



**UNITED STATES SWIMMING**  
**Rules and Regulations**  
**1983**



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**1983  
UNITED STATES  
SWIMMING  
RULES  
AND  
REGULATIONS**

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# MAJOR RULE CHANGES AND EFFECTIVE DATES

## EFFECTIVE FEBRUARY 6, 1983

**COSTUME RULE**—Trademark size limited to swimsuits only. 103.11

## EFFECTIVE APRIL 1, 1983

### NATIONAL CHAMPIONSHIP RULES

**RELAY ENTRY**—National J.O. aggregate time acceptance limited. 104.3(1) & 104.9(1)(b) note

**SCORING**—National J.O. now scored like National Senior. 104.4(14)

**ENTRY TIMEFRAME**—Now September 1 for both National J.O. and Senior. 104.8(9)(c) & (d)

**RELAY JUMPS**—Dual confirmation required. 104.10(2) & (6)

**MOVABLE BULKHEADS**—Lane measurement required prior to each session if records are claimed. 104.12 & 108.2(3)(9)

## EFFECTIVE MAY 15, 1983

### GLOSSARY

**NEW DEFINITIONS**—Initial Distance—Split Time—Session—Time Trial—Time Standard.

### TECHNICAL RULES

**AWARDS**—Value limits & award types removed. See also new limit on non-trophy/medal awards value in 343.9(5) part three.

**RECORD REQUIREMENT**—Movable bulkhead measurement required. 108.2(3)(9)



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## OFFICIAL GLOSSARY

### Swimming Words and Terms

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

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

**Appreciable**—sufficient in extent to be recognized.

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

**Body**—the torso, including shoulders and hips.

**Calm State or Surface**—normal level surface without turbulence.

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

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

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

**Corporation**—United States Swimming, Inc.

**Course**—designated distance over which the competition is conducted.

**Long Course**—50 or 55 yards, 50 meters.

**Short Course**—20 or 25 yards, 25 meters.

**Draw**—random selection by chance.

**Dual Competition**—competition between two clubs.

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

**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.

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

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

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

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

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

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

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

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

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

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

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

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

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

**Length**—extent of the course from end to end.

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



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

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

**Mark**—(take your) starting position.

**May**—permissive, not mandatory.

**Meet**—a series of events held in one program.

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

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

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

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

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

**Propulsive**—having power to propel.

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

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

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

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

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

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

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

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

**Shall**—mandatory.

**Simultaneously**—at the same time.

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

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

**Still Water**—water contained within four walls or landlocked which has no perceptible current or movement other than that caused by wind or by other swimmers. (Circulatory systems should be off during competition.)

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

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

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

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

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

**Time Trial**—swimming against time in a record attempt, unpaced by other swimmers.

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

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

# PART ONE

## TECHNICAL RULES

All competitive swimming events held under Corporate sanction shall be conducted in accordance with the following rules which are designed to protect the swimmer, provide fair and equitable conditions of competition, and promote uniformity in the sport so that no swimmer shall obtain unfair advantage over another.

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

**All provisions under Part One, the Technical Rules, unless otherwise specified on Page 4, "Major Rules Changes", are effective beginning May 15, 1983, and until changed. Rules in effect on the first day of a meet shall govern throughout that meet.**

### ARTICLE 1 CLASSES OF COMPETITION

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

- (1) **Senior**—All registered swimmers except Masters are eligible for the Senior Class.
- (2) **Junior**—All registered swimmers 18 years of age and younger are eligible for the Junior Class subject to the restrictions elsewhere in these rules.
- (3) **Age Group**—Age Group swimming is for swimmers 18 years of age and under and shall be conducted under the provisions of Article 6.
- (4) **Masters**—Masters swimming is for swimmers 25 years of age and older.
- (5) **Long Distance**—All registered swimmers are eligible for Long Distance swimming.



## ARTICLE 2

### RULES FOR SWIMMING THE STROKES

#### 102.1 BREASTSTROKE

- (1) **Start**—The forward start shall be used.
- (2) **Stroke**—The body shall be kept on the breast. From the beginning of the first armstroke after the start and after each turn, the body shall be kept perfectly on the breast and both shoulders shall be in line with the water surface. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on or under the surface of the water, and shall be brought back on or under the surface of the water. A part of the head shall always be above the general water level (the surface in a calm state), except that after the start and after each turn, the swimmer may take one arm stroke and one leg kick while wholly submerged. When the hands begin their sideward or downward press, a new stroke shall have been started. Drifting apart of the hands does not constitute an infraction. A wave passing over the head does not constitute a violation.
- (3) **Kick**—All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outwards in the backward movement. A flutter kick or downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.
- (4) **Turns**
  - (a) **Short Course**—When touching at each turn, the touch shall be made with both hands simultaneously. It is permissible for a shoulder to be dropped and/or the head to be lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke. This would apply also to the breaststroke leg of the individual medley and the breaststroke leg in the medley relay.
  - (b) **Long Course**—When touching at each turn, the touch shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made, the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke.
- (5) **Finish**
  - (a) **Short Course**—On the finish the touch of the solid wall or pad shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. It is permissible for the head to be



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

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

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

## 102.2. BUTTERFLY

- (1) **Start**—The forward start shall be used.
- (2) **Stroke**—After the start and turns, a swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him to the surface. Both arms must be brought forward together over the water and brought backward simultaneously. The body must be kept perfectly on the breast, and both shoulders in the horizontal plane, from the beginning of the first arm stroke after the start and after each turn.
- (3) **Kick**—All up and down movements of the legs and feet must be simultaneous. The position of the legs and feet shall not alternate in relation to each other. The use of the scissor or breaststroke kicking movement is not permitted.
- (4) **Turns**
  - (a) **Short Course**—When touching at each turn the touch shall be made with both hands simultaneously. It is permissible to drop a shoulder after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke. This would apply also to the butterfly leg of the individual medley and the butterfly leg of the medley relay.
  - (b) **Long Course**—When touching at each turn the touch shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke.
- (5) **Finish**
  - (a) **Short Course**—On the finish the touch of the solid wall or pad shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water.

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

### 102.3. BACKSTROKE

- (1) **Start**—The swimmers shall line up in the water, facing the starting end, with both hands resting either on the end or rail of the pool or on any part of the starting platform or block, or on the starting grips.
- (a) **Short Course**—The feet may be placed in any position on the end of the pool, and the swimmer may assume any desired starting position which does not remove his foot or feet completely from the water, nor his foot or feet from contact with the end of the pool, nor his hand or hands from the starting grips, pool edge, or starting block. Subject to the approval of the host facility, a backstroke starting block against which to place the feet may be used, if available to all contestants.
- (b) **Long Course**—It shall be the starter's duty to see that the swimmer's feet, including the toes, shall be under the surface of the water, and that no swimmer is standing in or on the gutter, or curling his toes over the lip of the gutter. A backstroke starting block may not be used.
- (2) **Stroke**—The swimmer shall push off on his back and continue swimming on his back throughout the race.
- (3) **Turns**—The swimmer's head, shoulder, foremost hand or arm must touch the end of the course, but the shoulders must not turn over beyond the vertical before the touch is made. It is permissible to turn the shoulders beyond the vertical after the touch, but the swimmer must have returned to a position where the shoulders are at or past the vertical toward the back before the feet have left the wall.
- (4) **Finish**—The swimmer shall have finished the race when any part of his person touches the solid wall or pad at the end of the pool.

### 102.4. FREESTYLE

- (1) **Start**—The forward start shall be used.
- (2) **Stroke**—Freestyle means that in an event so designated the swimmer may swim any style; except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke.
- (3) **Turns**—In freestyle competition the hand touch is not required at the turn; it is sufficient if any part of the swimmer touches the solid wall or pad at the end of the pool or course.
- (4) **Finish**—The swimmer shall have finished the race when any part of his person touches the solid wall or pad at the end of the pool.

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



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

- (1) The stroke and turns for each stroke shall follow the prescribed rules for each stroke.
- (2) The turns from one stroke to another shall be considered turns, not finishes, and are as follows:
  - (a) **Butterfly to backstroke**—once a legal touch has been made the swimmer may turn in any manner desired. The prescribed stroke form must be attained prior to the time the feet leave the wall.
  - (b) **Backstroke to breaststroke**—once a legal touch has been made the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the feet leave the wall. The prescribed stroke form must be attained prior to the first arm stroke.
  - (c) **Breaststroke to freestyle**—once a legal touch has been made the swimmer may turn in any manner desired.
- (3) **Finish**—The swimmer shall have finished the race when any part of his person touches the solid wall or pad at the end of the pool.

#### 102.6. RELAYS

- (1) **Freestyle Relay**—Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
- (2) **Medley Relay**—Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.
- (3) **Rules Pertaining to Relay Races**
  - (a) No swimmer shall swim more than one leg in any relay event.
  - (b) Relay teams may not compete unattached. In all cases relay teams must be composed of USS members of the same club, school or organization which is a member of the Corporation.
  - (c) When automatic relay take-off judging is used, each swimmer must touch the touchplate or pad in his lane at the end of the course to have finished his leg of the relay race.
  - (d) In relay races a swimmer other than the first swimmer shall not start until his teammate has concluded his leg.
  - (e) Any relay team member and his relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
  - (f) Each relay team member shall leave the water immediately upon finishing his leg, except the last member.

- (g) In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his preceding teammate touches the wall shall be disqualified.
- (h) When the first swimmer on a relay completes his leg in accordance with the rules of the stroke and unless his team is disqualified for some action on his part, his split time, if recorded in accordance with 108.2(4)(a), may be considered for an official time. If recorded in accordance with 108.2(4)(a) or 103.15(4) this time may also be considered for LSC and local records, and if recorded in accordance with 108.2(3), (4) and (5) it may be considered for any other record purpose.

### ARTICLE 3

#### RULES APPLYING TO THE CONDUCT OF ALL SWIMMING COMPETITION

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

#### 103.1. EVENTS

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

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

- (1) Programs for Senior, Junior, Age Group and/or those of mixed classification, can be tailored to local requirements and conditions.
- (2) **Dual Meets**—Dual meets are encouraged between clubs, LSCs and regions. They may consist of programs of mixed classifications. For Age Group suggested dual meet programs refer to Article 6.

#### (a) Suggested Events in Senior Dual Meets

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

#### (b) Suggested Events in All-Star Dual Meet Competition

This program is designed for two days or two-session competition.

Each competitor is allowed two races per session.

Each team may enter two competitors and one relay in each event.



Events are alternated; first women, then men.

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

**First Session**

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

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

**Second Session**

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

(3) **Conduct of Dual Meets**

- (a) In six-lane pools each team may enter three official swimmers, of which only two may score. Upon arrival at the pool the visiting team shall have the choice of lanes or a side of the pool.
- (b) Each swimmer may swim in three events, of which at least one must be a relay.
- (c) It is recommended that each team be furnished with entry cards, which shall also serve as time cards. They may be turned in to the Referee, or his representative, several events ahead, but must be submitted immediately upon request, and must include the name of the swimmer and the lane he/she will swim in. No change may be made except through injury or illness.
- (d) Protests which cannot be resolved at the meet must be sent to the proper committee.
- (e) Scoring: Individuals 5-3-1. Relays 7-0.

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

- (a) Starter-Referee, who may also act as a stroke and turn judge.
- (b) One other stroke and turn judge.
- (c) Two scorers—one from each team.
- (d) Announcer.
- (e) Three timers for each lane.
- (f) Relay take-off judges.

- (g) Two across-the-board judges, one on each side of the pool at the finish line whose independent decisions as to the order of finish may be used for balloting.
- (h) The visiting team may furnish officials as a courtesy, not a requirement.

### **103.3. ENTRIES**

- (1) In any combination of aquatic events conducted on a single day at the same site and where preliminaries and finals are held, no swimmer shall be permitted to compete in more than 3 events (1 event equals 1 preliminary plus 1 final) per day, exclusive of relays.
- (2) The above restrictions are effective regardless of the classification mixture and/or that separate meets are being conducted and such limitations shall be clearly stated on the entry blanks.
- (3) When timed finals are held, without preliminary heats, no swimmer shall be permitted to compete in more than 5 events per day exclusive of relays.
- (4) In meets where a combination of preliminary and final events and timed finals are held, a swimmer may participate in only 3 individual events per day, unless entered exclusively in timed final events on that day.
- (5) If qualifying time standards are used they may be made in
  - (a) A 25 yard or 25 meter course for short course events.
  - (b) A 50 meter course for long course events.

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

- (1) **Pre-Seeded Meets**—Each swimmer shall report promptly to the clerk of course prior to the start of each race in which he is entered.
  - (a) Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
  - (b) Any swimmer not reporting for or competing in a preliminary heat when finals are scheduled shall not be penalized.
- (2) **Events Seeded at the Meet**—Any swimmer entered in an individual event that is seeded at the meet, in whole or in part, who has checked in for that event, must swim the event unless he notifies the clerk of course before the seeding for that event has begun that he wishes to scratch. Failure to do so will result in his being barred from the next individual event in which he is entered on that day or the next meet day, whichever is first.
- (3) **Scratching from Consolation Finals and Finals**
  - (a) Any swimmer qualifying for a consolation final or final race in an individual event who fails to compete in said consolation final or final race shall be barred from further competition for the remainder of the meet, except as noted in (4), below.
  - (b) In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or final when possible with the next qualified swimmer(s).

- (c) Where consolation finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall reseed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
- (d) If a consolation final has already been contested, the companion final shall be swum without reseeding for the empty lane(s).
- (4) **Exceptions for Failure to Compete**—No penalty shall apply for failure to withdraw or compete in an individual event if:
  - (a) The Referee is notified in the event of illness or injury and accepts the proof thereof.
  - (b) A swimmer qualifying for a consolation final or final race following preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that final race that he does not intend to compete.
  - (c) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

#### **103.5. RELAY SCRATCH RULE**

- (1) **Pre-Seeded Meets**—Any relay team entered in a pre-seeded relay event that fails to compete in or report for that event shall not be penalized.
- (2) **Relays Seeded at the Meet**
  - (a) Any relay team entered in a relay event that is seeded at the meet in whole or in part, that has been checked in and the swimmers' names declared for that event, must swim the event unless the clerk of course is notified before the seeding for that event is begun that the relay team wishes to scratch. Failure to do so will result in each individual member of that relay team being barred from the next relay event in which those members may otherwise be eligible to compete, either that day or the next meet day, whichever is first.
  - (b) A relay team member failing to appear ready to swim for said relay event shall be barred from the next individual event in which he is entered, either that day or the next meet day. The relay team members who do appear ready to swim shall not be penalized for failure of other relay team members to appear.
  - (c) **Exceptions**—Relay teams or team members who give acceptable notification to the Referee of illness, injury, or that failure to compete is caused by circumstances beyond the control of the swimmer(s) shall not be penalized.

#### **103.6. RELAYS**

- (1) Relays may be conducted on a timed final basis or with preliminaries and finals.
- (2) Timed final relays shall be swum in seeded heats, with not more than two heats (which shall be the fastest heats) conducted during



the final session of meets holding preliminaries and finals, and the balance of relay heats will be conducted during the preliminaries.

- (3) Relays conducted as preliminaries and finals shall be seeded and conducted in the same manner as individual events.
- (4) Organizations entering two or more relay teams in an event shall designate them on the entry blank as Team A, Team B, etc.
- (5) The best time of each relay team shall be entered on the entry blank for seeding purposes and no change in time will be permitted.
- (6) First and last names of swimmers eligible to compete in relay events shall be entered on the entry blank according to the event in which they will be eligible to swim.
- (7) First and last names of competing relay swimmers, their ages, and their order of swimming shall be declared to the clerk of course immediately prior to the start of the relay heat in which such team is entered, and no changes will be permitted thereafter.
- (8) The competing teams, first and last names of members and their ages, must be listed in the meet results.

### **103.7. LANE ASSIGNMENTS—SEEDING—COUNTERS**

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

- (a) **Fewer than three heats**

- (i) If one heat, it may be seeded as a final heat and swum only during the final session, at the Referee's discretion.
- (ii) If two heats, the fastest swimmer shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, next in the second heat, next in the first heat, etc.

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

- (c) **Four heats or more**—The last three heats of an event shall be seeded in accordance with (b) above. The heat preceding the last three heats shall consist of the next fastest swimmers; the heat preceding the last four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in 103.7(3).



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

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

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

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

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

**Note:** See 103.4(3) for scratches.

(4) **Timed Finals**

- (a) **Heats**—In order to assure seeded positions, the best competitive times of all entries must be submitted. The last heat shall be composed of the swimmers with the fastest submitted times, the next to last heat composed of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the

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

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

(5) **Counters**

- (a) A swimmer in any individual swimming event of 400 yards or meters or more, except the individual medley, may appoint one counter to call lengths or indicate lengths by visual sign.
- (b) Verbal counters shall be limited to one per swimmer, shall be stationed at the end of the course opposite the starting end, and may not coach or aid the swimmer in any way except that they may use watches and signal intermediate times to the swimmer.
- (c) If visual counters are used, they may be stationed at the end or either side of the pool, beyond the halfway point toward the end of the course opposite the starting end. Visual counters may be lowered into the water at the end of the swimmer's lane, provided that, in the opinion of the Referee, they neither physically aid the swimmer or interfere with another competitor or present any safety hazard.
- (d) The count may be in ascending or descending order.
- (e) In the event of official or counter error it is the responsibility of the swimmer to complete the prescribed distance.

