andy Veris, Andy Coan)		
CLUB:	3:16.33	Stanford	Los Angeles, California	04-26-87
		(Pablo Morales, Doug Lillydahl, Byron Burson, John Hodge)		

800m freestyle relay

WRLD BEST:	7:05.17	West German National Team	Bonn, FRG	02-09-86
		(Rainer Henkel, Alexander Schowtka, Dirk Korthals, Michael Gross)		
AMERICAN:	7:14.34	USA National Team	Austin, Texas	04-15-78
		(Andy Veris, John Hillencamp, David McCagg, David Larson)		
U.S. OPEN:	7:13.99	East German National Team	Fayetteville, Arkansas	01-05-85
		(Dirk Richter, Steffen Liess, Uwe Dassler, Sven Lodziewski)		
OPEN CLUB:	7:23.50	Florida	Gainesville, Florida	01-03-81
		(Geoff Gaberino, David Larson, David Zubero, Glynn Perry)		

200m medley relay

WRLD BEST:	1:36.69	Auburn Aquatics	Auburn, Alabama	04-06-96
		(Michael Andrews, Greg Schmid, Dean Hutchinson, Bill Pilczuk)		
AMERICAN:	1:36.69	Auburn Aquatics	Auburn, Alabama	04-06-96
		(Michael Andrews, Greg Schmid, Dean Hutchinson, Bill Pilczuk)		
U.S. OPEN:	1:36.69	Auburn Aquatics	Auburn, Alabama	04-06-96
		(Michael Andrews, Greg Schmid, Dean Hutchinson, Bill Pilczuk)		
CLUB:	1:36.69	Auburn Aquatics	Auburn, Alabama	04-06-96
		(Michael Andrews, Greg Schmid, Dean Hutchinson, Bill Pilczuk)		

400m medley relay

WORLD:	3:32.57	USA National Team	Mallorca, ESP	12-02-93
		(Tripp Schwenk, Eric Wunderlich, Mark Henderson, Jon Olsen)		
AMERICAN:	3:32.57	USA National Team	Mallorca, ESP	12-02-93
		(Tripp Schwenk, Eric Wunderlich, Mark Henderson, Jon Olsen)		
U.S. OPEN:	3:37.36	Stanford	Los Angeles, California	04-25-87
		(Jay Mortenson, Sam McAdam, Pablo Morales, Byron Burson)		
CLUB:	3:37.36	Stanford	Los Angeles, California	04-25-87
		(Jay Mortenson, Sam McAdam, Pablo Morales, Byron Burson)		

SHORT COURSE RECORDS (METERS) — WOMEN

50m freestyle

WORLD:	24.23	Jingyi Le, CHN	Mallorca, ESP	12-03-93
AMERICAN:	24.81p	Angel Martino, Americus Blue Tide	Stravanger, NOR	11-19-93
U.S. OPEN:	25.10f	Angel Martino, Americus Blue Tide	Americus, Georgia	08-06-92

100m freestyle

WORLD:	53.01	Jingyi Le, CHN	Mallorca, ESP	12-02-93
AMERICAN:	53.39	Angel Martino, USA	Mallorca, ESP	12-02-93
U.S. OPEN:	53.99	Birgit Meineke, GDR	Indianapolis, Indiana	01-09-83

200m freestyle

WORLD:	1:55.42	Claudia Poll, CRC	Rio de Janeiro, BRA	12-01-95
AMERICAN:	1:56.87	Cynthia Woodhead, USA	Austin, Texas	04-15-78
U.S. OPEN:	1:56.35	Birgit Meineke, GDR	Indianapolis, Indiana	01-07-83

400m freestyle

WRLD BEST:	4:02.05	Astrid Strauss, GDR	Bonn, FRG	02-08-87
AMERICAN:	4:02.59	Cynthia Woodhead, USA	Austin, Texas	04-16-78
U.S. OPEN:	4:02.59	Cynthia Woodhead, USA	Austin, Texas	04-16-78

800m freestyle

WRLD BEST:	8:15.34	Astrid Strauss, GDR	Bonn, FRG	02-06-87
AMERICAN:	8:18.77	Cynthia Woodhead, USA	Paris, FRA	02-08-80
U.S. OPEN:	8:17.32	Petra Schneider, GDR	Gainesville, Florida	01-08-82

1500m freestyle

WRLD BEST:	15:43.31	Petra Schneider, GDR	Gainesville, Florida	01-10-82
AMERICAN:	15:50.96	Kim Linehan, USA	Indianapolis, Indiana	01-09-83
U.S. OPEN:	15:43.31	Petra Schneider, GDR	Gainesville, Florida	01-10-82

50m backstroke

WRLD BEST:	27.64	Xiuyu Bai, CHN	Desenzano	03-12-94
AM. BEST:	27.93	Angel Martino, USA	Sabadelle, ESP	12-00-93
U.S. OPEN:	N/A			

100m backstroke

WORLD:	58.50	Angel Martino, USA	Mallorca, ESP	12-03-93
AMERICAN:	58.50	Angel Martino, USA	Mallorca, ESP	12-03-93
U.S. OPEN:	59.47	Lia Oberstar, Southern Methodist	San Antonio, Texas	12-06-96

200m backstroke

WORLD:	2:06.09	Cihong He, CHN	Mallorca, ESP	12-05-93
AMERICAN:	2:07.52	Lia Oberstar, Southern Methodist	San Antonio, Texas	12-05-96
U.S. OPEN:	2:07.52	Lia Oberstar, Southern Methodist	San Antonio, Texas	12-05-96

50m breaststroke

WRLD BEST:	30.98	Xue Han, CHN	Beijing, CHN	01-11-96
AM. BEST:	32.43	Emily Short, USA	Victoria, CAN	04-00-91
U.S. OPEN:	N/A			

100m breaststroke

WORLD:	1:05.70	Samantha Riley, AUS	Rio de Janeiro, BRA	12-02-95
AMERICAN:	1:07.47	Tracy Caulkins, USA	Gainesville, Florida	01-02-81
U.S. OPEN:	1:07.47	Tracy Caulkins, USA	Gainesville, Florida	01-02-81

200m breaststroke

WORLD:	2:20.85	Samantha Riley, AUS	Rio de Janeiro, BRA	12-01-95
AMERICAN:	2:25.84	Kristine Quance, Southern California	Ann Arbor, Michigan	12-04-93
U.S. OPEN:	2:25.84	Kristine Quance, Southern California	Ann Arbor, Michigan	12-04-93

50m butterfly

WORLD:	26.56	Angela Kennedy, AUS	Sheffield, GBR	02-12-95
AMERICAN:	26.73	Amy Van Dyken, USA	Espoo, FIN	01-00-95
U.S. OPEN:	N/A			

100m butterfly

WORLD:	58.29	Misty Hyman, USA/Arizona Desert Fox	Quebec City, CAN	12-01-96
AMERICAN:	58.29	Misty Hyman, Arizona Desert Fox	Quebec City, CAN	12-01-96
U.S. OPEN:	58.69	Misty Hyman, Arizona Desert Fox	San Antonio, Texas	12-06-96

200m butterfly

WRLD BEST:	2:05.65	Mary T. Meagher, USA	Gainesville, Florida	01-02-81
AMERICAN:	2:05.65	Mary T. Meagher, USA	Gainesville, Florida	01-02-81
U.S. OPEN:	2:05.65	Mary T. Meagher, USA	Gainesville, Florida	01-02-81

100m individual medley

WRLD BEST:	1:01.03	Louise Karlsson, SWE	Espoo, FIN	11-21-92
AM. BEST:	1:01.81	Angel Martino, USA	Gelsenkirchen, GER	03-00-94
U.S. OPEN:	N/A			

200m individual medley

WORLD:	2:07.79	Allison Wagner, USA	Mallorca, ESP	12-05-93
AMERICAN:	2:07.79	Allison Wagner, USA	Mallorca, ESP	12-05-93
U.S. OPEN:	2:10.60	Petra Schneider, GDR	Gainesville, Florida	01-08-82

400m individual medley

WORLD:	4:29.00	Guohong Dai, CHN	Mallorca, ESP	12-02-93
AMERICAN:	4:31.76	Allison Wagner, USA	Mallorca, ESP	12-02-93
U.S. OPEN:	4:33.44	Tracy Caulkins, USA	Gainesville, Florida	01-03-81

200m freestyle relay

WRLD BEST:	1:42.13	West German National Team	Bonn, FRG	02-12-88
		(Iris Zscherpe, Karin Seick, Katja Zillek, Christiane Pielke)		
AMERICAN:	1:42.67	USA National Team	Bonn, FRG	02-12-88
		(Anna Pettis-Scott, Melanie Buddemeyer, Grace Cornelius, Laura Walker)		

U.S. OPEN:	1:42.73	Americus Blue Tide	Americus, Georgia	08-06-92
		(Angel Martino*, Christy Lindsey, Anna Dorminy, Stacy Potter)		
CLUB:	1:42.73	Americus Blue Tide	Americus, Georgia	08-06-92
		(Angel Martino*, Christy Lindsey, Anna Dorminy, Stacy Potter)		

*Established American record in 50m freestyle on lead-off leg

400m freestyle relay

WORLD:	3:35.97	Chinese National Team	Mallorca, ESP	12-04-93
		(Bin Lu, Ying Shan, Yuan Yuan Jia, Jingyi Le)		
AMERICAN:	3:40.40	USA National Team	Mallorca, ESP	12-04-93
		(Angel Martino, Sarah Perroni, Kristie Krueger, Paige Wilson)		
U.S. OPEN:	3:41.74	East German National Team	Indianapolis, Indiana	01-09-83
		(Kristin Otto, Carmela Schmidt, Cornelia Sirch, Birgit Meineke)		
CLUB:	3:43.67	Texas	Los Angeles, California	04-26-87
		(Betsy Mitchell, Ann Drolsom, Courtney Madsen, Carrie Steinseifer)		