### 103.8. SCORING

- (1) **National Championships**—With consolation finals score as outlined in 104.4(13).
- (2) **Dual Meets**—Relays 7-0, all other events 5-3-1-0.
- (3) **Triangular Meets**—Relays 8-4-0, all other events 6-4-3-2-1-0.
- (4) **All Other Meets**—
  - (a) In 4 lanes: Relays 10-6-4-2, all other events 5-3-2-1.
  - (b) In 5 lanes: Relays 12-8-6-4-2, all other events 6-4-3-2-1.
  - (c) In 6 lanes: Relays 14-10-8-6-4-2, all other events 7-5-4-3-2-1.
  - (d) In 7 lanes: Relays 16-12-10-8-6-4-2, all other events 8-6-5-4-3-2-1.
  - (e) In 8 lanes: Relays 18-14-12-10-8-6-4-2, all other events 9-7-6-5-4-3-2-1.
- (5) **Mixed Meets**—When events of mixed classification, as Senior and Age Group, are included in the same meet, or if events do not meet standard distances, the LSC in charge shall establish the desired combination of values and publish it in the entry blank and meet information.



- (6) **Ties**—Where two or more swimmers tie for any place in any event the points credited to such place or places, if any, next in order shall be equally divided between such swimmers; i.e., if two tie for first place, the points to be credited to first place and the points to be credited to second place shall be added and divided one-half and one-half. If three tie for first place, the points credited to first, second and third places shall be added and divided one-third, one-third and one-third, and so on for four or more tying for first place. The same is true for those tying for second place, third place, and whatever places there may be.
- (7) **Disqualifications**—When a relay team or individual swimmer is disqualified, the following places will move up accordingly and points awarded to conform to the new places. Consolation finalists may not receive championship final placing. Alternates may not receive consolation final placing.

### **103.9. AWARDS**

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

### **103.10. CHANGE OF PROGRAM AND POSTPONEMENT**

- (1) The order of events, as laid down in the official program, shall not be changed. The announced arrangement of heats in any event shall not be added to or altered, except by the authority of the Referee, and then only to the extent of consolidating the heats.
- (2) The entry provisions and starting time of any event, meet or portion thereof shall stand as stated on entry blank (except as permitted under (3) below) and may not be changed to an earlier time or date unless written notice of such change is delivered to each affected swimmer or his coach. If mailed, such notice must be postmarked no later than the entry deadline date stated on entry blank, and if lack of time prohibits mail notification, each affected swimmer must voluntarily agree in writing that he or she has been notified and is in accord with such change. Any affected swimmer or his coach may and should file a written protest with the Referee prior to running of event or meet if they do not agree to such change in time or date.
- (3) **Postponement**
- (a) The Referee shall have the power to call off or postpone to a future date any event or meet, even though the same has been actually commenced, if in his judgment the competition cannot be conducted or completed in a satisfactory manner and in fairness to the swimmers.
- (b) Should any postponed event or meet have been actually commenced, the Referee and the meet committee shall determine and publicize the manner and conditions under which the event or meet shall be recommenced.

### **103.11. COSTUME**

- (1) Design — Swimmer's costume must be one-piece, non-transparent, and conform to the current concept of the appropriate. The Referee shall have authority to bar offenders under this rule from competition, until they appear properly costumed.
- (2) Insignia — No swimmer shall be allowed to wear the insignia and/or name of any club or organization which he is not entitled to represent in open competition. He shall be permitted to wear the insignia and/or name of the organization he represents and he may wear the insignia of National Federations or Organizing Committees for Olympic, World, Continental or Regional Championships.
- (3) Advertising
  - (a) In the competition venue or complex of all events conducted by and under the control of the Corporation or any LSC or division thereof, no swimsuit shall carry any visible marque or insignia in the form of advertising that is in excess of 16 sq. cm. (2.48 sq. in.) in area. A trademark may be repeated provided a name is used only once on a suit. Offenders may be barred from competition under this rule, until they appear properly costumed.
  - (b) Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised under (3)(a) above, but the advertiser's name only may be used.

### **103.12. DISQUALIFICATIONS**

- (1) A disqualification can be made only by the official within whose jurisdiction the infraction has been committed.
- (2) The Referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or his coach and inform him as to the reason for the disqualification.
- (3) Any swimmer who acts in an unsportsmanlike manner may be considered for disciplinary action, at the discretion of the Referee.
- (4) A swimmer must start and finish the race in his assigned lane.
- (5) Standing on the bottom during a race shall not disqualify a swimmer, but he must not leave the pool, walk or spring from the bottom.
- (6) Obstructing another swimmer by swimming across or otherwise interfering shall disqualify the offender, subject to the discretion of the Referee.
- (7) Any swimmer not entered in a race who enters the pool or course in the area in which said race is being conducted before all swimmers therein have completed the race shall be disqualified from his next scheduled competition in that day's session.
- (8) Dipping goggles in the water or splashing water on the competitor's face or body prior to his next event shall not be considered as entering the pool unless the Referee finds that such action is interfering with the competition.



- (9) Should a foul endanger the chance of success of a swimmer, the Referee may allow him to swim in the next round, or should the foul occur in the final he may order it re-swum. In case of collusion to foul another swimmer, the Referee may, at his discretion, disqualify the swimmer for whose aid the foul was committed, as well as the swimmer doing the fouling.
- (10) Coaches having entrants in any event on the program shall not be allowed in the immediate starting area of swimming pools, which must be clearly marked, during the progress of any competition. Upon being apprised of a violation of this rule, it shall be the duty of the Referee to remove, or have such offender removed, immediately. Coaching of swimmers during the progress of an event shall not be permitted. It shall be permissible for coaches or others to signal intermediate times to a swimmer during competition, and this shall not be considered as "coaching".
- (11) No swimmer is permitted to wear or use any device or substance to help his speed or buoyancy during a race. Goggles can be worn, and rubdown oil applied if not considered excessive by the Referee.
- (12) For relay disqualifications, refer to 102.6(3).
- (13) The time and/or place of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event. If awards have been made prior to the decision to disqualify they shall be returned and made to the proper recipient(s) and if points have been scored by those disqualified the event shall be rescored.

### **103.13. PROTESTS**

- (1) Until final action is determined, results of any race conducted under protest, or of any protested race, shall not be announced, and no prizes for that race shall be awarded or scoring points allowed unless the protest is officially withdrawn.
- (2) Protests affecting the eligibility of any swimmer to compete or to represent an organization in any race shall be made in writing to the meet chairman (or Referee) before the race is held, and if the meet committee deems it advisable, the swimmer may compete under protest and it shall be so announced before the race. The meet committee shall immediately refer such protest to the review section having jurisdiction for adjudication at the earliest possible time.
- (3) Protests against judgment decisions of starters, stroke, turn, place and relay takeoff judges can only be considered by the Referee of the meet, who has the authority to disqualify swimmers for any violation of the rules that he personally observes.
- (4) Any other protest arising from the competition itself shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately the protester shall at that time file a written protest with the chairman of the

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

#### **103.14. OFFICIALS**

- (1) All officials accepting an invitation to officiate at a swimming meet should arrive promptly and report immediately to the meet manager or director.
- (2) For all swimming meets, qualifying trials, or time standard tests there should be not less than the following officiating positions filled or approved by the LSC in authority. An individual may act in more than one capacity where necessary.
  - 1 Referee
  - 1 Starter
  - 3 Timers per lane
  - 1 Clerk of Course
  - 2 Lane Place Judges per lane or 2 Across-the-Board Place Judges
  - 2 Stroke Judges and 2 Turn Judges or 2 Stroke & Turn Judges
  - 2 Recorders
  - 2 Scorers
  - 1 Recorder of Records
  - 1 Announcer
  - Automatic Equipment Operators (as needed)
- (3) When automatic officiating equipment is used in any competition, the placings and times so determined shall have precedence over the decisions of human judges and timers as outlined in 103.23(4). In case of malfunction, secondary information from a manual-electronic timing and judging device with one or more officials per lane or the prescribed ballot system of humans shall be used and integrated with primary information as outlined in 103.23.

#### **103.15. REFEREE**

- (1) Shall have full authority over all officials and shall assign and instruct them; shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules; can overrule any meet official on a point of rule interpretation, or on a judgment decision pertaining to an action which he has personally observed; shall also disqualify a swimmer(s) for any violations of the rules that he personally observes and shall at the same time raise one hand overhead with open palm. If he does not make such a signal there shall be no penalty.
- (2) Shall signal the starter that all officials are in position, that the course is clear, and that the competition can begin, before each race; shall assign marshals with specific instructions.
- (3) Shall give a decision on any point where the opinions of the judges differ; shall have authority to intercede in a competition at any stage, to ensure that the racing conditions are observed.



- (4) For LSC and local records only, may assign three (3) additional official timers on request to record a record attempt at initial distances in accordance with 108.2(5)(d).
- (5) When automatic or manual-electronic officiating equipment is used and an apparent malfunction occurs it shall be his responsibility to make an immediate investigation to determine whether the swimmer finished in accordance with the rules and/or if there was an actual equipment malfunction.
- (6) No swimmer must ever be required to reswim a race due to equipment failure that results in unrecorded or inaccurate time or place results. Automatic and manual electronic equipment shall be backed up by any available equipment and/or human officials. See 103.23(6).
- (7) He may at his discretion prohibit the use of any bell, siren, horn or other artificial noisemaker during the meet.
- (8) Refer to 103.13 concerning protests.

### **103.16. STARTER**

#### **(1) Preparation**

- (a) Shall be equipped with starting gun (preferably .32 caliber or larger for outdoor pools and .22 caliber for indoor pools), cartridges, and whistle.
- (b) Shall station himself within ten feet of starting end of pool at a point where gun flash is clearly visible to timers and gun report easily heard by starting swimmers.
- (c) Upon signal from Referee, assumes full control of swimmers until a fair start has been achieved.
- (d) Notifies swimmers of the distance, the event and the point at which a warning shot will be given, if applicable.
- (e) **Optional instructions**  
Stroke(s) to be used and the order of swimming them.  
Number of pool lengths to be swum.  
Relay swimmers must leave pool immediately after finishing leg.  
May advise heat when a swimmer is attempting a time at an initial distance.
- (f) Starting rules may be modified by the Referee to adapt them for handicapped swimmers.  
**Note:** In an electronic horn start and underwater sound recall device are available, they may replace the gun start and recall device herein.

#### **(2) The Short Course Start**

- (a) On receiving clearance from Referee, (for all events except backstroke and medley relay) directs swimmers to step onto starting block or platform and to assume upright position at the front of the block before the command "take your mark". Refer to 102.3(1)(a) for backstroke start.
- (b) Directs swimmers to "take your mark", to which they must respond at once by assuming a starting position. The feet,

hands and body can be placed in any desired position on the starting platform. Sufficient time should follow direction to enable swimmers to assume starting position, but no swimmer shall be in motion immediately before the starting signal is given.

- (c) In short course after the command "take your mark" is given, the feet may be moved from the front of the block to any desired starting position. The swimmer must have come to a point of no movement before the starting signal is given.
- (d) When all swimmers are motionless in starting position, gives starting signal.
- (e) If, in his opinion, a false start has been committed, he shall give a signal to recall the swimmers. The false start shall be called on the individual and not on the field. Any swimmer charged with two false starts must be disqualified and shall not swim the event.

**(3) The Long Course Start**

- (a) On receiving clearance signal from Referee, (for all events except backstroke and medley relay) directs swimmers to step onto the back surface of the starting block or platform and remain there, assuming an upright position. Refer to 102.3(1)(b) for the backstroke start.
- (b) Directs swimmers to "take your mark", to which they must immediately respond by taking up a starting position at the front of the starting block. Sufficient time should follow "take your mark" to enable swimmers to assume starting position, but no swimmer shall be in motion immediately before the starting signal is given.
- (c) When all swimmers are motionless in starting position, gives starting signal.
- (d) If, in his opinion, a false start has been committed, he shall give a signal to recall the swimmers. The first two false starts in a race shall be charged to the entire field, not to the individual swimmer. Any swimmer committing a false start after these two false starts have been called on the field shall be disqualified and shall not swim the event.

**(4) Relay Starts**—In short course relay events, the first swimmer shall conform to all provisions of 103.16(2). Succeeding swimmers may place their feet in any desired position on the starting platform provided that they do not lose contact with the platform before the preceding teammate touches the end of the pool.

**(5) Deliberate Delay or Misconduct**—Any swimmer, after stepping on the block or upon taking a starting position, who delays the start by entering the water or who willfully disobeys an order at the start, or for any other misconduct taking place at the start, can be disqualified from the event by the starter with the concurrence of the Referee. Such disqualification shall not be a false start.



**(6) False Starts**

- (a) A swimmer who unnecessarily delays in assuming and holding a completely motionless starting position after the command "take your mark" shall be charged with a false start.
- (b) All swimmers leaving their marks before the starting signal is given shall be charged with a false start, except that the starter may, at his discretion, relieve a swimmer who has false started because of the action or movement of another competitor, of the responsibility for the false start and charge it only to the offender. (Note exception for "Deliberate Delay or Misconduct.")
- (c) When a swimmer false starts before the starting signal is given, the starter shall immediately release all other swimmers with the command "Stand Up". Any swimmer so released may stand up or step off the block. Any swimmer who enters the water (or backstroker who leaves the starting area) shall be charged with a false start, except that the starter may relieve a swimmer who would otherwise be charged with a false start if the starter believes that it was caused by the swimmer's reaction to the command.

**Note:** No swimmer in long course competition can be relieved from a first or second false start charged against the field.

- (d) When the starting signal is given and one or more swimmers have obtained an unfair advantage, all swimmers shall be recalled at once by a second signal. The starter shall then indicate the swimmer(s), if any, to be charged with a false start.
  - (e) In backstroke or medley relay the starter may charge a false start to any swimmer who fails to maintain his feet and/or hands in a legal position after the first warning.
  - (f) A swimmer shall not be disqualified for an illegal starting position at the start if the starter has permitted the race to proceed without recall. Enforcement of the correct starting position is the responsibility of the starter, who may impose the appropriate penalty for violation before the race.
  - (g) A swimmer who fails to appear at the starting platform in time for the initial start shall not be permitted to enter the race should a false start be declared on the first, second or later start, and shall be disqualified.
- (7) **Warning Signal**—In all events 400 yards or meters or longer except the individual medley and relays, he shall fire a warning gun signal when the leading swimmer has two lengths plus five yards (or meters) to swim to finish.

**103.17. RECALL STARTER**—When using automatic officiating equipment which is started by the starter's gun, either the starter or an assigned recall starter shall immediately discharge a gun or other loud sound device if the automatic equipment is not properly functioning on

the starting report or if a false start has been called. The position of the recall starter shall be made known to the swimmers. He may also be assigned to assist the starter in any desired manner. A recall starter is mandatory in United States Swimming Championships.

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

- (1) **Chief**—Assignment as chief of any judging category is subject to the discretion of the committee charged with officiating assignments. An overall "Chief Judge" may assign and supervise the activities of all stroke, turn, place and take-off judges and may report their decisions, or if desired any judging category may have a designated "Chief". Any "Chief" may act as liaison for his judges and may himself serve simultaneously in one of the judging positions and he shall assign those judges within his category.
- (2) **Lane Place Judge**—It is not the responsibility of the lane place judge to determine if the finish touch meets the requirements of appropriate stroke rule.
  - (a) **Visual**—Two lane place judges shall be assigned to each lane. The judges for each lane shall be placed on opposite sides of the pool at the finish line. Each judge determines independently where the swimmer in his lane finishes the race and records it on the card provided for that purpose. The judges must not record a tie. Each judge must record the highest place he judges the swimmer in his lane may have attained. For example: if the lane place judge determines that the swimmer in his lane has finished in a tie with another swimmer for first place, he shall record a first place for his lane, and the same procedure applies to similar situations involving other place positions.

**Note:** When automatic or manual-electronic equipment is not being used, the same individual cannot simultaneously determine time and place under any circumstance.
  - (b) **Electronic**—Two lane place judges shall be stationed at the finish of each lane. Each shall activate a separate switch recording the finish of their lane swimmer, and each recorded impulse shall constitute their placement ballot. If only one such recorded placement decision per lane is possible with the available equipment, either a visual judge shall be assigned to each lane or an across-the-board place judge shall be assigned to provide the second ballot decision.
- (3) **Across-the-Board Place Judge**—When limited personnel prevents assignment of lane place judges, two across-the-board judges, one on each side of the course, can be stationed near the finish and each shall judge the order of finish of all swimmers. Should both agree on all lanes, that shall be the official placement. If they disagree, the Modified Ballot System 103.22(2) shall prevail. An



across-the-board judge may record a tie if a place distinction cannot be made. He shall award each swimmer the highest place that may have been attained.

- (4) **Stroke Judge**—Shall operate on both sides of the pool, preferably walking abreast of the swimmers during all strokes except freestyle, during which events they may leave poolside, at the Referee's discretion; shall ensure that the rules relating to the style of swimming designated for the event are being observed; and shall report any violations to the Referee on signed slips detailing the event, the heat number, the lane number, the swimmer's name and the infraction.
- (5) **Turn Judge**—Shall operate on both ends of the pool; shall ensure that when turning or finishing the swimmer complies with the turning and finishing rules applicable to the stroke used; and shall report any violations to the Referee on signed slips detailing the event, the heat number, lane number, the swimmer's name and infraction observed.
- (6) **Jurisdiction of Stroke and Turn Judges**—Before the competition begins the Referee shall determine the respective areas of stroke and turn responsibility and jurisdiction, which may include joint, concurrent, and coordinated responsibility and jurisdiction. The Referee shall insure that all swimmers shall have fair, equitable, and uniform conditions of judging.
- (7) **Relay Take-Off Judge**—Shall station himself (after the first swimmer) alongside the starting swimmer so that he can clearly see both the touch of the incoming swimmer and the feet of the departing swimmer as they leave the starting platform, and he shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.  
When automatic relay take-off judging equipment is available and in use, take-off judges will be assigned to each lane and stationed as described above. A team will only be disqualified when there is dual confirmation of an illegal take-off (i.e., visual and automatic equipment).
- (8) **Infraction Signal**—Upon observing an infraction within their jurisdiction, the Referee, stroke, turn, or relay take-off judge shall immediately raise one hand overhead with open palm. If the official does not do so, there shall be no penalty.

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

**103.19. TIMERS**—In any race not timed with automatic or semi-automatic equipment (as provided in 103.23) the time for each competitor shall be taken by three timers stationed at or close to the finish. Each timer operates a manual watch (i.e., any hand-held mechanical or electronic timing device) that is both started and stopped by the timer as described below. These three timers are the official lane timers and their times must be individually recorded to determine the official time on the lane. Alternate or chief timers may substitute for an official lane timer only in the event of failure of a watch or its operator. **No official lane timer may simultaneously determine time and place under any circumstances.**

- (3) All scratches which have occurred after the printing of the heat sheet shall be reported to the clerk of course and he shall notify the Referee and scoring desk in writing of the failure of any swimmer to report.
- (4) He may be provided with two assistants and shall assign to them such duties as will assist in the prompt dispatch of the events.
- (5) He shall notify each swimmer to wait behind or adjacent to the starting position until the starter takes over control of the race and if they leave the area it will be their responsibility to return in time for their heat or event.

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

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

**(1) Ballot System**

- (a) In any race not timed with automatic officiating equipment (as provided in 103.23(4)), the combined duties of the lane place judges and the lane timers shall be to determine placement and official times of the swimmers. Two lane-place judges and three timers shall be assigned to each lane.
- (b) The chief judge shall be responsible for delivery of the lane place judge's cards to the scoring table where the scorers record the appropriate ballot value, including the ballots of disqualified swimmers, on the basis of one for first place selection, two for second, three for third, four for fourth, five for fifth, six for sixth, seven for seventh, eight for eighth. There are two sets of lane place judges and thus two ballots per lane for place.
- (c) The chief timer shall be responsible for delivery of all the official times (including the time of disqualified swimmers) to the scorers who shall list them in numerical order beginning with the fastest official time per lane. This is for the purpose of assigning ballot values to each lane time. The fastest lane receives a ballot value of 1, the next fastest a value of 2, etc. For identical times, equal ballot values are recorded, with the same progressive numerical assignment; i.e., swimmers A,B,C, record identical time of 58.47 while swimmer D records time 59.05. Swimmers A,B,C, receive ballot values of 1 and swimmer D a value of 2. Should swimmers E and F (same race) have



identical times of 60.00 they would each be assigned ballot values of 3, and continuing in this manner.

- (d) The scorers shall then eliminate disqualified swimmers and determine the order of finish of all swimmers in any heat or final event by adding the numerical value of three ballots for each lane. The lane (swimmer) having the lowest numerical total shall be declared the winner, the second lowest shall be second, etc. If these totals result in a tie for any place in a final race, no further attempt shall be made to resolve the tie.
  - (e) In preliminary heats, in no case may a swimmer with a faster time displace another who placed ahead of him within a heat according to the ballot system. If this situation results in disputed qualifications, the swimmers tied with or within the disputed times shall swim off the event within 45 minutes after the last heat or any event in which any one of the swimmers is competing in that session. The ballot system must be used to determine the qualifier(s) for the finals except when completely automatic officiating equipment is used and is properly functioning. The official time for the qualifier shall be the time set in the original preliminary heat.
- (2) **Modified Ballot System**—When two across-the-board place judges are used instead of lane place judges:
- (a) Value will be assigned to each time and place decision as prescribed under the ballot system.
  - (b) If any two of the three ballots for a contestant agree, that shall be the official place for that contestant.
  - (c) If all three ballots disagree, the Referee or his designate will evaluate all information and then determine the order of finish.
- (3) **Place Judging**—The unanimous decision of the two (2) lane place judges as to placement takes precedence over official time in determining the order of finish in a race except where automatic equipment is used as outlined below.

**103.23. AUTOMATIC OFFICIATING EQUIPMENT**—In any meet in which electronic equipment is used the following practices and procedures shall apply:

- (1) **Automatic**—Time and place results are acceptable for all purposes. Split times recorded to hundredths of a second (two decimal places) by completely automatic equipment shall be official for all purposes, including records and qualifying times, provided the swimmer completes the full scheduled distance of the event.
- (2) **Manual-Electronic**
  - (a) The results provided by any device started or stopped by one individual shall be considered as a single watch/time and/or as a single placement decision and such results shall be so evaluated in the determination of a finish.
  - (b) If a device has a common start for all lanes and is stopped manually by three officials per lane, and:

- (i) Provides a single time/judging result that is either the intermediate of three different impulses or two identical impulses, the single time/judging result shall be accepted as the official lane time/judge result as outlined in 103.19.
  - (ii) Provides three time/judging results: If the time of two impulses agree, that shall be the official time/judging result or if all three time/judging results disagree, the time of the intermediate time/judging result shall be official.
- (c) Regardless of the type of equipment used, consistency of start/stop operation of the equipment must be maintained throughout the entire meet so that all results compare equitably.

**Note:** When automatic equipment is used times and places shall be reported to two decimal places only (hundredths of a second). Digits representing thousandths will be dropped with no rounding off. Identical hundredth times shall be ties, with swim-offs if required.

- (3) **Equipment Positioning**—All electronic equipment should be located in such places in the pool area as will provide the electronic equipment operator and chief electronic judge unobstructed viewing of the start/finish end of the pool or course.

- (4) **Primary and Secondary Requirements and Recommendations**—When completely automatic officiating equipment, or three-button manual-electronic automatic officiating equipment is used as the primary timing system in any competition (see Article 7 for equipment specifications), the placing of the swimmers shall be by integration of official times. The decision of human judges shall not be used for placement.

When the primary system is completely automatic equipment, it is required that a secondary system using either manual-electronic or manual watch timing be used. It is required that the secondary system have a minimum of one timer per lane and two additional timers for first place. It is recommended that three timers per lane be used. If this secondary system is manual-electronic equipment, it is required that a backup (a third system) of one manual watch timer per lane and two additional manual watch timers on first place be used.

When the primary timing system is manual-electronic equipment it is required that a secondary system of one manual watch timer per lane and two additional manual watch timers on first place be used.

**Note:** An individual timer shall not simultaneously operate two devices, i.e., two buttons or one button and one manual watch.

- (5) **Comparison and Ranking Procedure—Primary**—When the automatic or manual-electronic equipment provides the complete information in a given race (preliminary heat or final), the results are classified primary and official. The official time for all swimmers



having a primary time will be that time. Only the official time may be used for an OVC. The official ranking of the heat and event is obtained by comparison and ranking of all official times. If the times are identical to 1/100th second, the result shall be declared a tie, with swim-offs when needed to determine qualifiers for consolation final and/or final events.

(6) **Comparison and Ranking Using Secondary Information**

- (a) Secondary results should be recorded and compared with primary results on every race. If there are less than 0.3 seconds difference (faster or slower) between primary and secondary times, it should be accepted that the primary times and places are correct. If there is a difference of 0.3 seconds or more, a potential malfunction exists.
- (b) When there is a potential malfunction, other information should be checked and evaluated:
  - (i) The times of all 3 watches when 3 watches per lane are used as backup.
  - (ii) The manual watch backup time when there is a manual-electronic secondary.
  - (iii) A visual check by automatic equipment operators.
  - (iv) The placement of across-the-board judges.
- (c) If the above data confirms that an actual malfunction exists in a specific lane, the secondary time is used unless there is a "system timing error" in the secondary. This does not indicate an inaccurate time in a single lane, but a fairly consistent deviation from the primary times due to the different quality of the start and stop actions. To use such backup times without correction would result in inaccurate official times.
- (d) To determine if a system timing error exists, compare all valid primary and secondary times. If all of the secondary times differ from the primary times (all faster or all slower) a system timing error in the secondary system is confirmed.

**Example:**

**3-Button Manual Start Secondary**

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

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

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



Lane 5 has a primary malfunction as identified and confirmed by secondary information. Compute the average difference between primary and secondary times for all lanes having valid times. Figure to hundredths, dropping further digits. Add the average difference to the secondary time of the lane not having a valid primary time, or subtract the difference if appropriate. This will be the official time for that lane.

- (e) When there is a primary system timing error caused by a faulty start or other malfunction, equally affecting the times, but not the placing of all lanes, the appropriate adjustment must be made. The average difference between the primary and secondary times is applied to the primary times with the result being the official times.

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

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

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

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

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

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

**103.30. SMOKING**—Smoking is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas, and in all other areas used by swimmers, during the meet or during the warmup periods in connection with the meet.

## ARTICLE 4

### RULES FOR CONDUCT OF NATIONAL SWIMMING CHAMPIONSHIPS

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

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

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

- (1) All registered swimmers, 18 years of age and under, who have met the qualifying time standard for a specific event(s), are eligible to participate; however, any swimmer who has been a contestant in an individual event in any Senior U.S. Swimming Championship, NCAA University (Division/1) Championship, Pan American Trials or Games, Olympic Trials or Games, World Championship Trials or Games, or a finalist or consolation finalist in the "Large College" AIAW Championships shall not be eligible to participate nor can their performance time(s), regardless of when such times were achieved, be used to enter any relay team in any USS Junior Olympic Championship Meet.
- (2) The age of the swimmer on the first day of the Junior Olympic Championship competition shall govern for the entire meet.

**104.4. CONDUCT OF NATIONAL CHAMPIONSHIPS**—National championships will be conducted under the technical rules except as herein-after specified. A general meeting of the governing division, coaches, and officials shall be held the evening prior to the first day's competition. The meeting date, time and location shall be included in the official meet information or entry form. All business pertinent to the operation of the championships and the conduct of the events shall be considered and finalized at this meeting, and no changes shall be made thereafter. Changes may be effected in the conduct of the meet to fit the situation. Since changes can be made it is the obligation of every swimmer or his representative to be present at the meeting to be apprised of such changes, should they occur.

- (1) **Meet Director**—The meet director shall carry out the wishes of the governing division in regard to the conduct of the meet.
- (2) **Computerization**—If possible, the organization(s) conducting the championship shall compile entry lists, heat sheets, final sheets, and final results, by computer.
- (3) **Entry List**—An entry list, by event, with submitted times shall be distributed to the coaches, swimmers, and officials on the morning of the day preceding the meet and copies shall also be available at the general meeting on the night preceding the meet.



- (4) **Credentials**—Credentials for national championships will be provided only for participating athletes and officials who are members of the Corporation. Credentials for coaches, managers and chaperones to serve as admittance passes to national championships shall be issued to those persons listed on the submitted team roster forms and according to the following schedule, which covers both single and joint championships and is based upon the total size of the team, whether comprised of one or both sexes. There shall be a surcharge of \$10.00 per person for spectator passes, which money shall become the property of the meet sponsor.
- (a) 1-3 swimmers in individual events, or 1-only relay team with any number of alternates: 1 deck pass; 1 spectator pass.
  - (b) 4-9 swimmers in individual events: 2 deck passes; 1 spectator pass.
  - (c) 10-20 swimmers in individual events: 4 deck passes; 2 spectator passes.
  - (d) 21-30 swimmers in individual events: 5 deck passes; 2 spectator passes.
  - (e) 31-40 swimmers in individual events: 6 deck passes; 3 spectator passes.
  - (f) 41-50 swimmers in individual events: 7 deck passes; 3 spectator passes.
  - (g) 51 or more swimmers in individual events: 8 deck passes; 5 spectator passes.
  - (h) Unattached swimmers with a team are to be included in above schedule even if listed on separate entry blank.
  - (i) Unattached swimmers not with a team: 1 deck pass; 1 spectator pass.
- (5) **Heat Sheets**—Heat sheets for each preliminary session shall be made available to coaches and/or team representatives no less than one hour before the beginning of each preliminary session. Complete results of the preliminary session for that day shall be included as a part of the finals heat sheet.
- (6) **Schedule**—A minimum of three (3) hours must elapse between the end of the last preliminary heat and the start of the first race in the finals on any one day. Starting times of the preliminary and final sessions must be the same on all days of the meet. The vice president of the governing division shall establish, prior to the start of the meet, starting times for the first race in each preliminary event and for each race in the finals and a list of such preliminary and final starting times shall be made public no less than 48 hours prior to the start of the first meet session. No event shall start prior to the time established for that event.
- (7) **Warm-Up Schedule**—The vice president of the governing division shall establish a schedule of lanes, times and warm-up procedures which must be adhered to. This schedule must be distributed during the general meeting.



**(8) Eligibility Protests**

- (a) There shall be a jury of three persons, appointed by the national registration committee chairman, in attendance at every national championship to determine protests affecting the eligibility of any swimmer to compete or to represent an organization.
- (b) All protests made prior to or during the championship shall be submitted to the jury on a form prescribed by the registration committee and accompanied by a \$50 fee, which shall be returned if the protest is upheld.
- (c) Protests shall be heard by the jury and decisions rendered if possible before the start of events on the day in which the protested swimmer competes, but no later than the last night of the championships. Opportunity shall be given for both the party lodging the protest and the party or parties charged to be heard.
- (d) Unless the jury determines otherwise, the swimmer may compete under protest. An announcement to this effect shall be made prior to the race. The results of any race conducted under protest shall not be announced, nor prizes awarded, nor points scored until the jury has decided the protest or the protest is withdrawn, unless the protest would not affect the final scoring or awards.
- (e) The decision of the jury shall be used for purposes of results, awards, and scoring the meet.
- (f) The decision of the jury may be appealed by either party to the Board of Review, pursuant to Article 50. Protests submitted after the last day of the championships shall be submitted directly to the Board of Review.
- (g) Any such decision of the Board of Review shall be published in the next issue of the U.S. Swimming News. If such decision requires any adjustment to the results of the championships, the adjusted results shall also be published.

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

**(10) Scratch Procedure**

- (a) Scratches prior to the seeding of heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box, available at the general meeting prior to the first day's events and available at the pool for all subsequent days' events.
- (b) The scratch deadline for the first day's events shall be fifteen minutes after the general meeting is adjourned. The scratch deadline for all subsequent days' events shall be thirty

minutes after the published starting time of the final session of each day's events.

- (c) In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which he is entered and from which he has not been scratched in accordance with (b) above will be barred from all individual and relay events of that day.
- (d) Any swimmer who competes in a preliminary heat and fails to notify the Referee if he intends to withdraw from the consolation final or final within 30 minutes after the announcement of the final qualifiers for that event will be barred from all subsequent competition during the meet, except that in the event of illness or injury and upon certification of the meet doctor, no penalty will be declared. In the event of such failure to show, or certified withdrawal, the Referee shall fill the final with the next qualified swimmer(s), provided they are available and have not already competed in the companion consolation final.

**(11) Seeding**

- (a) In all national championships, the vice president of the governing division or his designate and the members of the governing division present at such championships, shall seed the swimmers. They may assist in, but not be responsible for, doing the clerical work.
- (b) Seeding and lane assignments for individual events, except the 800 and 1500 meters and 1000 and 1650 yards freestyle, shall be in accordance with 103.7(1) for preliminary heats and finals.
- (c) Entrants in the 1000 and 1650 yard and 800 and 1500 meter freestyle must check in and confirm their intention to compete, prior to the scratch deadline the evening before the event, or they will not be seeded. Seeding and lane assignments shall be in accordance with 103.7(4)(a). Seeded heat sheets shall be published at the conclusion of the finals of that day. The swimmers shall be listed in the meet program and/or heat sheets in the order of submitted times, beginning with the fastest.
- (d) Seeding and lane assignments for relay events shall be in accordance with 103.7(4)(a) and will be based on the time submitted on the entry form.
- (e) Seeding individual events when using non-conforming times shall be as follows:
  - (i) All conforming times will be arranged in time order.
  - (ii) All non-conforming times will be arranged in time order.
  - (iii) After arranging the times, the event will be seeded in normal fashion.

- (12) Swim-Offs**—A swim-off is considered to be part of the total preliminary process of qualifying for the two finals.