800m freestyle relay

WORLD:	7:52.45	China National Team	Mallorca, ESP	12-02-93
		(Ying Shan, Guanbin Zhou, Jingyi Le, Bin Lu)		
AMERICAN:	7:58.74	USA National Team	Gainesville, Florida	01-03-81
		(Tracy Caulkins, Nancy Hogshead, Mary T. Meagher, Cynthia Woodhead)		
U.S. OPEN:	7:58.74	USA National Team	Gainesville, Florida	01-03-81
		(Tracy Caulkins, Nancy Hogshead, Mary T. Meagher, Cynthia Woodhead)		
AM. CLUB:	8:13.25	Fort Lauderdale Swim Team	Gainesville, Florida	01-08-82
		(Stephanie Mason, Beth Gardner, Christi Woolger, Paige Zemina)		
OPEN CLUB:	8:11.86	Florida	Gainesville, Florida	01-08-82
		(Rosie Brown, Lynette Gernaat, Linda Irish, Andrea Cross)		

200m medley relay

WRLD BEST:	1:52.69	Americus Blue Tide	Americus, Georgia	08-06-92
		(Stacy Potter, Buffy Nelson, Angel Martino, Anna Dorminy)		
AMERICAN:	1:52.69	Americus Blue Tide	Americus, Georgia	08-06-92
		(Stacy Potter, Buffy Nelson, Angel Martino, Anna Dorminy)		
U.S. OPEN:	1:52.69	Americus Blue Tide	Americus, Georgia	08-06-92
		(Stacy Potter, Buffy Nelson, Angel Martino, Anna Dorminy)		
AM. CLUB:	1:52.69	Americus Blue Tide	Americus, Georgia	08-06-92
		(Stacy Potter, Buffy Nelson, Angel Martino, Anna Dorminy)		

400m medley relay

WORLD:	3:57.73	China National Team	Mallorca, ESP	12-05-93
		(Cihong He, Guohong Dai, Limin Lu, Jingyi Le)		
AMERICAN:	4:01.30	USA National Team	Mallorca, ESP	12-05-93
		(Angel Martino, Kelli King-Bednar, Kristie Krueger, Sarah Perroni)		
U.S. OPEN:	4:02.85	East German National Team	Indianapolis, Indiana	01-08-83
		(Kristen Otto, Ute Geweniger, Ines Geissler, Birgit Meineke)		
AM. CLUB:	4:20.21	Florida	Gainesville, Florida	01-04-81
		(Susan Hagberg, Tori Blazey, Holly Green, Kathy Treible)		
OPEN CLUB:	4:15.88	Williams Wasps (Great Britain)	Gainesville, Florida	01-09-82
		(Anna-Louise Mason, Gaynor Stanley, Ann Osgerby, June Croft)		

U.S. SWIMMING NATIONAL AGE GROUP RECORDS (SHORT COURSE - YARDS)

10 AND UNDER

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
83	Grace Cornelius	MA	25.47	50 free	24.95	MN	Kris Humphries	95
94	Trisha Blackwell	VA	56.03	100 free	54.74	SE	Chas Morton	82
89	Lee Ann Gathings	SE	1:59.22	200 free	2:00.70	SE	Chas Morton	82
92	Beth Botsford	MD	28.72r	50 back	28.73	SC	Rick Hancock	96
92	Beth Botsford	MD	1:01.71	100 back	1:01.35	SC	Rick Hancock	96
92	Jilen Siroky	FL	32.66	50 breast	32.31	GU	Michael Milano	89
95	Laura Davis	PC	1:10.37	100 breast	1:11.11	SE	Chas Morton	82
92	Katie Kochman	GA	27.91	50 fly	27.07	SE	Chas Morton	82
84	Stephanie Rosenthal	CA	1:02.54	100 fly	59.97	IA	Zachary Ferguson	92
94	Lesley Meade	OH	1:02.89	100 IM	1:03.33	SE	Chas Morton	82
94	Lesley Meade	OH	2:16.76	200 IM	2:12.29	SE	Chas Morton	82
95	Lake Erie Silver Dolphins <i>Weingart, Torpey Strohl, Klaus</i>	LE	1:51.31	200 FR	1:50.07	GU	Aqua-Tex Swim Team <i>Counts, Howard Pank, Kehlenbach</i>	88
95	Pointe Aquatics <i>Keat, Miller Shelden, Jamerino</i>	MI	2:03.38	200 MR	2:04.35	MD	North Baltimore AC <i>Shimkaveg, Brannan O'Reilly, Curreri</i>	91