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

(13) **Consolation Finals**

- (a) In both short and long course championships there shall be a consolation final and a championship final. Both the consolation and the championship finals will have an equal number of swimmers, depending upon the number of lanes to be used.
- (b) The consolation final shall immediately precede the championship final for each event except for the 1000 and 1650 yard and 800 and 1500 meter freestyle and the relays.

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

- (a) Foreign national teams entered in the meet will not be scored for team awards.
- (b) Scoring for both short and long course championships with consolation finals will be on a twelve (12) place basis in 6-lane pools; fourteen (14) place basis in 7-lane pools; sixteen (16) place basis in 8-lane pools; eighteen (18) place basis in 9-lane pools; twenty (20) place basis in 10-lane pools as follows

**Six-Lane Pools**

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

**Seven-Lane Pools**

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

**Eight-Lane Pools**

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

**Nine-Lane Pools**

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

**Ten-Lane Pools**

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



(15) **Senior Titles**

- (a) Women's Team Champion (high point women's team)
- (b) Women's Team Runnerup Champion (second highest)
- (c) Men's Team Champion (high point men's team)
- (d) Men's Team Runnerup Champion (second highest)
- (e) Men's and Women's Team Champion. (highest combined point team winner of this must have scored points in both men's and women's events. If no team qualifies, title will not be awarded for meet.)

(16) **Awards**

- (a) In national championships the winners of first place shall be awarded an official emblem bearing the words "United States Swimming Senior or Junior Champion". Only the official emblem as adopted by United States Swimming shall be so given.
- (b) Medals shall be awarded to all place winners in the championship final of any national United States Swimming Championship.
- (c) Specifications for the medals are as follows
  - (i) Championship die medal should be a modeled eagle with wreath and lettering CHAMPION UNITED STATES SWIMMING, with modified USS logo on eagle. On the reverse side there shall be a wreath  $\frac{3}{8}$ ths of an inch in width and narrowing at the top, and running approximately  $\frac{1}{8}$ th of an inch from the edge of the medal. The inside of the wreath shall be flat and suitable for engraving event and year.
    - (aa) First Place - Struck of commercial bronze with connecting link hard soldered on top center at right angle to medal. The medal should be  $1\frac{1}{4}$  inches in diameter, and the weight of completed medal should be 24 penny-weight. Medal to be polished and highlighted on front and edges polished. Gold-plated in 24K gold and background to rose gold finish. Reverse side to have satin finish.
    - (bb) Second Place - Same as first place, but to have silver-plated finish with light oxidize.
    - (cc) Third through Eighth Places - Same as first place, but to have bronze oxidized finish. Optional finish is a light green bronze oxidized finish.
  - (ii) The medals are to be suspended from a bar with red, white and blue cotton or polyester grosgrain ribbon. The bar is to have a nickel safety catch joint and pin and bar for ribbon. Each medal shall be enclosed in a suitable plastic box.
  - (iii) The medals must represent the finest grade of workmanship and finish, including perfect die work.

- (d) In each senior championship meet a championship gold medal shall be awarded to the man and woman swimmer scoring the greatest number of points in individual events. If two or more are tied the sponsors must provide duplicate awards. When duplicate awards are necessary, the original award is given to the swimmer scoring the most 1st and 2nd places and the duplicate award, if not then available, shall be sent within thirty days to the Vice President/Senior Division for forwarding to the proper swimmer.
  - (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) Where consolation finals are contested, awards will be given only to those swimmers in the championship final.
  - (g) Each member of an award-winning relay team shall receive identical awards.
- (17) **Records**
- (a) To be eligible for a national championship record the swimmer must win his race. Refer to 108.2(3)(4) and (5) for procedure in determining time recognized.
  - (b) United States Open and American records performed in a national swimming championship shall, upon proper completion of required forms and written approval of the national director of swimming records, be declared effective immediately unless a faster claim is pending. Approval thereof by the House of Delegates shall be automatic.
- (18) **Final Results**—Coaches registered at a national championship shall, within two weeks following the event, be mailed gratis a copy of the final results including split times. Said result summary shall include age of each swimmer in each event. Result summary shall include all men's and women's teams listed by point standings, and all combined teams (men and women) listed by point standings. Such results shall also be made available to others upon request at a nominal charge. Prior to the meet the meet sponsor shall deposit \$500.00 payable to United States Swimming. This deposit is refundable upon the mailing of the final results within 30 days after the meet.

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

(1) **Short Course Events**

50 yards Freestyle	200 yards Butterfly
100 yards Freestyle	100 yards Breaststroke
200 yards Freestyle	200 yards Breaststroke
500 yards Freestyle	200 yards Individual Medley
1000 yards Freestyle	400 yards Individual Medley

1650 yards Freestyle  
100 yards Backstroke  
200 yards Backstroke  
100 yards Butterfly

400 yards Freestyle Relay  
800 yards Freestyle Relay  
400 yards Medley Relay

**(2) Long Course Events**

50 meters Freestyle  
100 meters Freestyle  
200 meters Freestyle  
400 meters Freestyle  
800 meters Freestyle  
1500 meters Freestyle  
100 meters Backstroke  
200 meters Backstroke  
100 meters Butterfly

200 meters Butterfly  
100 meters Breaststroke  
200 meters Breaststroke  
200 meters Individual Medley  
400 meters Individual Medley  
400 meters Freestyle Relay  
800 meters Freestyle Relay  
400 meters Medley Relay

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

**FIRST DAY**

**PRELIMINARIES**

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

**FIRST DAY FINALS**

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

**SECOND DAY**

**PRELIMINARIES**

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

**SECOND DAY FINALS**

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

**THIRD DAY**

**PRELIMINARIES**

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

**THIRD DAY FINALS**

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



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

**FIRST DAY**

**PRELIMINARIES**

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

**FIRST DAY FINALS**

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

**SECOND DAY**

**PRELIMINARIES**

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

**SECOND DAY FINALS**

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

**THIRD DAY**

**PRELIMINARIES**

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

**THIRD DAY FINALS**

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

**FOURTH DAY**

**PRELIMINARIES**

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

**FOURTH DAY FINALS**

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

- (a) All relays are to be conducted on a timed final basis with only the two fastest heats to be swum in the final session. Others to be held during the preliminary heats.
- (b) The 1000 yards or 800 meters and the 1650 yards or 1500 meters freestyle are to be conducted on a timed final basis with only the fastest (single) heat to be swum in the final session. All other heats are to be held during the preliminaries. In facilities where women's and men's heats are conducted in the same course all heats shall be swum alternately women/men as follows:
- (i) Fastest men's heat last.
  - (ii) Fastest women's heat next to last.
  - (iii) Second fastest men's heat third from last.
  - (iv) Second fastest women's heat fourth from last and continuing until all heats are swum.
  - (v) In the event of an unequal number of women's and men's heats, the excess slow heats will be swum first, then the remaining heats will be swum as indicated in (i) through (iv) above.

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

- (1) The entry blanks shall be prepared under joint direction of the vice president of the governing division, the rules chairman, the meet director, and the Executive Director. Site of printing and distribution of blanks shall be determined by United States Swimming.
- (2) Such entry blanks shall conform exactly to the standard format agreed upon by the governing division, and no other shall be used.
- (3) One set of the entry blanks shall be sent by first class mail at least 30 days prior to meet closing date to all members of the House of Delegates, and to all unattached swimmers and coaches of teams that were entered in the two immediately preceding national championships (one long course, one short course).
- (4) The information booklet shall state qualifying times and procedures necessary for proof of entry times. (See 104.9)
- (5) The information booklet shall state that foreign swimmers must comply with all meet entry requirements.
- (6) The meet director's telephone number should be included in the information booklet.
- (7) Entry fees shall be \$2.00 for individual events and \$5.00 for relay teams.
- (8) The closing date for entries in all national championship events must be at least one week before the first day of competition.
- (9) The information booklet mailing, including preparation, printing, and distribution, shall be the responsibility of United States Swimming and shall be sent out by first class mail at least 90 days prior to meet closing date to the addresses named in (3) above. Approval of data to be mailed shall be obtained from the vice president of the governing division prior to printing and/or distribution.
- (10) The mailing list to be used under (3) and (9) above shall be maintained by the Executive Director and updated following each national championship with the assistance of the meet director of that meet.
- (11) It shall be the responsibility of the sponsor to ship the submitted entry blanks to the Executive Director immediately following the championships. Those entry blanks will be retained for a period of one year.

#### **104.7. ENTRIES**

- (1) Entry blanks properly filled out and received prior to the meet entry deadline will declare the swimmer officially entered.
- (2) In national short course and long course championships a swimmer may enter any number of individual events in which he has met the qualifying standard time, but he may participate only in the number of individual events equivalent to the number of days in the meet program, i.e., three individual swimming events and three relays in a three-day swimming program; four individual swimming events and three relays in a four-day swimming program; five individual swimming events and three relays in a five-day swimming program.



**(3) Relay Entries**

- (a) Relay entry blanks properly filled out and received prior to the meet entry deadline will declare those relay teams officially entered.
- (b) Organizations entering two or more relay teams in an event shall designate them on the entry blanks in alphabetical order as Team A, Team B, etc.
- (c) The time for each relay team shall be submitted on the entry blank and no change in time will be permitted. The time for each relay may be submitted as a composite or aggregate time. Relay teams with properly proven time will be declared entered and will be seeded at the proven and entered time.
- (d) Swimmers eligible to compete for an organization in relay events shall be all those listed on the entry blank for that organization.
- (e) Each coach shall pick up relay entry forms from the clerk of course on which he shall list the competing relay swimmers, their first and last names, ages, and order of swimming, for each entered relay. Upon reporting to the starting blocks, immediately prior to the start of the relay heat in which such team is entered, the completed relay entry form shall be handed to the head lane timer. No change will be permitted thereafter and failure to present the head lane timer with written list of relay swimmers shall prevent such team from competing. A runner shall be furnished to distribute copies of the listed relay swimmers to the announcer, press and T.V.
- (f) The competing relay teams and first and last names and ages of members thereof must be listed in the meet results.

**104.8. QUALIFYING TIME STANDARDS**

- (1) Senior national qualifying time standards will be determined from performances at the respective short course and long course senior national championship meets for all swimmers.
  - (a) The twenty-eighth (28th) place time achieved in the preliminaries with the hundredths digit a constant .09, and not slower than the current standard, will become the senior national qualifying time standard for that event in the next like national championship meet for all domestic swimmers.
  - (b) The sixteenth (16th) place time achieved in the preliminaries, with the hundredths digit a constant .09, and not slower than the current time standard, will be the qualifying time standard for that event in the next like national championship meet for all foreign swimmers.
  - (c) The above formulas may be adjusted periodically based on recommendations from the time standards committee.
- (2) Junior national qualifying time standards shall be recommended to the Senior Division for junior national championship meets by the national time standards committee.



- (3) The Senior Division shall approve at each annual meeting the qualifying time standards for both short and long course championships for the following year.
- (4) The best times of all swimmers and relay teams must be listed on the entry card or blank. No changes in submitted times, corrections of events entered, or additional entries shall be allowed.
- (5) Any swimmer who qualifies for the 1000 or 1650 yard freestyle or the 800 or 1500 meter freestyle may enter at his fastest time or at the time standard, if entered in two or more events on the day of the distance freestyle.
- (6) Qualifying time standards shall be specified in hundredths of a second.
- (7) The governing division reserves the right to challenge any submitted time.
- (8) Foreign swimmers may enter national championships provided they have met all qualifying requirements including submission of proof of entered times.
- (9) **Entries for individual and relay events shall:**
  - (a) Be submitted to hundredths of a second (100ths) only, unless recorded by manual watches in tenths (10ths) in which case a zero shall be added to the 10th recording.
  - (b) Be achieved in a relevant stroke/event; i.e., times achieved in a freestyle event can be submitted only as a freestyle time, regardless of the stroke(s) used.
  - (c) Be achieved from September 1 of the previous year and no later than the entry deadline date for the USS Short Course Championships.
  - (d) Be achieved from September 1 of the previous year and no later than the entry deadline date for the USS Long Course Championships.
  - (e) Be achieved in a USS-sanctioned or USS-approved meet or by one of the following modes if swum in full accordance with all applicable American and U.S. Open record rules as noted.
    - (i) In a swim-off held to determine placement in a final event (108.2(4)(c))
    - (ii) As lead-off leg in a relay race. (108.2(4)(f))
    - (iii) Split time recorded from the official start to the completion of an initial distance within a longer individual event. (108.2(5)(a))
    - (iv) In a time trial. (108.2(4)(b)) and 108.3(1)(2))
  - (f) In the 1000 and 1650 yard and 800 and 1500 meter freestyle events, the finalists and consolation finalists in the immediate preceding respective United States Swimming Championship (short course to short course and long course to long course only) may enter either at the time achieved in the immediate preceding respective meet or with a submitted time done during the current season, or they may enter at a slower time, but not slower than the standard.

**Note:** Times achieved at an altitude of 5,000 feet or above may be adjusted as follows

<b>Event Distance</b>	<b>Time Adjustment</b>
200	1.2 sec.
400 or 500	3.0 sec.
800 or 1000	12.8 sec.
1500 or 1650	30.0 sec.

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

## **1983 UNITED STATES SWIMMING CHAMPIONSHIPS QUALIFYING STANDARDS**

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

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

**April 13-16, 1983**

**25 Yard Course**

**EAST - Gainesville, Florida**

**WEST - Brown Deer, Wisconsin**

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

**August 17-20, 1983**

**50 Meter Course**

**EAST - Indianapolis, Indiana**

**WEST - Industry Hills, California**

## 1983 Junior National Time Standards

WOMEN			EVENT	MEN		
SC (Meters)	SC (Yards)	LC (Meters)		LC (Meters)	SC (Yards)	SC (Meters)
27.69	24.89	28.19	50 Freestyle	25.49	21.89	24.19
58.99	53.59	1:01.19	100 Freestyle	55.39	47.89	52.89
2:08.19	1:56.29	2:11.49	200 Freestyle	2:01.99	1:44.39	1:55.59
4:25.39	5:07.29	4:34.79	400/500 Freestyle	4:17.69	4:41.99	4:04.09
9:08.29	10:29.69	9:26.59	800/1000 Freestyle	8:48.79	9:43.09	8:30.19
17:34.19	17:45.69	17:59.59	1500/1650 Freestyle	17:04.39	16:15.09	15:57.19
1:07.89	1:01.79	1:11.59	100 Backstroke	1:03.59	55.39	1:01.69
2:26.99	2:12.59	2:33.29	200 Backstroke	2:17.29	2:01.79	2:15.29
1:17.19	1:09.09	1:21.39	100 Breaststroke	1:11.99	1:01.19	1:07.99
2:46.09	2:28.49	2:52.99	200 Breaststroke	2:36.79	2:12.29	2:28.39
1:05.59	59.69	1:07.29	100 Butterfly	1:01.09	52.39	57.39
2:23.89	2:10.89	2:26.99	200 Butterfly	2:13.79	1:55.99	2:06.99
2:25.99	2:12.29	2:31.29	200 Ind. Medley	2:18.09	1:59.49	2:12.09
5:10.59	4:41.69	5:20.79	400 Ind. Medley	4:50.99	4:12.39	4:39.39
4:39.89	4:11.19	4:45.69	400 Medley Relay	4:17.29	3:42.29	4:08.39
4:08.69	3:42.29	4:12.09	400 Free Relay	3:50.69	3:17.29	3:39.29
9:03.49	8:06.19	9:06.09	800 Free Relay	8:20.19	7:14.39	8:02.99

### UNITED STATES SWIMMING SHORT COURSE CHAMPIONSHIPS

April 6-9, 1983

Indianapolis, Indiana - 25 Yard Course

### UNITED STATES SWIMMING LONG COURSE CHAMPIONSHIPS

August 3-6, 1983

Clovis, California - 50 Meter Course



# 1983 SENIOR FOREIGN TIME STANDARDS

WOMEN				MEN			
FOREIGN		DOMESTIC		DOMESTIC		FOREIGN	
LC	SC	LC	SC	LC	SC	LC	SC
Meters	Yards	Meters	Yards	Meters	Yards	Meters	Yards
EVENT				EVENT			
26.79	23.69	26.39	24.19	26.99	24.09	23.49	20.49
58.09	51.09	56.29	52.39	57.69	52.89	50.79	44.79
2:04.59	1:49.99	2:01.19	1:52.09	2:03.49	1:55.69	1:52.09	1:39.09
4:19.79	4:49.69	4:10.19	4:57.29	4:16.69	4:03.69	3:55.99	4:26.99
8:50.49	9:52.99	8:36.39	10:05.59	8:47.29	8:28.09	8:19.29	9:15.59
16:51.49	16:20.79	16:31.49	16:54.09	16:43.19	16:12.69	15:40.89	15:31.19
1:05.49	58.19	1:03.89	59.69	1:05.59	1:00.29	58.69	51.39
2:20.69	2:04.89	2:18.39	2:07.89	2:21.79	2:09.59	2:06.99	1:51.09
1:14.99	1:04.99	1:12.59	1:06.89	1:14.69	1:07.49	1:04.99	1:05.69
2:39.69	2:19.49	2:35.99	2:23.19	2:40.19	2:27.29	2:23.09	2:03.89
1:02.99	56.09	1:01.69	57.09	1:02.79	57.19	55.59	49.69
2:17.09	2:02.19	2:14.29	2:04.69	2:17.09	2:06.49	2:03.49	1:49.89
2:22.29	2:05.39	2:18.29	2:08.19	2:21.39	2:10.79	2:06.29	1:52.29
4:59.89	4:24.09	4:51.89	4:30.09	4:57.89	4:37.69	4:30.39	3:59.39
			4:31.19	4:27.09	3:59.79	3:56.29	
			3:59.69				
			4:04.79	4:01.19	3:37.49	3:30.59	
			8:46.09	8:38.09	7:53.79	7:46.79	

## **104.9. PROOF OF ENTERED TIME**

### **(1) Short Course Championships**

- (a) **Individual Events**—All individual entry times must be made prior to the entry deadline and must be proven prior to the scratch deadline for that event through the Official Verification Card (OVC) system, or in the case of college, high school, and/or YMCA swimmers, from official meet results from conference championships or higher which have approval. Times made in college and other dual meets, if approved, must be certified through the OVCs. Such meet results must accompany the entry cards or blank with appropriate names and times clearly marked.
- (b) **Relay Events**—Times for each entered relay team must be submitted on the entry form. This entered time must be proven prior to the scratch deadline for each entered relay team, in aggregate or as a team, through the OVCs, or from meet results described in (a) above, submitted with the entry forms. For the purpose of proving times, a swimmer may be named on only one relay team in each relay event. Once the relay team or teams have been proven, any swimmer listed by that organization on the entry form is eligible to compete on that relay team.