11 - 12

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
83	Trina Radke	MN	23.71	50 free	22.63	MS	Ben Davidson	93
85	Grace Cornelius	MA	23.71					
85	Grace Cornelius	MA	50.89	100 free	49.46	SE	Chas Morton	84
82	Michelle Richardson	SE	1:50.40	200 free	1:47.72	WT	Jeff McPherson	85
77	Cynthia Woodhead	CA	4:49.51	500 free	4:47.65	FL	Robert Margalis	95
94	Beth Botsford	MD	26.50	50 back	25.32	CC	David Chan	92
94	Beth Botsford	MD	56.23	100 back	54.79	CC	David Chan	92
95	Jody Hillock	SN	29.78	50 breast	28.24	MR	Chris Miller	94
95	Jody Hillock	SN	1:03.56	100 breast	1:00.84	MR	Chris Miller	94
93	Beth Botsford	MD	25.69	50 fly	24.26	NC	Matt Zimmerman	96
93	Whitney Phelps	MD	55.68	100 fly	51.85	SE	Chas Morton	84
89	Darby Chang	VA	58.18	100 IM	55.93	CC	David Chan	92
94	Jennifer Parmenter	CA	2:06.03	200 IM	1:56.61	SE	Chas Morton	84
96	Cincinnati Marlins <i>Meade, Koch Kunkel, Greiner</i>	OH	1:40.93	200 FR	1:37.83	CA	Irvine Novaquatics <i>Shimura, Peirsol Cavic, Fitzgerald</i>	96
96	Cincinnati Marlins <i>Meade, Greiner Koch, Kunkel</i>	OH	3:39.80	400 FR	3:34.92	CA	Irvine Novaquatics <i>Shimura, Peirsol Cavic, Fitzgerald</i>	96
93	North Baltimore AC <i>Botsford, Dannenfels Phelps, Rehm</i>	MD	1:51.34	200 MR	1:51.24	NC	Greensboro SA <i>Rendall, Spaulding Hertz, Rendall</i>	90
92	North Baltimore AC <i>Botsford, Pfeiffer Phelps, Rehm</i>	MD	4:00.77	400 MR	3:58.32	CA	Irvine Novaquatics <i>Peirsol, Yu Shimura, Fitzgerald</i>	96

13 - 14

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
82	Dara Torres	CA	22.44	50 free	20.82	PN	Ugur Taner	89
87	Grace Cornelius	MA	49.65	100 free	45.75	PN	Ugur Taner	89
78	Stephanie Elkins	FL	1:45.91	200 free	1:39.50	PN	Ugur Taner	89
78	Cynthia Woodhead	CA	4:39.94	500 free	4:30.19	SE	Jeremy Kane	93
84	Michele Richardson	FG	9:33.39	1000 free	9:10.10	SE	Jeremy Kane	93
81	Tiffany Cohen	CA	15:54.86	1650 free	15:28.92	SE	Paul Budd	80
96	Beth Botsford	MD	54.78r	100 back	50.31	GU	Dan Westcott	95
96	Beth Botsford	MD	1:57.36	200 back	1:50.11	GU	Dan Westcott	95
96	Amanda Beard	CA	1:01.79	100 breast	57.01	CA	John Moffet	79
91	Anita Nail	MD	2:12.54	200 breast	2:03.89	CA	John Moffet	79
87	Grace Cornelius	MA	53.99	100 fly	50.07	SE	Chas Morton	86
79	Mary T. Meagher	KY	1:56.58	200 fly	1:51.77	CA	Brian Alderman	84
78	Tracy Caulkins	SE	2:00.27	200 IM	1:52.00	PN	Ugur Taner	89
96	Jennifer Parmenter	CA	4:15.22	400 IM	3:57.30	SE	Chas Morton	86

13 - 14 (continued)

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
96	Cheshire Water Devils <i>Lasalle, Bowman Eng, Iorio</i>	CT	1:37.63	200 FR	1:30.39	CA	Golden West SC <i>Tong, Iacopetti Martin, Haney</i>	93
78	Nashville AC <i>Caulkins, Phillips Sanders, Risser</i>	SE	3:33.21	400 FR	3:17.56	PV	Curl-Burke <i>Kuhns, Seibetta Bell, Cole</i>	90
78	Mission Viejo <i>Amen, Meyers Brandewie, Maddock</i>	CA	7:34.58	800 FR	7:11.47	CA	Golden West SC <i>Tong, Iacopetti Martin, Haney</i>	93
92	Davis Aquadarts <i>Knapp, Walser Calfee, Collins</i>	SN	1:49.38	200 MR	1:40.46	OH	Cincinnati Marlins <i>Dusing, Drenik Wiltz, Ense</i>	93
95	North Baltimore AC <i>Botsford, Dannenfels Phelps, Rehm</i>	MD	3:55.46	400 MR	3:37.45	NC	Grennsboro Swimming <i>Byrnes, Spaulding Rendall, Hertz</i>	92

15 - 16

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
83	Dara Torres	CA	22.60	50 free	20.36	LE	Byron Davis	87
79	Tracy Caulkins	SE	49.03	100 free	43.83	OH	Joe Hudepohl	90
79	Cynthia Woodhead	CA	1:44.10	200 free	1:36.19	CA	Eric Diehl	90
79	Tracy Caulkins	SE	4:36.25	500 free	4:19.13	CA	Jeff Kostoff	82
90	Jane Skillman	NJ	9:30.35	1000 free	8:49.97	CA	Jeff Kostoff	82
83	Tiffany Cohen	CA	15:46.54	1650 free	14:52.39	CA	Jeff Kostoff	82
91	Janie Wagstaff	MV	54.37	100 back	48.93	FL	Derek Weatherford	89
90	Janie Wagstaff	MV	1:56.14	200 back	1:46.10	FL	Derek Weatherford	89
89	Mary Ellen Blanchard	GA	1:00.66	100 breast	54.83	GU	Anthony Robinson	96
89	Mary Ellen Blanchard	GA	2:09.06	200 breast	1:59.33	CA	John Moffet	81
81	Mary T. Meagher	KY	53.00	100 fly	48.83	GU	Brad Bailey	86
81	Mary T. Meagher	KY	1:52.99	200 fly	1:46.71	NC	Melvin Stewart	85
79	Tracy Caulkins	SE	1:57.86	200 IM	1:47.11	MA	Dave Wharton	86
79	Tracy Caulkins	SE	4:08.09	400 IM	3:48.56	MA	Dave Wharton	86
94	Davis Aquadarts <i>Knapp, Calfee Walser, Collins</i>	SN	1:36.77	200 FR	1:25.72	GA	SwimAtlanta <i>Connolly, Crogan Gjertsen, Giambalvo</i>	84
95	SwimAtlanta <i>Chandler, Waite Adams, Walkley</i>	GA	3:27.85	400 FR	3:06.51	GA	SwimAtlanta <i>Giambalvo, Connolly Jacobi, Crogan</i>	84
95	Buenaventura SC <i>Schatz, Roarty Kim, Gilman</i>	CA	7:27.13	800 FR	6:47.79	PC	Terrapins <i>Feldman, Holsman Rossi, Kennedy</i>	96
94	Davis Aquadarts <i>Knapp, Walser Calfee, Collins</i>	SN	1:46.06	200 MR	1:36.22	GA	SwimAtlanta <i>Gjertsen, Dersh Giambalvo, Crogan</i>	84
95	Buenaventura SC <i>Schatz, Kim Roarty, Gilman</i>	CA	3:51.04	400 MR	3:28.64	GU	The Woodlands <i>Thibault, Bailey Bartee, Cornman</i>	86

17 - 18

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
86	Jenna Johnson	PC	22.46	50 free	19.50	CA	Tom Jager	83
91	Nicole Haislett	FL	48.45	100 free	43.06	CA	Tom Jager	83
91	Nicole Haislett	FL	1:45.05	200 free	1:33.28	PC	Troy Dalbey	87
90	Janet Evans	PC	4:34.39	500 free	4:16.25	SI	Dan Jorgensen	87
89	Janet Evans	CA	9:25.49	1000 free	8:48.57	CA	Jeff Kostoff	83
90	Janet Evans	PC	15:39.14	1650 free	14:38.22	CA	Jeff Kostoff	84
96	Catherine Fox	MV	53.48r	100 back	47.64	WI	Neil Walker	95
92	Janie Wagstaff	MV	1:55.49	200 back	1:42.41	FL	Brad Bridgewater	92
81	Tracy Caulkins	SE	1:01.13	100 breast	53.66	PC	Tyler Mayfield	91
94	Kristine Quance	CA	2:09.88	200 breast	1:56.74	PC	Tyler Mayfield	91
82	Mary T. Meagher	KY	53.22	100 fly	47.60	GA	Sabir Muhammad	95
82	Mary T. Meagher	KY	1:53.37	200 fly	1:44.32	NC	Melvin Stewart	87
91	Summer Sanders	SN	1:57.02	200 IM	1:45.04	MA	Dave Wharton	88
81	Tracy Caulkins	SE	4:04.63	400 IM	3:42.23	MA	David Wharton	88
89	Wilton Y Wahoos <i>Lewis, Haight Curtis, Jorgenson</i>	CT	1:35.60	200 FR	1:22.91	PC	Marin Pirates <i>Posner, Tomsic Myers, Mathews</i>	92
81	Mission Viejo	CA	3:19.55	400 FR	3:01.34	MA	Team Foxcatcher <i>Ruggieri, Smyth Daly, Lawson</i>	89
81	Mission Viejo	CA	7:12.62	800 FR	6:39.03	MA	Jersey Wahoos <i>Mareen, Mathers Gally, Kellem</i>	86
89	Wilton Y Wahoos <i>Curry, Lewis Jorgensen, Curtis</i>	CT	1:46.29	200 MR	1:32.81	MN	Mach III Flyers <i>Dragsten, Shapley Griffore, Gagner</i>	92
79	Pleasant Hill <i>Hoeflich, Smiarowski Spees, Gehan</i>	PC	3:46.01	400 MR	3:21.10	MN	Mach III Flyers <i>Dragsten, Shapley Griffore, Gagner</i>	92

U.S. SWIMMING NATIONAL AGE GROUP RECORDS (LONG COURSE)

10 AND UNDER

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
83	Grace Cornelius	MA	28.68	50 free	27.71	MN	Kris Humphries	95
83	Grace Cornelius	MA	1:03.57	100 free	1:02.39	MN	Kris Humphries	95
89	Lee Ann Gathings	SE	2:17.61	200 free	2:14.94	PC	Jeremy Szymanowski	84
94	Beth Botsford	MD	33.14	50 back	33.24	MN	Kris Humphries	95
92	Beth Botsford	MD	1:10.41	100 back	1:11.49	SC	Rick Hancock	96
93	Jenna Street	SE	36.42	50 breast	36.30	MA	Atiba Wade	88
93	Jenna Street	SE	1:19.98	100 breast	1:20.45	CA	Patrick Collins	85
95	Connie Brown	NE	31.32	50 fly	30.55	GA	Mujahid El-Amin	96
83	Stephanie Rosenthal	CA	1:10.14	100 fly	1:08.54	MD	Michael Phelps	96
83	Stephanie Rosenthal	CA	2:35.19	200 IM	2:33.72	MD	Michael Phelps	96
83	Mission Viejo Barrett, Winn Rosenthal, Wightman	CA	2:06.68	200 FR	2:02.73	PC	Arden Hills SC Szymanowski, Kawakami Piland, Johnson	84
83	Mission Viejo Rosenthal, Wightman Winn, Stavros	CA	2:19.30	200 MR	2:20.32	MD	North Baltimore AC Lurz, Brannan O'Reilly, Curreri	91