**Note:** Except for USS Junior Olympic Championship meets as provided in 104.3(1), the time of any swimmer recorded while legally representing a club within the appropriate time frame may be used in proving relay entry time and that swimmer does not need to be entered in the championship in question.

### **(2) Long Course Championships**

- (a) Proof of entered time procedure shall be the same as for the short course championships except that only Official Verification Cards (no meet results) will be accepted from USS member athletes.
- (b) Foreign swimmers not USS-registered must provide meet results with entry form to prove entry time.

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

### **(3) Responsibility Clause**

- (a) The coach or swimmer representative who signs a national championship entry form thereby attests that all times stated in such entry form are true and correct. He assumes all responsibility for false or incorrect times therein. He shall pay \$100 to the Corporation for each such time unless corrected by that coach or swimmer representative prior to the scratch deadline.
- (b) Such penalty shall apply in addition to any USS verification officer who has issued an Official Verification Card attesting to such untrue or incorrect time(s).

- (c) All determinations shall be made in accordance with 450.3 and 450.4.
- (d) No fines shall be imposed without an opportunity for a hearing. Review shall be permitted pursuant to 450.6.

#### **104.10. OFFICIALS**

- (1) The vice president of the governing division and/or his designate shall be the Referee of the national championships.
- (2) For all national championship competition there shall be no more than the following assigned officials at any one time:
  - 1 Referee
  - 1 Starter
  - 1 Recall Starter
  - 1 Chief Judge
  - 1 Chief Timer
  - 2 Stroke Judges — 1 each side of pool
  - 1 Timer/Turn Judge per lane
  - 1 Timer/Take-Off Judge per lane
  - 1 Timer/Split Taker per lane
  - 4 Take-off Judges — 2 each side of pool
  - 1 Turn Judge per lane (at opposite end of pool from starting blocks)
  - 2 Clerks of Course
  - 4 Marshals
  - 2 Scorers
  - 4 Recorders
  - 1 Announcer
  - 1 Recorder of Records
  - 1 Press Steward
  - 1 Doctor

Electronic equipment operators if needed.  
 Back-up officials: on deck only if necessary.

  - 2 Place Judges per lane (or equivalent in semi-automatic equipment, properly staffed.)
- (3) All officials should hold valid certification as a National Swimming Official.
- (4) Qualifications and certifications of all officials, including local personnel, shall be under the guidance and supervision of the National Officials Committee, which shall supply a list of certified and qualified officials for each national championship to the vice president of the governing division for final selection and approval of officials.
- (5) In addition to the above selection, procedures and duties of officials for all national championships events shall be in accordance with 103.14.
- (6) During relay exchanges only, two relay take-off judges shall be assigned to each side of the pool to observe two assigned lanes each. They shall not make a hand signal, but shall independently report in writing any infraction. Only if the assigned timer/take-off judge has reported an infraction in writing and the assigned pool side take-off judge has confirmed the same infraction in writing shall the designated relay team be disqualified. This confirmation in no way affects the independent authority of the Referee as outlined in 103.15.



#### **104.11. VIDEO EQUIPMENT**

When accepted videotape or automatic officiating devices are available, these must be used by the Referee in any case of doubt or protests (turns, end of race and relay take-offs).

#### **104.12. MOVABLE BULKHEADS**

If utilized, periodic measurements required under 108.2(3)(g) must be made if record performances are to be accepted.

### **ARTICLE 5**

## **AWARDING UNITED STATES SWIMMING CHAMPIONSHIPS AND INTERNATIONAL COMPETITIONS**

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

- (1) **Senior Class**—short course and long course
- (2) **Junior Class**—short course and long course

#### **105.2. FACILITIES**

- (1) Short course meets shall be held in 25 yard pools having no less than eight racing lanes at least seven feet wide and a separate warm-up pool.
- (2) Long course meets shall be held in 50 meter pools having no less than eight racing lanes at least seven feet wide and a separate warm-up pool.
- (3) Minimal Facilities—Subject to such concessions as the governing division may deem to be in the best interests of the conduct, the championship meets shall be conducted in facilities as prescribed in Article 7.

#### **105.3. AWARD OF EVENTS**

- (1) United States Swimming Championships shall be awarded by the Senior Division in accordance with Article 4 and Article 5.
- (2) United States Swimming Junior Olympic Championships shall be awarded by the Senior Division in accordance with Article 4 and Article 5.
- (3) In an Olympic or Pan American year the Senior Division may elect not to conduct one or more United States Swimming Championships. Such decision must be made at the annual meeting of the Corporation in the second calendar year preceding such Olympic or Pan American year. In the event of such decision said division may elect to name and rank the individual national champions for that year based upon the final results of the related Olympic or Pan American Trials. Place awards will not be made.

#### **105.4. DATES**

- (1) United States Swimming Short Course Championships shall be held two weeks after the fourth Thursday in March, unless otherwise determined by the Senior Division.
- (2) United States Swimming Long Course Championships shall be held on the weekend following the third Monday in August, unless otherwise determined by the Senior Division.
- (3) United States Swimming Long Course and Short Course Junior Olympic Championships shall be held no sooner than the week

following the first day of the United States Swimming Long Course and Short Course Championships, unless otherwise determined by the Senior Division.

#### 105.5. SITE SELECTION COMMITTEE

- (1) **Membership**—The Vice President/Senior shall appoint three persons and the Vice President/Age Group shall appoint two persons, and these may include either or both vice presidents, to the Site Selection Committee to serve one year.
- (2) **Chairman**—The chairman shall be elected from among and by the members of the committee.
- (3) **Duties**—It shall be the responsibility of the Site Selection Committee to:
  - (a) Prepare and maintain an up-to-date list of facilities in each LSC which comply with the national championships standards set forth in Article 7.
  - (b) Ascertain that pool certification is properly on file with USS and if deemed necessary, to require re-certification prior to consideration of a bid.
  - (c) Solicit bids from such facilities in accordance with the zone rotation award system indicated below.
  - (d) Present to the Senior Division at its annual meeting held at least two years prior to the year of the championships, a list of all approved bidders for each long and short course national championships, as required by the zone rotation award system.

#### 105.6. ZONE ROTATION AWARD SYSTEM

- (1) The zones shall be as follows:
  - (a) **Zone I** shall be composed of the following LSCs: Alaska, Arizona, Border, Central California, Colorado, Far East, Hawaii, Inland Empire, Japan, Montana, New Mexico, Oregon, Pacific, Pacific Northwest, San Diego, Snake River, Southern California, Southern Nevada, Utah, and Wyoming.
  - (b) **Zone II** shall be composed of the following LSCs: Arkansas, Central, Gulf, Iowa, Midwestern, Minnesota, Missouri Valley, North Dakota, Oklahoma, Ozark, South Dakota, South Texas, Southern, Southwestern, West Texas, and Wisconsin.
  - (c) **Zone 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.
- (2) Rotation Award System for National Championship Swimming Meets

YEAR	ZONE I	ZONE II	ZONE III
1983	SR LC JR SC	SR SC	JR LC
1984	JR LC	SR LC JR SC	SR SC
1985	SR SC	JR LC	SR LC



### **105.7. METHOD OF GRANTING AWARD**

- (1) A national championship can be awarded only to an LSC which is currently fully paid in dues and fees due to the Corporation. That LSC may assign the championship to a member in good standing of that LSC, who shall then assume full responsibilities as agreed to in writing.
- (2) A bidder shall be provided by the Executive Director with a bid form, financial and operating agreements, and all other documents related to the responsibilities of the awardee in relation to conduct of the event.
- (3) All bids for a championship meet shall be returned to the site selection chairman not less than sixty (60) days prior to the annual meeting of the Corporation at which such bids are to be considered.
- (4) The governing division shall consider only those bids presented by the Site Selection Committee at the annual meeting and award of contract shall be finalized at that time.
- (5) Upon approval of a bid, the bid shall be presented to the Board of Directors/House of Delegates for acceptance of the bid. The contract shall be executed by all involved parties, including but not limited to the bidder, the President or Secretary of the Corporation, the vice president of the senior division, the LSC chairman and such other entity as may be designated.
- (6) The failure of the Site Selection Committee to present a bid from a suitable facility within the designated zone shall negate the rotation system for that round only. This shall not affect the future normal rotation of zones as provided above.
- (7) Should the Site Selection Committee fail to receive bids from the designated zone by the 60 day cut-off date, the chairman shall immediately notify, in writing, the vice president of the senior division, and the swimming chairmen of the other two zones, of the available meets and dates. Bids from the other two zones may then be considered at the annual meeting of the senior division.

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

### **105.9. INTERNATIONAL COMPETITIONS**

- (1) United States Swimming may award international competitions only to an LSC which is currently fully paid in dues and fees due to the Corporation.
- (2) Award applicant shall be provided by the Executive Director with financial and operating agreements and all other documents related to the responsibilities of the awardee in relation to the conduct of the meet.
- (3) Should there be more than one bidder to sponsor a particular international event, the Olympic International Division shall decide the award.



## ARTICLE 6 AGE GROUP SWIMMING

### 106.1. THE AGE GROUP PROGRAM

- (1) **Objectives**—Age Group swimming should provide programs for the maximum number of children, staying within the currently approved age groups, and limiting the number of events and duration of any one day's activities.

Further, proper physical conditioning should be assured, including preparation, conditioning and "medical wellness" of all age group participants. Optimal conditions should be provided (facilities, coaching, officiating, parental participation, school and community participation), as well as providing recognition for all participants.

Opportunity should also be available for self-improvement and advancement to junior and senior programs for those who are so motivated, without asserting undue pressure and over-expectations.

- (2) **Junior Olympic**—Competition will be conducted by the Age Group Division, except for Junior Olympic nationals.
- (3) **Programs**—In planning any meet, careful consideration must be given the demands to be made upon swimmers, officials, and spectators, in that order. Long, tiresome meets, with too many events and/or entries, often result in keeping small children up late at night. Meets should be planned to terminate within a maximum period of eight (8) hours of competitive events in any one day. Provide adequate meal and rest breaks and sheltered rest areas, properly supervised.

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

- (1) Amendments to Age Group rules and recommended legislation must be submitted to the Age Group Rules chairman only by (a) members of the House of Delegates, (b) members of the Age Group Rules Committee, or (c) an LSC Age Group Swimming Committee or Local Swimming Committee.
- (2) Legislation affecting Age Group Swimming shall be considered by the Age Group Rules Committee. Any rules changes which affect general swimming rules must be submitted to the Rules Committee.

### 106.3. AGE GROUP PLANNING COMMITTEE

- (1) **Membership**—Automatic members shall include the Age Group chairman, 16 Best Times Tabulator, and the Age Group records chairman.
  - (a) **Elected Members**—The members of the House of Delegates representing each LSC within each of the four zones shall each year elect one (1) member for a two-year term. No more than one member may be elected from any one LSC.

- (b) **Athlete Representation**—One member shall be elected by the Athletes' Committee.
- (2) **Officers**—The chairman and secretary of the committee shall be elected by and from among the members of the committee, at the initial meeting following the elections.
- (3) **Procedures**—Meetings of the committee may be called by the chairman.
  - (a) Members of the committee will conduct an ongoing study of the Age Group programs in their respective zones.
  - (b) They will make recommendations toward long-range planning and policies for Age Group swimming.
  - (c) They will undertake projects of communication and education to assist local clubs and LSCs in conducting successful Age Group programs.
  - (d) They will make recommendations for changes in Age Group rules as deemed necessary.
  - (e) Such recommendations must be received by the chairman by the deadline set each year.
  - (f) The committee chairman shall present these recommendations to the Age Group rules chairman, or the appropriate sub-committee chairman for action.

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

#### **106.5. ELIGIBILITY**

- (1) The eligibility of a participant for a particular age group will be determined by his date of birth in his respective age group.
- (2) Age on the first day of meet shall govern for the full meet.

##### **Exceptions**

- (a) In a preliminaries and finals meet, when the preliminaries are separated from the finals by more than two days, a swimmer shall compete at the age reached on the first day of the finals.
- (b) In a timed finals meet that covers more than one weekend, a swimmer shall compete at the age attained on the first day of each continuous session of the meet.
- (3) Participants must swim in their respective age brackets.
- (4) A contestant may participate in only one age division actually corresponding to the swimmer's age.

#### **106.6. AGE GROUP CLASSIFICATIONS**

- (1) **Junior**—A single age group 18 years of age and under, inclusive.
- (2) **Age Group/Junior Olympic**—10 and under, 11-12, 13-14, 15-16, 17-18 or 15-18.

#### **106.7. EVENTS AND PROGRAMS**

- (1) Junior classification events and programs shall be those listed in 104.5.
- (2) **10-and-Under** **11-12 Years**  
 50-100-200 Freestyle 50-100-200-400/500 Freestyle



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

**13-14 Years**

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

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

**15-16, 17-18, 15-18 Years**

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

- (3) Programs for Age Group meets and/or those of mixed classification can be tailored to meet local requirements and conditions.
- (4) Dual meets between clubs, LSCs, and regions are encouraged. Suggested program for Age Group meets (Events may be added or deleted as desired).

**10 & under**

**11-12**

**Events**

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

**13-14, 15-16**

**17-18, 15-18**

**Events**

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

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

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

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

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



## **106.9. AGE GROUP 16 BEST TIMES TABULATIONS**

- (1) Times submitted for the short course 16 Best Times list must be recorded times swum between the period of June 1 for one year through May 31 of the next year. These times must be submitted to the national tabulator no later than June 30.
- (2) Times submitted for the long course 16 Best Times list must be recorded times swum between the period of September 1 of one year through August 31 of the next year. These times must be submitted to the national tabulator no later than September 30.
- (3) The 16 Best Times lists shall be published separately - short course in August and long course in December.
- (4) Times may be submitted for any Age Group USS registered swimmer/club participating in any USS/LSC sanctioned event or in any other championship competition (i.e., high school, YMCA, college, etc.) recognized by USS/LSC, or in any competition sanctioned by any officially recognized member of FINA.
- (5) Times for 55 yard courses may be submitted for 50 meter consideration.
- (6) Times may not be submitted unless at least three watches recorded the times, in accordance with 103.19, or completely automatic timing equipment was used.
- (7) In submitting times, placement in a race must be considered. If a swimmer is displaced by a judge or ballot decision by a swimmer with a slower time, he must share the time of the swimmer who displaced him for the purpose of rating in the 16 Best Times. Only the top ten relays will be tabulated.
- (8) No club's relay team may be listed more than once, unless that club has an additional relay or relays comprised of four different swimmers than the previously listed relay. If the club has an additional relay entitled to listing with a change of one, two or three individual swimmers from the higher listed relay, those additional swimmers will be listed after the club's higher ranked relay team members.
- (9) Initial times, relay lead-off times, split times and swim-off times are acceptable in Age Group swimming for records and/or Best Times tabulation, provided that the times are achieved with completely automatic officiating equipment, in a duly sanctioned meet at the LSC, regional, zone or national level, and meets the requirements of 108.2(4)(f) and (g) and (5). Times submitted for recognition shall be equal to or faster than the 35th individual places and 15th relay places in the previous year's ranking.
- (10) Each LSC is responsible for reporting (on the provided cards) to the chairman of the Age Group Tabulation Committee, not later than June 30 (short course) and September 30 (long course) of each year, the times which better the tabulation cut-off times. An LSC may report times performed by swimmers registered in its LSC but achieved outside of the LSC when proof of performance is submitted to the LSC.

# 106.10. 1983 AGE GROUP 16 BEST TIMES AND RELAY 10 BEST TIMES CUTOFFS

## GIRLS

Yards	Meters
27.69	31.59
1:00.59	1:09.29
2:11.89	2:28.89
32.79	37.39
1:11.69	1:20.89
36.29	41.19
1:19.39	1:30.79
30.49	34.59
1:08.69	1:19.09
1:10.19	—
2:30.79	2:50.19
2:14.19	2:33.19
1:58.99	2:14.99

## GIRLS

Yards	Meters
25.59	29.29
55.59	1:04.19
1:59.19	2:15.99
5:16.09	4:43.79
29.99	34.29
1:04.29	1:12.99
33.09	37.89
1:11.69	1:22.59
28.19	31.69
1:01.79	1:10.19
1:04.29	—
2:16.49	2:35.69
2:00.79	2:17.79
4:26.09	5:01.09
1:46.99	2:01.79
3:55.19	4:27.29

## GIRLS

Yards	Meters
24.69	27.99
53.09	1:00.59
1:53.99	2:10.59
5:01.29	4:32.69
10:19.99	9:16.89
17:10.49	17:43.19
1:01.09	1:09.69
2:10.19	2:29.39
1:08.09	1:18.79
2:27.29	2:49.59
58.79	1:08.39
2:08.79	2:25.39
2:11.09	2:29.19
4:36.99	5:15.19
1:56.79	2:11.89
4:09.49	4:46.49
1:43.99	1:57.29
3:42.29	4:12.69
8:08.49	9:14.29

## 10 & Under

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

## 11-12

Event	
50 Freestyle	
100 Freestyle	
200 Freestyle	
400/500 Freestyle	
50 Backstroke	
100 Backstroke	
50 Breaststroke	
100 Breaststroke	
50 Butterfly	
100 Butterfly	
100 Ind. Medley	
200 Ind. Medley	
200 Medley Relay	
400 Medley Relay	
200 Freestyle Relay	
400 Freestyle Relay	

## 13-14

Event	
50 Freestyle	
100 Freestyle	
200 Freestyle	
400/500 Freestyle	
800/1000 Freestyle	
1500/1650 Freestyle	
100 Backstroke	
200 Backstroke	
100 Breaststroke	
200 Breaststroke	
100 Butterfly	
200 Butterfly	
200 Ind. Medley	
400 Ind. Medley	
200 Medley Relay	
400 Medley Relay	
200 Freestyle Relay	
400 Freestyle Relay	
800 Freestyle Relay	

## BOYS

Yards	Meters
27.49	31.59
59.79	1:08.79
2:09.89	2:29.59
32.39	36.69
1:11.09	1:20.49
35.79	40.69
1:18.79	1:29.39
30.29	34.59
1:08.19	1:16.99
1:09.29	—
2:28.49	2:48.99
2:12.79	2:30.29
1:56.79	2:12.59

## BOYS

Yards	Meters
24.69	28.49
54.19	1:01.89
1:57.49	2:14.19
5:12.59	4:42.99
29.39	33.79
1:02.69	1:12.59
31.89	36.89
1:09.49	1:21.19
27.39	30.99
59.99	1:08.99
1:02.69	—
2:13.29	2:33.09
2:00.19	2:16.09
4:27.69	5:01.19
1:46.89	2:00.79
3:54.99	4:25.09

## BOYS

Yards	Meters
22.79	26.29
49.99	56.99
1:48.69	2:03.59
4:50.79	4:19.19
10:05.79	9:01.29
16:53.79	17:17.49
57.59	1:05.79
2:04.29	2:21.89
1:03.89	1:14.29
2:18.59	2:40.69
55.09	1:02.99
2:01.99	2:19.19
2:03.69	2:21.19
4:23.19	4:58.09
1:48.89	2:03.69
3:55.99	4:29.09
1:36.69	1:49.49
3:30.49	3:59.59
7:47.89	8:43.79



GIRLS			15-16			BOYS		
Yards	Meters		Event			Yards	Meters	
24.29	27.69	50	Freestyle			21.89	25.19	
52.39	59.79	100	Freestyle			47.49	54.99	
1:52.49	2:07.69	200	Freestyle			1:43.59	1:59.09	
4:55.89	4:25.69	400/500	Freestyle			4:38.29	4:10.19	
10:11.59	9:07.09	800/1000	Freestyle			9:33.99	8:39.29	
16:58.49	17:25.69	1500/1650	Freestyle			16:04.29	16:32.99	
59.69	1:08.19	100	Backstroke			54.79	1:02.89	
2:07.59	2:26.69	200	Backstroke			1:57.79	2:15.59	
1:06.89	1:17.79	100	Breaststroke			1:00.69	1:09.89	
2:24.39	2:46.29	200	Breaststroke			2:11.29	2:32.19	
57.39	1:04.69	100	Butterfly			52.39	59.19	
2:05.39	2:22.49	200	Butterfly			1:55.69	2:10.89	
2:08.29	2:26.89	200	Ind. Medley			1:57.29	2:15.59	
4:31.59	5:09.29	400	Ind. Medley			4:09.79	4:46.59	
1:55.79	2:11.59	200	Medley Relay			1:45.09	1:59.79	
4:05.29	4:40.49	400	Medley Relay			3:45.39	4:19.29	
1:46.09	1:56.79	200	Freestyle Relay			1:33.39	1:45.99	
3:39.19	4:09.39	400	Freestyle Relay			3:21.19	3:48.79	
7:58.29	9:04.79	800	Freestyle Relay			7:28.09	8:26.89	

GIRLS			17-18			BOYS		
Yards	Meters		Event			Yards	Meters	
24.19	27.39	50	Freestyle			21.29	24.59	
51.89	58.99	100	Freestyle			46.39	53.39	
1:51.59	2:06.09	200	Freestyle			1:41.79	1:56.89	
4:54.99	4:22.39	400/500	Freestyle			4:33.59	4:05.49	
10:06.09	8:59.69	800/1000	Freestyle			9:25.99	8:31.69	
16:52.79	17:09.69	1500/1650	Freestyle			15:57.79	16:17.89	
59.49	1:07.69	100	Backstroke			53.09	1:00.59	
2:08.09	2:24.19	200	Backstroke			1:54.89	2:10.69	
1:06.69	1:16.69	100	Breaststroke			58.89	1:08.39	
2:23.79	2:43.89	200	Breaststroke			2:07.29	2:28.89	
57.09	1:04.59	100	Butterfly			50.59	58.39	
2:04.49	2:19.79	200	Butterfly			1:51.69	2:07.79	
2:07.69	2:24.09	200	Ind. Medley			1:54.49	2:11.79	
4:30.59	5:04.29	400	Ind. Medley			4:05.19	4:40.59	
1:54.29	2:10.39	200	Medley Relay			1:41.29	1:55.09	
4:00.19	4:34.29	400	Medley Relay			3:34.19	4:07.09	
1:42.29	1:56.29	200	Freestyle Relay			1:29.99	1:42.39	
3:34.89	4:04.29	400	Freestyle Relay			3:11.89	3:41.69	
7:46.79	8:51.09	800	Freestyle Relay			7:02.99	8:03.69	

## 106.11 AGE GROUP RECORDS

- (1) National Age Group records are open only to U.S. citizen registered USS athletes.
- (2) Times submitted for Age Group records must comply with all the requirements for the 16 Best Times Tabulation as listed in 106.9.
- (3) No record shall be considered which is applied for by or through a conference, league, LSC or allied member whose rules governing performance do not conform to these rules.
- (4) To be eligible for consideration for an Age Group record, a swimmer must have won his race. Exception: Swimmers within a recognized age group competing in a senior competition or junior



- competition in a single age group do not need to win the event, but must place higher by a judged or ballot decision than other contestants in the same age group in the event.
- (5) No record attempts against time are acceptable.
  - (6) Age Group records must be achieved in the relevant stroke—even i.e., a backstroke record must be set in a backstroke event. Record set in freestyle events can be submitted only as freestyle records regardless of the stroke or strokes used.
  - (7) When a listed Age Group record is bettered, an official Age Group record application form (provided by the national Age Group records chairman to the LSC) shall be filled out, signed by the designated officials, and mailed to the national Age Group records chairman within thirty (30) days. Responsibility for this lies with the athlete, the meet director, recorder of records, or chief recorder of the meet at which the record is achieved. If approved, a certificate of record achievement will be issued to the swimmer immediately upon receipt of this record application.

#### **106.12. AWARDS**

- (1) Age Group national champions as determined from the tabulated national results will be awarded official national emblems of a standard design as adopted by United States Swimming.
- (2) Official awards for Age Group events may not exceed a cost of \$2.50 per swimmer for first place, \$2.00 for second place or \$1.50 per swimmer for each place from third through eighth. Awards for places beyond eighth are not allowed. Team championship awards may not exceed a cost of \$25.00 for first place, \$20.00 for second place and \$15.00 for third through fifth place. Individual high point awards may not exceed a cost of \$8.00.
- (3) Official awards for Age Group meets excluding the fastest Age Group swimmers (B meets, C meets, etc.) will be limited to awards not exceeding a cost of \$1.00 per swimmer. Team championship and/or high point awards may not be given.

#### **106.13. LSC CHAMPIONSHIP MEETS**

- (1) LSC Age Group/Junior Olympic meets shall be conducted by each LSC in conformance with the contractual obligations of USS, including the time period, format and number, sponsorship identification and publicity requirements that may be in effect at the time and about which the LSC shall be notified. Such meets shall be conducted, both short course and long course, where such facilities are available, and shall conform to the USS Rules and Regulations, except as hereinafter specified. The age groups and events shall be selected from the age groups listed in 106.6 and the events listed 106.7, respectively. It is recommended that such meets be conducted with preliminaries and finals.
- (2) In addition each LSC may conduct other championship meets. It is recommended that the short course championship meet be held during the January-May period each year, and the long course

championship meet during the May-August period each year, and that the age groups and events be selected from those listed, except the 15-18 age group may be conducted as a single age group or the entire meet conducted as a single age group of 18 years of age and under, at the discretion of the LSC.

- (3) Participation in LSC championship meets shall be restricted to USS member athletes and/or registered swimmers from other FINA members in good standing. The host LSC may invite USS member athletes and/or registered swimmers from other FINA members in good standing.
- (4) Time standards may be set for LSC championship meets if it is felt such standards will improve the competition and provide a benefit to the swimmers at the LSC level.
- (5) No contestant may compete in more than five (5) swimming events, excluding relays, on each day of a timed final LSC championship meet. In LSC championship competition where preliminaries and finals are held, no contestant may compete in more than three (3) swimming events, excluding relays, per day.
- (6) **Eligibility**—Refer to 106.5 for eligibility rules.
- (7) **Awards**—Refer to 106.12 for awards.

**106.14. REGIONAL CHAMPIONSHIP MEETS**—The 60 LSCs are divided into 15 regions for Age Group competition. These regions are formed in order to reduce the travel distance for athletes competing in regional competition and to equalize the competition. The 15 regions are:

- Region 1:** Adirondack, Connecticut, Maine, Metropolitan, New England, New Jersey, Niagara
- Region 2:** Allegheny Mountain, Maryland, Middle Atlantic, Potomac Valley, Virginia
- Region 3:** Georgia, North Carolina, South Carolina, Southeastern
- Region 4:** Florida, Florida Gold Coast
- Region 5:** Hawaii
- Region 6:** Central, Indiana, Kentucky, Lake Erie, Michigan, Ohio, West Virginia
- Region 7:** Iowa, Midwestern, Minnesota, Wisconsin
- Region 8:** Arkansas, Missouri Valley, Oklahoma, Ozark
- Region 9:** Gulf, South Texas, Southern, Southwestern, West Texas
- Region 10:** Arizona, Border, Colorado, New Mexico, Utah
- Region 11:** Montana, North Dakota, South Dakota, Wyoming
- Region 12:** Inland Empire, Oregon, Pacific Northwest, Snake River
- Region 13:** Central California, Pacific, San Diego, Southern California, Southern Nevada
- Region 14:** Alaska
- Region 15:** Far East, Japan

- (1) **Regional Committees**—A regional Age Group championship meet committee may be established.
- (2) Each region may conduct two Age Group championships, one in a short course, 25 yard or 25 meter pool, and the other in a long



course, 50 meter or 55 yard pool. It is recommended that the short course championship meet be held during the January-May period each year, and the long course championship meet during the May-August period each year.

- (3) **Age Groups**—The regional Age Group meet may be conducted using 10 & under, 11/12, 13/14, 15/16, 17/18, or 15/18 or any combination of the preceeding.
- (4) **Events**—Refer to 106.7(5) for entry limit procedures.

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

- (5) Time standards may be set for regional championship meets if it is felt such standards will improve the competition and provide a benefit to the swimmers at the regional level.
- (6) **Eligibility**—Participation in the Age Group regional championship meet shall be restricted to registered swimmers from that region.

#### **106.15. ZONE JUNIOR OLYMPIC PROGRAM**

##### **(1) Zone Alignment**

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

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

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

**WESTERN ZONE**—Alaska, Arizona, Central California, Colorado, Far East, Hawaii, Inland Empire, Japan, New Mexico, Oregon, Pacific, Pacific Northwest, San Diego, Snake River, Southern California, Southern Nevada, Utah.

##### **(2) Zone Administration**

- (a) Each LSC shall elect or select three members to the respective zone Age Group committee prior to the annual meeting of the Corporation.
- (b) The zone committees shall meet at the annual meeting of the Corporation and at any other time deemed necessary.
- (c) The zone committee shall elect at the annual meeting of the Corporation, on odd years for a two-year term, the Zone Age Group chairman, who is responsible to the Age Group Vice President of United States Swimming.

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

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



- (b) The age groups and events shall be selected from the age groups listed in 106.6 and events listed in 106.7, respectively.
- (c) Time standards or entry requirements shall be set for each zone meet in accordance with the needs of the swimmers of that zone by the zone committee.
- (d) Eligibility: Participation in the zone championship meets shall be restricted to registered swimmers of that zone.
- (e) Awards: Shall be provided through the national headquarters, 1st through 8th place, and any other as designated by the national sponsor.

## ARTICLE 7 FACILITIES STANDARDS

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

### 107.1. LONG COURSE SWIMMING POOL

- (1) **Preferred**—The pool should be 50.025 meters (164.125 ft.) in length per lane by 22.885 meters (75.083 ft.) in width, providing for eight lanes 2.743 meters (9 feet) in width with .457 meters additional width outside lanes one and eight. The minimum pool depth is 1.219 meters (4 feet). Optional markings: nine 8-foot lanes and ten 7-foot lanes.
- (2) **(\*) Acceptable**—The pool should be 50.025 meters (164.125 ft.) in length per lane by 18.288 meters (60 feet) in width providing for eight lanes 2.134 meters (7 feet) in width with .610 meters additional width outside lanes one and eight. The minimum pool depth is 1.219 meters (4 feet).

### 107.2. SHORT COURSE SWIMMING POOL

- (1) **Preferred**—The pool should be 22.885 meters (75.083 ft.) in length per lane and 25 meters (82.108 ft.) in width providing for ten lanes 2.438 meters (8 feet) in width with additional width outside lanes one and ten. The minimum pool depth is 1.219 meters (4 feet).
- (2) **(\*) Acceptable**—The pool should be 22.885 meters (75.083 ft.) in length per lane and 13.706 meters (45 ft.) in width providing for six lanes 2.134 meters (7 feet) in width with additional width outside lanes one and six. The minimum pool depth is 1.219 meters (4 feet).

### 107.3. DIVING POOL

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

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

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

The length of the pool shall be measured at the centerline of each lane at the water level (the plane of the perimeter rim overflow level) and also at twelve-inch intervals of depth down to a depth of three feet.

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

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

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

**107.8. (\*) LIGHTING**—There shall be a minimum of 40 foot candle-power lighting three feet above the water surface for national championships. It is important that sufficient overhead lighting be installed with concentration directly over turning end and finish line. Fifty (50) foot candle is recommended. Underwater lights may be installed at the sides of and at the ends. End lights should be located under lane line anchors and 3' 6" deep with a switch for each light. A power source for additional lighting should be available for use with television, movies and special events. Buildings housing indoor pools should not have deck level windows in walls facing pool ends. Deck level windows on the side walls should be the tinted type which reduce glare and reflection on the water surface.



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

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

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

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

**107.13. (\*) LANE LINES AND ANCHORS**—Permanent provision must be made to anchor lane lines at the competitive water level in a recessed receptacle. Tightly stretched, easily visible floating lane markers, with floats joining to form a continuous cylinder marking the lateral limits of



each lane, should be provided for all meets and must be available for championship meets. The color of the floats for 15 feet (in 25 yard pools) and 5 meters (in 50 meter pools) from each end shall be distinct from the rest of the floats.

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

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

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

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

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

**107.19. (\*) FACILITY AVAILABILITY**—The facilities for national championships are to be made available to the swimmers only and on a full-time basis, beginning on Monday preceding the meet. The governing division has final authority to determine the dates, program and order of events, and the time schedule for national championships.

### 108.1. WORLD RECORDS

- (1) Shall be made only in 50 meter pools and shall conform to the recognized distance, stroke and other current effective governing regulations of the Federation Internationale de Natation Amateur (FINA).
- (2) All claims shall be telegraphed immediately following performance to the national headquarters. Supporting evidence must be filed on official United States Swimming record application forms, which must be in the national headquarters within 21 days following performance, with copy also sent to the national director of records. Responsibility for this filing shall rest with the meet recorder of records, official scorer, or LSC records chairman.