11 - 12

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
92	Jennifer Vanker	MI	26.81	50 free	25.68	MS	Ben Davidson	93
85	Grace Cornelius	MA	58.17	100 free	56.08	OH	Jason Cobb	95
91	Dee Brown	OZ	2:03.38	200 free	2:02.83	WV	Danny Ott	87
91	Dee Brown	OZ	4:19.48	400 free	4:17.74	SC	Reeve Irvin	91
92	Jennifer Crisman	MI	30.31	50 back	29.73r	CC	David Chan	92
94	Beth Botsford	MD	1:03.08	100 back	1:03.60	CA	Aaron Peirsol	96
96	Carly Geehr	CA	33.80	50 breast	31.86	CT	Anthony Robinson	92
93	Erika Korb	AZ	1:13.36	100 breast	1:11.34	CT	Anthony Robinson	93
93	Beth Botsford	MD	28.75	50 fly	27.43	SE	Chas Morton	82
82	Jennifer Jackson	MI	1:03.73	100 fly	58.74	SE	Chas Morton	83
93	Shelly Ripple	LA	2:21.55	200 IM	2:15.42	SE	Chas Morton	83
95	Cincinnati Marlins Kroeger, Ransom Greiner, Meade	OH	1:54.92	200 FR	1:52.96	SE	Nashville AC Morton, Martin DeJarnette, Cotton	83
95	Cincinnati Marlins Kroeger, Ransom Greiner, Meade	OH	4:09.17	400 FR	4:07.17	OZ	Sugar Creek SC Weyman, Crossen Tanno, Younger	88
95	Cincinnati Marlins Ransom, Rye Meade, Waizenhofer	OH	2:08.12	200 MR	2:06.46	PC	Santa Clara SC Hackbarth, Taliaferro Schaffer, Colwill	82
95	Cincinnati Marlins Ransom, Rye Meade, Greiner	OH	4:37.22	400 MR	4:36.01	CA	Irvine Novaquatics Peirsol, Sutherland Shimura, Fitzgerald	95

13 - 14

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
82	Dara Torres	CA	26.04	50 free	23.81	AR	Noel Strauss	87
87	Grace Cornelius	MA	56.61	100 free	51.59	AR	Noel Strauss	87
78	Cynthia Woodhead	CA	1:58.53	200 free	1:56.00	ST	Jeffrey Olsen	84
78	Cynthia Woodhead	CA	4:07.15	400 free	4:03.20	CA	Jesse Vassallo	76
78	Cynthia Woodhead	CA	8:29.35	800 free	8:22.99	SC	Reeve Irvin	93
84	Michelle Richardson	FG	16:12.57	1500 free	15:31.03	CA	Jesse Vassallo	76
96	Beth Botsford	MD	1:01.59	100 back	58.07	GU	Dan Westcott	95
96	Beth Botsford	MD	2:10.66	200 back	2:06.85	IN	Bryce Hunt	96
96	Amanda Beard	CA	1:08.09	100 breast	1:04.74	GU	Anthony Robinson	94
96	Amanda Beard	CA	2:25.75	200 breast	2:23.32	WI	Kristian Lee	93
79	Mary T. Meagher	KY	59.71	100 fly	56.34	SE	Chas Morton	86
79	Mary T. Meagher	KY	2:07.01	200 fly	2:05.72	CA	Filberto Colon	80
95	Jennifer Parmenter	CA	2:17.00	200 IM	2:09.04	SE	Chas Morton	85
84	Erika Hansen	MA	4:45.58	400 IM	4:31.81	SE	Chas Morton	85
94	Carmel Swim Club Wehner, Hillenmeyer Davis, Plummer	IN	1:50.72	200 FR	1:43.77	PC	Concord-Pleasant Hill Klaren, Vendi Marble, Jones	80

13 - 14 (continued)

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
79	Mission Viejo <i>Barnicoat, Barker Weideman, Amen</i>	CA	4:00.52	400 FR	3:45.85	PC	San Jose Aquatics <i>Taliaferro, French Starr, Nicolao</i>	84
84	San Jose Aquatics <i>Morback, Hartung Stigum, Karan</i>	PC	8:38.86	800 FR	8:09.62	PC	Santa Clara SC <i>Meck, Hackbarth York, Colwill</i>	84
90	Irvine Novaquatics <i>Pharris, Perry Kuser, Donald</i>	CA	2:05.00	200 MR	1:55.73	GU	Cypress-Fairbanks SC <i>Baker, Montague Jernigan, Willey</i>	93
96	Irvine Novaquatics <i>Yokouchi, Beard Reaves, Kraus</i>	CA	4:27.60	400 MR	4:11.41	GU	Cypress-Fairbanks SC <i>Banker, Montague Jernigan, Rauch</i>	93

15 - 16

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
83	Dara Torres	CA	25.62	50 free	23.25	AR	Noel Strauss	87
79	Cynthia Woodhead	CA	55.63	100 free	50.24	OH	Joe Hudepohl	90
79	Cynthia Woodhead	CA	1:58.23	200 free	1:50.93	OH	Joe Hudepohl	90
88	Janet Evans	CA	4:05.45	400 free	3:53.69	CA	John Mykkanen	83
88	Janet Evans	CA	8:17.12	800 free	8:00.71	CA	Jeff Kostoff	82
88	Janet Evans	CA	15:52.10	1500 free	15:03.91	MR	Bobby Hackett	76
91	Janie Wagstaff	MV	1:01.10	100 back	56.99	GA	Robert Brewer	90
91	Janie Wagstaff	MV	2:09.09	200 back	2:02.82	OH	Justin Thornton	94
92	Anita Nail	MD	1:08.17	100 breast	1:02.94	OZ	Jeff Commings	90
92	Anita Nail	MD	2:25.35	200 breast	2:18.66	PC	Ethan Hall	95
81	Mary T. Meagher	KY	57.93	100 fly	54.75	GA	Jeff Elder	95
81	Mary T. Meagher	KY	2:05.96	200 fly	2:00.25	NE	Ray Carey	89
93	Allison Wagner	FL	2:12.54	200 IM	2:05.64	FL	Greg Burgess	88
88	Janet Evans	CA	4:38.58	400 IM	4:24.56	MA	Dave Wharton	85
83	Walnut Creek <i>Evans, Scheetz Gardner, Dorman</i>	PC	1:49.77	200 FR	1:38.26	PC	San Jose Aquatics <i>Dalbey, Nicolao Taliaferro, Huff</i>	85
95	Poseidon Swimming <i>York, Cruickshanks Tew, Owen</i>	VA	3:57.50	400 FR	3:32.96	PC	San Jose Aquatics <i>Taliaferro, Nicolao North, Candy</i>	85
86	Mission Viejo <i>Eggert, Oshann Brown, Babashoff</i>	CA	8:27.93	800 FR	7:48.89	MA	Jersey Wahoons <i>Killion, Gally Mathers, Marion</i>	84
96	Mission San Jose Aquatics <i>Sabado, Lyon Ho, Suryoutomo</i>	PC	2:04.53	200 MR	1:50.25	MA	Philadelphia Dept Rec <i>Webb, Bell Norment, Yeager</i>	91
81	Riviera Swim Club <i>Horlander, Brown McKinney, Fila</i>	IN	4:21.82	400 MR	3:57.15	GU	Cypress Fairbanks <i>Rauch, Montague Livingstone, Jernigan</i>	95

17 - 18

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
84	Dara Torres	CA	25.61r	50 free	22.86	OZ	Tom Jager	82
81	Nicole Haislett	FL	55.17	100 free	49.52	OH	Joe Hudepohl	92
91	Cynthia Woodhead	CA	1:58.65	200 free	1:48.36	OH	Joe Hudepohl	92
88	Janet Evans	CA	4:03.85	400 free	3:49.41	SI	Dan Jorgensen	86
89	Janet Evans	CA	8:16.22	800 free	7:56.33	PV	Tom Dolan	86
90	Janet Evans	CA	15:54.23	1500 free	15:02.40	CA	Brian Goodell	76
92	Janie Wagstaff	MV	1:00.84	100 back	55.84	VA	Jeff Rouse	88
92	Janie Wagstaff	MV	2:09.43	200 back	1:59.26	NJ	Royce Sharp	91
93	Anita Nail	MD	1:09.11	100 breast	1:02.51	OZ	Jeff Commings	91
93	Anita Nail	MD	2:27.79	200 breast	2:14.94	NJ	Nelson Diebel	89
96	Misty Hyman	AZ	59.25	100 fly	53.71	PC	Pablo Morales	83
82	Mary T. Meagher	KY	2:07.14	200 fly	1:58.05	NC	Melvin Stewart	87
96	Allison Wagner	FL	2:13.71	200 IM	2:02.49	MA	David Wharton	87
88	Janet Evans	CA	4:37.76	400 IM	4:12.30	PV	Tom Dolan	94
84	Riverside Aquatics <i>Fleisher, Gillespie Platner, Meckoll</i>	CA	1:49.35	200 FR	1:37.02	MI	Ann Arbor YMCA <i>Messner, Urquhart Zawacki, Spenser</i>	96
82	West Chester AC <i>Bamberger, McClain Gavin, Kinkad</i>	MA	3:54.61	400 FR	3:29.32	PC	Santa Clara SC <i>Kutler, Schaffer Cronin, Meck</i>	88
88	Mission Bay <i>Halverstadt, Magill Richardson, Brown</i>	FG	8:14.77	800 FR	7:38.51	FG	Pine Crest SC <i>Griner, Monasterio Lang, Stahlman</i>	88
91	Mecklenburg Aquatic <i>Barnhardt, Barnhardt Blackmon, Goebrecht</i>	NC	2:03.38	200 MR	1:44.93	CA	Las Vegas Gold <i>King, Dennison Mayfield, Federov</i>	89
78	Santa Clara SC <i>Jezek, Grimley Moran, Asplund</i>	PC	4:18.96	400 MR	3:54.97	IL	BR Ryall YMCA <i>Kelly, Ihlenfeld Ganden, Szveda</i>	96