### 108.2. AMERICAN AND UNITED STATES OPEN RECORDS

#### (1) Classification

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

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

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

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

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

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

#### (3) Special Requirements and Conditions

- (a) Records must be made in accordance with all pertinent Corporation rules.
- (b) Records set outside of the United States shall be applied for on official record application forms (this shall be the responsibility of the team leader), and are subject to all pertinent



requirements of this Article 8. When an American record results from a world record performance set outside the United States, it shall be accepted as such upon formal approval by the FINA without further certification.

- (c) To be eligible for a record a swimmer must have won his race. Only the time of the winner is recognized for record purposes even though another swimmer may have a faster time but is displaced by judge's or ballot decision. In the event of a judge's or ballot decision resulting in a tie finish both swimmers (or more) so involved shall share the faster time of such finish. This rule does not apply to LSC, district, city, state, area or other record when residence, registration, membership, or other restrictions are a condition to record-holding, nor shall it apply to a claimant representing a United States team in international competition when the time is established.
- (d) Records must be achieved in the relevant stroke-event; i.e., a backstroke record must be set in a backstroke event, etc. Records set in freestyle events can be submitted only as freestyle records regardless of the stroke or strokes used.
- (e) Records cannot be made with pennant finish except for Long Distance Swimming events.
- (f) When a record is claimed an official record application form shall be filled out, signed by the designated officials, and transmitted immediately following performance, with all supporting data, including official meet results and the primary printout tape from the automatic officiating equipment, to the national headquarters. Forms must be in the national headquarters ten (10) days prior to the next regular meeting of the Board of Directors and copies shall also be sent to the national director of swimming records. Responsibility for this lies with either the records chairman, the recorder of records or the official scorer of the meet.
- (g) Pool certification shall be reported on the standard form available from the Executive Director's office.

The exact length of the course, measured by a steel tape, in feet and inches and fraction of an inch, or in meters and centimeters must be attested to by an accredited surveyor or engineer. Where a movable bulkhead is utilized, course measurement of each lane must be confirmed before each session of competition.

The length shall be as required by the provisions of 107.1, 107.2 and 107.4.

A statement of the conditions under which the course was measured must be included.

Certifications forms must be filed with the Executive Director's office and with the national director of swimming records.



Certification need only be filed once with the Executive Director's office and the director of records unless structural changes have occurred in the course since original certification.

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

- (h) Pending record claims properly documented and approved by the director of swimming records may be approved and declared effective immediately prior to any national senior swimming championship with approval of two members of the Board of Directors.
- (i) American and United States Open records performed in the national USS, NCAA Division I, AIAW Division I or YMCA National championships, shall upon proper completion of required forms and written approval of the national director of swimming records, be declared effective immediately unless a faster claim is pending. Approval thereof by the House of Delegates shall be automatic. Such pending record claims may also be approved and declared immediately effective by the Board of Directors at any time if properly documented and approved by the director of swimming records.
- (j) Record claims not previously accepted and declared effective under (h) or (i) above shall be considered by the national Records Committee for recommendation to the House of Delegates at its annual convention meeting. Applications ruled incomplete by said Records Committee may be reconsidered by them and final action recommended to the House of Delegates.
- (k) Every winner of a record shall be presented with a certificate attesting thereto signed by the President of the Corporation.

**(4) General Requirements and Conditions**

- (a) Records must be made in accordance with all pertinent rules and in particular **Articles 2 and 3**.
- (b) A record can be made in competition in preliminary heats, finals, timed finals, time standard tests, or in an unpaced record attempt against time. (See 108.3)
- (c) A record set in a swim-off to decide placement or break a tie can be claimed if the ballot system or automatic equipment is used.
- (d) A record can only be made in still water.
- (e) No record shall be considered which is applied for by or through a conference, league, or organizational member whose rules governing performance do not conform to these rules.

**Exception:** When such rules do not conform to these rules but performances by the swimmer(s) is claimed to conform to them, application may be made to the Records Committee for

consideration. Such application must be supported by documentary or other evidence of performance as may be requested by that committee.

- (f) Records established by a swimmer in the first leg of a relay race shall be acceptable as individual performances provided that the race shall have been started by gunfire or other official signal and that all other applicable rules have been complied with.
  - (g) Should the first swimmer on a relay team complete his leg in record time in accordance with the provisions of 108.2, (3), (4) and (5), his performance shall not be nullified by any disqualification of his relay team members.
- (5) **Timing**
- (a) Split times recorded by completely automatic officiating equipment shall be official for all purposes provided the swimmer completes the full scheduled distance of the event.
  - (b) American and U.S. Open records will be accepted only when times are recorded on completely automatic officiating equipment.
  - (c) Record times registered by automatic equipment shall be submitted in hundredths of a second (two decimal places). If first place times are tied to 100ths seconds, the results shall be declared a tie and records shared by each swimmer thus tied.
  - (d) For LSC and local records only, unless prohibited by the LSC, the Referee, if requested, for the purposes of recording record attempts at an initial distance for an individual event or for the lead-off leg of a relay, may for any lane
    - (i) Permit the use of the split function button of digital manual watches where all three official lane timers on the lane are using digital watches with split function, or
    - (ii) Assign three (3) additional official timers to the lane to time the record attempt.

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

### **108.3. RECORD ATTEMPTS AGAINST TIME**

- (1) Must be sanctioned by the LSC and conducted by the Local Swimming Chairman or his duly appointed representative in accordance with all pertinent rules, and all information relative to such attempt must be public and available to any interested person for at least three (3) days before the event. Programs, schedules, facility and other relevant fixtures may not be changed thereafter except as provided in 103.10.
- (2) All times achieved in such attempts shall be duly certified and made matter of record by the LSC or Record Chairman or their representative.

## **ARTICLE 9 OFFICIALS COMMITTEE**

**109.1.** The primary objectives of the Officials Committee will be:

- (1) To establish and advocate uniform national standards of officiating.
- (2) To develop a training, testing and certification procedure for national, regional and LSC application.
- (3) To supply a list of available certified and qualified officials for each national championship to the vice president of the governing division for final selection and approval.

**109.2. CHAIRMAN**—The chairman shall be appointed by majority vote of the Vice President/Senior, Vice President/Age Group and Vice President/Administrative. He shall be appointed for a term of one year and may be reappointed.

**109.3. MEMBERSHIP**—The officials chairman of each LSC shall be a member of the national Officials Committee. The chairman may appoint such members-at-large as he deems advisable. These should include athletes and coaches.

### **109.4. CLASSES OF CERTIFICATION**

- (1) **National Championship**—requiring service at a senior or junior national championship meet.
- (2) **Regional National**—requiring service at a regional championship or national caliber meet as designated by the national Officials Committee.
- (3) **LSC Certification**

### **109.5. OFFICIAL CATEGORIES**

- (1) **Standard**—Referee, Starter, Stroke Judge, Turn Judge, Relay Take-Off Judge, Timer, Finish Judge, Recorder of Records.
- (2) **Administrative**—Recorder/Scorer, Clerk of Course, Automatic Equipment Operator and Announcer.

**109.6.** Criteria for certification in each class and category shall be as determined by the national Officials Committee.

**109.7.** National and regional certification fees shall be approved by the Senior Division and shall be credited to the national swimming officials fund. LSC certification fees shall be retained by the pertinent LSC and remain with that LSC.



**CODE OF REGULATIONS  
OF  
UNITED STATES SWIMMING, INC.**

# **FOREWORD**

## **CORPORATE CODE OF REGULATIONS (BYLAWS)**

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

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

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

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

## **PART TWO**

### **CODE OF REGULATIONS OF UNITED STATES SWIMMING, INC.**

#### **ARTICLE 20 MEMBERS**

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

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

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

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

**220.4.** Athlete members who register with an LSC and the Corporation and qualify as amateurs, are thereby eligible for competition in swimming.

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

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

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

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

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

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

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

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

## **ARTICLE 21**

### **HOUSE OF DELEGATES**

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



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

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

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

**221.5.** Ten athlete representatives, elected by those athletes competing at the United States Swimming Long Course Championships shall be at large members of the House of Delegates. The athlete representatives and their alternates must at the time of their election be engaged in amateur senior swimming, or have competed in senior national championships within five (5) years preceding their election.

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

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

**221.8.** The President shall be empowered to appoint up to ten percent of the total membership as at large members of the House of Delegates.

**221.9.** All members of the House of Delegates shall remain until their successors are selected, except that membership may be terminated by resignation filed with the Secretary. All members must be elected on or before July 1st of each year and written certification thereof must be sent to the Secretary on or before July 15th. No substitution of a member may be made unless written certification thereof is given to the convention credentials committee chairman on or before the first official day of the annual convention.

## **ARTICLE 22**

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

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

**222.2.** Special meetings of the House of Delegates may be held at any time, pursuant to a resolution of either the Board of Directors or the House of Delegates.

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

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

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

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

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

## **ARTICLE 23 OFFICERS**

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

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

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

**223.4.** The Treasurer shall be the chief financial officer of the Corporation, and shall have such duties as set forth in Article 30.

**223.5.** All officers of the Corporation, except Olympic International Vice President, shall be elected by the House of Delegates at annual meetings held in even-numbered years. The Olympic International Vice President shall be elected by members of the Olympic International Division at its initial meeting each quadrennium.

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

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

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

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

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



## **ARTICLE 24**

### **BOARD OF DIRECTORS**

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

**224.2.** Seven (7) Directors shall be the elected officers of the Corporation. Two (2) Directors shall be elected from each zone by members of the House of Delegates representing LSCs within each of the four zones as provided. One (1) Director shall be the chairman of the Technical Planning Committee.

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

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

**224.5.** Directors shall hold office for two years, through the annual meeting in even-numbered years, or until their successors are elected and qualified, except that zone Directors shall hold staggered terms of office pursuant to Section 224.10.

**224.6.** Any vacancies that may occur on the Board of Directors caused by death, resignation or otherwise shall be filled as set forth herein. If the vacancy is created by a Director selected by a zone pursuant to 224.2, the zone representatives of the zone shall select a successor to fill out the unexpired term. If the vacancy is created by a Director selected by an organization pursuant to 224.3, that organization shall select a successor to fill out the unexpired term. If the vacancy is created by a Director selected by the Technical Planning Committee, the Technical Planning Committee shall select a successor to fill out the unexpired term. If the vacancy is created by a Director selected by the Athletes Committee pursuant to 224.4, the Athletes Committee shall select a successor to fill out the unexpired term. In all other cases, vacancies shall be filled by a majority vote of the remaining members of the Board of Directors.

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

- (1) Suspending or reinstating of any member of any class of membership;
- (2) Invoking or revoking any rule or regulation in the code, other than a technical rule;
- (3) Taking original jurisdiction in any matter materially affecting the Corporation.

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

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

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

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

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

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

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

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

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

## **ARTICLE 25 COMMITTEES**

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

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

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

**225.4.** The following committees shall be responsible to the Olympic International Division Vice President: International Meet Coordination, Medicine, and Technical Planning.

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

**225.6.** The following committees shall be responsible to the Age Group Division Vice President: Age Group Meet Coordination, Age Group Planning Committee, Age Group Records, Age Group Rules, Age Group Time Standards, Championship Zone Meets, and Top 16 Tabulation.

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

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



## **ARTICLE 26**

### **OLYMPIC INTERNATIONAL DIVISION**

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

**226.2.** The House of Delegates shall elect thirty-five (35) members to the Olympic International Division, five of whom shall be from a slate of eligible athletes presented by the Athletes Committee. Athlete members must have represented the United States in Olympic Games, Pan American Games, or World Championships competition. Their election must occur within a period of four years since active USS senior national competition. Organizations which directly or indirectly provide potential members of the Olympic Swimming Team may appoint additional members to the Division, as approved by the Board of Directors. The President shall also be a member of the Division. There shall be a maximum of 50 members in the Division.

**226.3.** Any member who fails to attend two successive meetings without an excuse acceptable to the Division shall be dropped. Should a member elected by the House of Delegates resign or be dropped from membership, the next ranking electee shall serve the remainder of this term. Should a member from another organization resign or be dropped from membership, that organization shall name a successor.

**226.4.** At the initial meeting of the Division, a Vice President/Olympic International, two assistant vice presidents, a secretary and an assistant secretary shall be elected by and from the Division. All officers of the Division shall serve for the life of the Division or until replaced, and their duties shall be as determined by the Division. The Division shall establish sub-committees and their functions. The Vice President/Olympic International shall appoint the chairmen of the sub-committees, to be confirmed by the Division. Sub-committee membership shall be decided at a regular meeting of the Division.

**226.5.** The five elected officers shall constitute the Executive Committee of the Division. The Executive Committee shall act for the Division in all matters wherein time does not permit full Division consideration, as determined by the Vice President/Olympic International.

**226.6.** Meetings shall be held at such times as are determined by the Vice President/Olympic International with the approval of the Division.

**226.7.** It shall be the responsibility of the Division to select swimmers and staff members of all National Swimming Teams including Pan-American, Olympic and World Championships Teams; to arrange for and conduct development programs and pre-Games training; to approve invitations received from foreign countries or organizations to send teams or individuals to compete in competitions or exhibitions abroad; to develop and recommend international competitions to foreign

countries or organizations and to initiate or approve invitations to foreign countries or organizations to send teams or individuals to participate in exhibitions or competitions in the United States; to develop sources of financing for international exchanges and to approve the expenditure of such funds.

## **ARTICLE 27**

### **TECHNICAL PLANNING COMMITTEE**

**227.1.** The nine members of the Technical Planning Committee shall be selected as follows: The House of Delegates shall annually elect a non-coach who has had recent experience on other swimming committees; the Athletes Committee shall elect at the annual meeting in odd-numbered years one member from among themselves; the Board of Directors shall elect two active coaches at the annual meeting in odd-numbered years and three active coaches at the annual meeting in even-numbered years, and the Medicine Committee shall select at the annual meeting in even-numbered years a member based upon knowledge and activity in sports medicine. Each member shall serve two years or until his successor is elected.

**227.2.** The Technical Planning Committee shall, at its first meeting following each annual meeting of the House of Delegates, select a chairman and a secretary. Should these offices be vacated, the Technical Planning Committee shall elect replacements at its next meeting.

**227.3.** Meetings of the Technical Planning Committee shall be when called by its chairman. Any member who misses two successive meetings shall be removed from the committee and be ineligible for selection the following year. The Board of Directors shall be empowered to appoint successors to removed members.

**227.4.** The Technical Planning Committee shall: develop long range planning proposals for United States Swimming; develop yearly and quadrennial objectives and goals to be submitted to the Board of Directors for approval and assignment for further development; determine and assign priorities to projects funded or administered by other committees as well as the Technical Planning Committee; and perform all tasks delegated by the House of Delegates or Board of Directors.

## **ARTICLE 28**

### **RULES COMMITTEE**

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

- (1) The Vice President/Senior, the Vice President/Age Group, the Age Group Swimming Rules Chairman, the Officials Committee Chairman, the USS representative to the FINA Technical Committee, and an Athletes Committee representative, or their respective designees;

- (2) A representative, or his designee, from each Allied member, on condition that within thirty (30) days following the annual meeting of the Corporation in even-numbered years the member informs the Corporation in writing of its desire to appoint a representative;
- (3) Up to sixteen (16) at large members appointed by the President; and
- (4) The Executive Director, the Chairman of the Legislation Committee or his designee, and others appointed by the Rules Chairman, as ex-officio members with voice but not vote.

Each member shall serve for a term of two years, or until his successor is appointed or elected. All appointments to the committee shall be made following the annual meeting of the Corporation in even-numbered years.

**228.2.** The Rules Committee shall elect from its membership a chairman to serve two years; the chairman shall appoint a secretary.

**228.3.** The Rules Committee may initiate and shall consider proposed amendments to any technical swimming rule and shall present them to the annual meeting of the House of Delegates with recommendations. The Rules Committee shall also receive from the Age Group Rules Committee proposed amendments to the rules affecting their activity and, provided there is otherwise no conflict with the United States Swimming Code, present them to the House of Delegates with recommendations at the annual meeting.

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

## **ARTICLE 29 ATHLETES COMMITTEE**

**229.1.** The Athletes Committee shall be composed of the athlete members of the House of Delegates selected pursuant to Sections 221.2 and 229.3, the five athlete representatives on the Olympic International Division, and the swimmers currently on the Athletes Advisory Committee of the USOC.

**229.2.** There shall be an Executive Committee composed of not more than eighteen (18) athletes. Ten (10) athletes shall be elected by the national senior qualifiers, as set forth in Section 221.5. Five (5) athletes shall be elected annually by those athlete members of the House of Delegates as set forth in 221.2, to serve one-year terms. The chairman of the Executive Committee shall chair the Athletes Committee, and may appoint no more than two at large members of the committee.



**229.3.** Each year the Athletes Committee shall elect a nominating committee of five athletes. The nominating committee shall prepare a slate of not more than ten swimmers who have within five years of nominations been active in senior national competition. From the slate submitted five athletes will be elected to the Executive Committee at the United States Swimming Long Course Championships. Those elected will take office immediately and serve a two-year term. Only current national senior qualifiers who are present at the Championships may vote, according to procedures established by the nominating committee.