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USS GiftLine Fax	(719) 578-4761

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Calendar of Events

1997

January	17-19	USS Grand Prix Series Meet	Seattle, Wash.
February	12-16	Phillips 66 National Swimming Championships	Buffalo, N.Y.
March	12-15	NCAA Div. II Swimming Championships — Men/Women	San Antonio, Texas
	13-15	NCAA Div. III Swimming Championships — Women	Oxford, Ohio
	18-22	Speedo Junior Championships — West	College Station, Texas
	18-22	Speedo Junior Championships — Southeast	Orlando, Fla.
	18-22	Speedo Junior Championships — Northeast	Bloomington, Ind.
	20-22	NCAA Div. III Swimming Championships — Men	Oxford, Ohio
	20-22	NCAA Div. I Swimming Championships — Women	Indianapolis, Ind.
	27-29	NCAA Div. I Swimming Championships — Men	Minneapolis, Minn.
April	17-20	III FINA Short Course World Championships	Gothenburg, SWE
May	16-18	USS Grand Prix Series Meet	Phoenix, Ariz.
June	13-15	Charlotte UltraSwim (<i>USS Grand Prix Series</i>)	Charlotte, N.C.
July	4-6	Janet Evans Invitational (<i>USS Grand Prix Series</i>)	Los Angeles, Calif.
	26-1	Phillips 66 National Swimming Championships	Nashville, Tenn.
August	5-9	Speedo Junior Championships — West	Clovis, Calif.
	5-9	Speedo Junior Championships — Southeast	New Orleans, La.
	5-9	Speedo Junior Championships — Northeast	Oxford, Ohio
	10-13	Pan Pacific Championships	Fukuoka, JPN
	25-30*	World University Games	Sicily, ITA
September	23-28	U.S. Swimming's annual meetings	Burlingame, Calif.
December	4-6	U.S. Open Swimming Championships	Indianapolis, Ind.

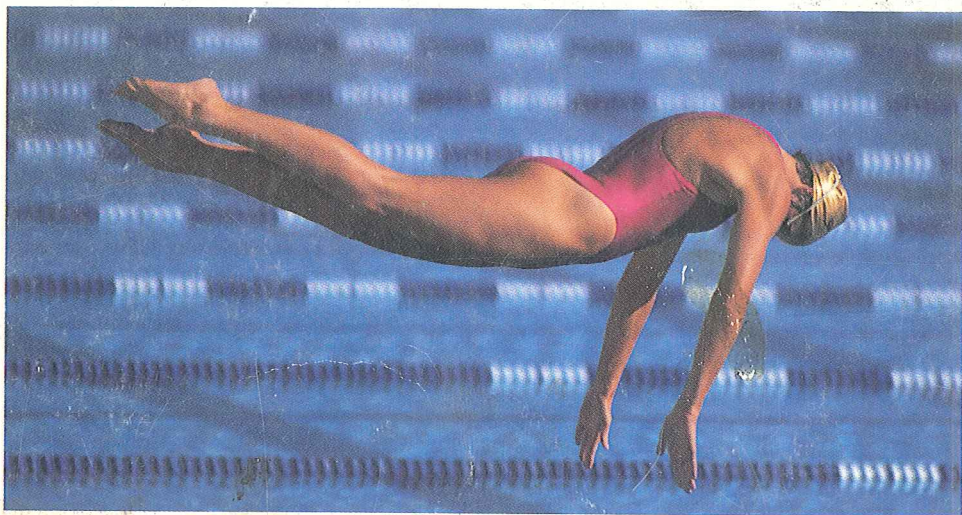
1998

January	8-18	FINA World Championships	Perth, AUS
March	11-14	NCAA Div. II Swimming Championships — Men/Women	TBA
	12-14	NCAA Div. III Swimming Championships — Women	St. Louis, Mo.
	19-21	NCAA Div. III Swimming Championships — Men	St. Louis, Mo.
	19-21	NCAA Div. I Swimming Championships — Women	TBA
	24-28	Speedo Junior Championships — West	Grand Forks, N.D.
	24-28	Speedo Junior Championships — Southeast	Charlotte, N.C.
	24-28	Speedo Junior Championships — Northeast	Long Island, N.Y.
	26-28	NCAA Div. I Swimming Championships — Men	TBA
April	1-5	Phillips 66 National Swimming Championships	Minneapolis, Minn.
July	30-2*	Goodwill Games	New York, N.Y.

*Swimming Dates Only

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For more information on how you can help these athletes, please write to: Executive Director, United States Swimming, 1750 East Boulder Street, Colorado Springs, Colorado 80909.