**229.4.** If a member of the Executive Committee cannot fulfill the requirements of his position, including attendance at the annual meeting, an alternate shall fill the vacancy for the remainder of the term, pursuant to procedures established by the Athletes Committee.

**229.5.** The chairman of the Athletes Committee shall be elected by the Executive Committee at the close of the annual meeting. The chairman shall be responsible for presenting a report of the Athletes Committee to the House of Delegates at the annual meeting.

**229.6.** At the annual meeting the Athletes Committee shall select from among themselves one representative to serve one year on each committee of the Corporation except Finance, Investment and Elections.

## **ARTICLE 30 FINANCIAL**

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

**230.2.** There shall be a Finance Committee consisting of a chairman and three members appointed by the Board of Directors, and the Treasurer who may not serve as chairman.

**230.3.** Under the supervision of the Board of Directors and the Committee, the Treasurer shall prepare budgets. The Treasurer shall receive all moneys due the Corporation and deposit same to accounts in the name of the Corporation; pay any bill approved by a duly authorized officer or by the Board of Directors, provided it is within the authorized current budget of the Corporation; turn over to the Finance Committee or the Board of Directors, when requested, all money, accounts, books, papers, vouchers and records pertaining to the office of the Treasurer for audit or other purposes; and prepare an annual financial report to be presented to the House of Delegates at the annual meeting.

**230.4.** The financial records of the Corporation shall be audited annually, by a CPA firm selected by the Board of Directors, showing the income and disbursements of the Corporation which shall be similar to those reports required of non-profit organizations by section 6056 of the Internal Revenue Code of 1954 (or corresponding provision of any subsequent tax laws). Such annual financial reports shall be made

available for inspection by members of the general public at the Corporation's principal office on request made within 180 days after notice of its availability.

**230.5.** There shall be an Investment Committee of three (3) persons appointed by the President, Treasurer and Finance Chairman with the approval of the Board of Directors. One (1) member shall be appointed each year to serve a three-year term. The members shall annually elect a chairman from among themselves to serve one (1) year.

## **ARTICLE 31 ELECTIONS COMMITTEE**

**231.1.** The House of Delegates shall elect at its annual meeting in odd-numbered years three individuals to serve as an Elections Committee for a two-year term.

**231.2.** The Elections Committee shall elect a chairman from its membership.

**231.3.** The Elections Committee shall arrange for and conduct all elections pursuant to direction by the House of Delegates, and shall appoint a credentials sub-committee to certify delegates to the annual meeting.

## **ARTICLE 32 LEGISLATION COMMITTEE**

**232.1.** The Legislation Committee shall consist of ten (10) members each to serve for a term of two years following the annual meeting of the Corporation in even-numbered years, or until his successor is appointed: four members to be appointed by the President; one member to be appointed by each of the vice presidents of the Corporation; and one member to be appointed by the Athletes Committee. The Executive Director, the chairman of the Rules Committee or his designee, and others appointed by the Legislation Committee Chairman shall be ex-officio members of the Legislation Committee with voice but not vote. Vacancies occurring in membership shall be filled by those persons originally selecting the member.

**232.2.** The Committee shall elect a chairman from its membership. The chairman shall appoint a secretary.

**232.3.** The Legislation Committee may initiate and shall consider proposed amendments to all parts of the Code except those relating to technical rules, and shall present them to the annual meeting of the House of Delegates with recommendations. The Legislation Committee shall officially interpret all parts of the Code except those relating to technical rules.

**232.4.** 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.

## **ARTICLE 33 REGISTRATION COMMITTEE**

**233.1.** The Registration Committee shall consist of ten (10) members, each to serve for a term of two (2) years following the annual meeting of the Corporation in even-numbered years or until his successor is appointed: four members to be appointed by the President; one member to be appointed by each of the vice presidents of the Corporation; and one member to be appointed by the Athletes Committee. The Executive Director, and others appointed by the Registration Committee chairman, shall be ex-officio members of the Committee with voice but not vote. Vacancies occurring in membership shall be filled by those persons originally selecting the member.

**233.2.** The Registration Committee chairman shall be appointed by the President for a term of two years. The chairman shall appoint a secretary.

**233.3.** The Committee shall develop, review and coordinate the procedures and other administrative functions of athlete membership registration by the Corporation and its LSC. It shall cooperate with and coordinate such functions with the other aquatic sports and AAU Associations when appropriate, subject to review and ratification by the Board of Directors and the House of Delegates.

## **ARTICLE 34 INSURANCE COMMITTEE**

**234.1.** The Insurance Committee shall consist of a maximum of ten (10) members, each to serve for a term of two (2) years following the annual meeting of the corporation in even-numbered years or until his successor is appointed. The chairmen of the Legislation, Registration, and Counselors Committees are members by virtue of their office. The other members shall be appointed by the President and shall be selected on the basis of knowledge and experience in the field of risk management.

**234.2.** The Chairman shall be appointed by the President for a term of two years.

**234.3.** The Committee shall act as risk managers for the Corporation with duties including, but not limited to, the following:

- (1) To identify and evaluate exposures that should be transferred to insurance companies;
- (2) To propose programs that will protect member athletes;
- (3) To propose programs and levels of benefits for employees of the Corporation.



## **ARTICLE 35**

### **REDISTRICTING COMMITTEE**

**235.1.** The Redistricting Committee shall consist of six (6) members appointed by the President, each to serve four-year terms following the annual meeting of the Corporation, or until his successor is appointed. The terms shall be staggered, with three members being appointed initially for two-year terms only. The Executive Director, and others appointed by the Redistricting Committee Chairman (not to exceed three), shall be ex-officio members of the Committee, with voice but not vote. Vacancies occurring in membership shall be appointed by the President.

**235.2.** The chairman shall be appointed by the President for a term of two years. The chairman shall appoint a secretary.

**235.3.** The Committee, in cooperation with the national headquarters, shall continually study possible realignment of the territorial jurisdiction of the LSCs and changes in LSC club affiliations in the interest of more effective local and national administration and program development. Its recommendations shall be referred to the Legislation Committee for inclusion in the report of that committee submitted to the House of Delegates at its annual meeting for its consideration and decision.

**235.4.** The procedures to be followed in change of LSC club affiliation or LSC geographical boundaries are set forth in Appendix E to this Code.

## **ARTICLE 36**

### **INDEMNIFICATION**

**236.1.** Each person who is or was a director, officer, or employee of the Corporation (including the heirs, executors, administrators or estate of such person) shall be indemnified by the Corporation to the full extent permitted by the Nonprofit Corporation Law of the State of Ohio, or of any state in which the act or omission indemnified against occurred, against any liability, cost or expense incurred by him in his capacity as director, officer, or employee, or arising out of his status as a director, officer, or employee (including serving at the request of the Corporation as a Director, trustee, officer, employee or agent of another corporation).

**236.2.** The Corporation may maintain insurance, at its expense, to protect itself and any such person against any such liability, cost or expense. For the purpose of this Article 36, references to "the Corporation" include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

## **ARTICLE 37 DISSOLUTION**

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

**237.2.** Upon the dissolution of the Corporation, the Board of Directors shall, after paying or making provision for the payment of all the liabilities of the Corporation, dispose of all the assets of the Corporation exclusively for the purposes of the Corporation or to such organization or organizations as shall qualify as exempt organizations under Section 501(c)(3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law).

## **ARTICLE 38 AMENDMENTS**

**238.1.** This Code may be altered, amended or repealed at an annual meeting of the House of Delegates as follows:

(1) In odd-numbered years:

(a) Part One: by a majority of the House members present and voting, except that the Rules Committee may alter, amend or repeal any portion of Part One at any time to conform to the rules of the Federation Internationale de Natation Amateur (FINA).

(b) Part Two: by two-thirds (2/3) of the House members present and voting.

(c) Parts Three, Four and Five: by a majority of the House members present and voting.

(2) In even-numbered years: all Parts of the Code, by nine-tenths (9/10) of the House members present and voting.

**238.2.** An amendment may be proposed only by an LSC, a duly constituted division or committee of the Corporation, a member of the House of Delegates, the Board of Directors, or any Allied or Affiliate member of the Corporation. All proposed amendments shall be in such form as to show the entire section as it will read if adopted, with any changes in language underlined if new and lined out if deleted. All proposed amendments to the technical rules (Part One) shall be considered by the Rules Committee for report and recommendation to the House of Delegates. Proposed amendments to all other parts of the Code shall be considered by the Legislation Committee for report and recommendation to the House of Delegates.

**238.3.** All proposed amendments to the Code other than Part One (technical rules) shall be submitted to the chairman of the Legislation Committee not less than seventy-five (75) days prior to the first day of the annual meeting of the House of Delegates.

**238.4.** All proposed amendments to Part One shall be submitted to the chairman of the Rules Committee not less than one month prior to the meeting of that Committee in odd-numbered years.

**238.5.** All proposed amendments to all parts of the Code shall be published and mailed to all certified members of the House of Delegates not less than thirty (30) days prior to the annual meeting of the House of Delegates.

**238.6.** A proposed amendment may be modified in any manner by the House of Delegates while under consideration, but such modification must be germane to the subject matter of the proposed amendment. If more than one amendment has been proposed on the same subject matter, and there are substantive differences between such amendments, the House of Delegates may adopt a compromise of substance as well as form, and if the adoption of an amendment as proposed or amended or comprised is inconsistent or in conflict with other parts of the Code, the House of Delegates may adopt conforming amendments appropriate to the case.

**238.7.** After publication of legislation as provided in Section 238.5, new and/or additional amendments to the Code may be proposed, but they may be adopted only by nine-tenths (9/10) of the members of the House of Delegates present and voting.

**238.8.** All amendments to Part One of this Code approved as prescribed shall become effective on May 15 of the year following their adoption, unless otherwise specified at the time of adoption. All other amendments to these Regulations approved as prescribed shall become effective on January 1 of the year following their adoption unless otherwise specified at the time of adoption.



# **PART THREE**

## **ATHLETES AND ATHLETIC EVENTS**

### **ARTICLE 40**

#### **MEMBERSHIP OF ATHLETES**

**340.1.** All swimmers competing in events sanctioned by the Corporation must be registered as athlete members of the Corporation. Athlete members must meet the rules of eligibility contained in Article 43. No swimmer alleged to be ineligible shall be denied the right to register and compete without being afforded the opportunity to refute the allegations relating to his possible ineligibility, pursuant to Parts Four and/or Five.

**340.2.** Athlete membership is for a calendar year period. Non-members applying for membership on or after September 1 will be issued a membership card valid through December 31 of the following year.

**340.3. APPLICATION**—Athlete membership forms may be obtained from the LSC registration chairman. The form must be fully completed, signed, and in the case of a swimmer representing a club, endorsed by a club official. The form shall be submitted with the fee set forth in 340.5 to the registration chairman of the LSC, which shall issue a registration card upon approval.

**340.4. RENEWAL APPLICATIONS**—On individual renewal forms, the LSC may waive club endorsement if the swimmer applies directly to the committee. The swimmer's signature may be waived if the club completes and submits the applications for its member. When computerized printouts of club membership lists are used, the updated information on the printout for the renewal may be accepted upon certification of accuracy by an official of the club.

**340.5.** The annual athlete membership fee is composed of the following elements:

- (1) A national fee established by the Board of Directors or the House of Delegates;
- (2) A local fee established by the LSC.

### **ARTICLE 41**

#### **SANCTIONS**

**341.1. JURISDICTION**—All USS competitions, benefits, exhibitions, clinics, or entertainment in which USS swimmers participate must be sanctioned through the LSC within whose geographical boundaries the event is held. This requirement includes events directly sponsored by the Corporation or by its LSCs. Those events open only to members of a single group member of the Corporation do not require sanctions, although they may be issued by the LSC.

**341.2. SWIM-A-THONS**—All Swim-a-thon events are held under the exclusive jurisdiction of the Corporation, under rules and regulations established solely by the Corporation. The participants may or may not be members of the Corporation. Each LSC is responsible for the approval, conduct and monitoring of each Swim-a-thon event held within its geographic boundaries, including the taking of that action pursuant to the provisions of Article 71 as may be necessary to discipline any violation of USS rules and regulations.

**341.3. REQUIREMENTS**—Sanctions are issued, withheld or withdrawn in accordance with the following regulations:

- (1) No sanction will be issued to any organization whose interest in sports and games is purely commercial, or where the event is to be promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from sanctioned events must be used for the further promotion of swimming, for an approved charity, or for the general welfare of the promoting organization as a whole.
- (2) Sanctions issued to one organization cannot be transferred to another. Any sanction so transferred shall be void for all purposes, and the LSC is empowered to deny further sanctions to any organization violating this provision.
- (3) No further sanction shall be given to any organization which has failed to satisfy expense obligations to athletes or to award prizes as stated on its entry blank until the obligations are satisfied or the prizes awarded.
- (4) No sanction will be granted for any event for which the word "Olympic", or any derivative thereof, is used in any manner in connection with said event unless consent is obtained from the Corporation.
- (5) All sanctions must be signed by a designated member of the LSC, and a record thereof must be retained in a book kept for such purpose.
- (6) The following clause will appear on all sanction application forms and on all forms upon which official sanctions are granted: "In granting this sanction it is understood and agreed that the Corporation shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."
- (7) Application for sanction must be accompanied by a copy of complete meet information, including a statement of the nature of prizes to be awarded.
- (8) The issuing LSC shall receive the following information regarding finances from every organization receiving a sanction (not applicable to events sponsored by the Corporation):
  - (a) Each organization shall, within ten (10) days after holding a sanctioned event, file with the issuing LSC an itemized statement listing the following items:
    - (i) The name, the LSC, and the club/organization membership, if applicable, of each swimmer and each repre-

sentative of any swimmer to whom any payment of money or things of value was made.

- (ii) The amount of money paid to each athlete for transportation.
- (iii) The number of days and amounts of money each athlete was paid for meals and lodging.

The issuing LSC shall send a copy of the information required by this paragraph (a) to the home LSC of each swimmer to whom any payment was made.

- (b) The LSC shall also require the organization to which a sanction has been granted to file, within 45 days after the event, a financial statement setting forth all receipts and disbursements in connection with the sanctioned event.
  - (c) The LSC may at any time require the organization to furnish, within 15 days after written request, all receipts and vouchers relating to the sanctioned event.
  - (d) No sanction to hold any athletic event of any kind shall thereafter be issued to an organization who has failed or refused to file with the LSC any statement or affidavit required under any subdivision of this section, until the statement or affidavit is filed, or until such time as the LSC may determine.
  - (e) Any athlete member of the Corporation, within 15 days after written request by any appropriate committee, shall file a sworn affidavit verifying or denying any item pertaining to him contained in 341.2(8)(a). He shall also furnish an itemized statement listing all monies or other things of value directly or indirectly received by him, or any member of his family, or any other person or organization, for expenses connected with or resulting from his entry, appearance, or participation in the event, together with receipts and vouchers for the same. Upon failure to furnish such affidavit, statement, receipts and vouchers, or satisfactorily to explain his inability to do so, the swimmer may be barred from further competition for such time as the LSC Review Section may determine.
- (9) The sanction fee shall be as established by the LSC; those for national and international meets shall be established by the Board of Directors.

**341.4. CONDITIONS**—Any event for which a sanction is required according to 341.1 is subject to the following conditions:

- (1) No swimmer will be allowed to compete or participate unless he is a member as provided in Article 40.
- (2) Announcements and entry blanks of sanctioned events must state that no entries will be accepted unless the entrant is a member as provided in Article 40.
- (3) The membership (registration) number of each participant must be presented prior to, or at the time of, the event, and his affiliation must be printed before or after his name on the program.



- (4) Entry blanks, advertising and the program must bear conspicuously the statement: "Held under the sanction of United States Swimming, Inc."
- (5) All organizations which have received a sanction for any meet where prizes are stated on entry blanks shall be required to send to the LSC, before the date of the meet, a copy of the entry blank, and must state the value of the prizes to be given for each event.

### **341.5. INTERNATIONAL EVENTS**

#### **(1) Within the United States**

- (a) All international competitions within the United States sponsored by the Corporation or by a club of an LSC must be sanctioned through the LSC. All invitations to foreign athletes to compete in the United States must be extended by the Corporation.
- (b) Any international competition within the United States sponsored by an amateur sports organization other than the Corporation must be sanctioned by the Corporation and such sanction must be granted unless there is clear and convincing evidence that holding or sponsoring the event would be detrimental to the best interest of swimming.
- (c) Sanctioning fees for international events shall be as established by the Board of Directors of the Corporation.

#### **(2) Outside the United States**

- (a) All invitations for individual swimmers to compete abroad must be extended by the recognized governing body of the inviting country through the Corporation.
- (b) All negotiations for individual swimmers or teams who are members of the Corporation must be through the Corporation and in compliance with procedures established by the Olympic International Division.
- (c) Approval for teams sponsored by an amateur sports organization other than the Corporation is the responsibility of the Corporation and must be granted unless there is clear and convincing evidence that holding or sponsoring the event would be detrimental to the best interest of swimming. The Corporation shall advise any such organization requesting such foreign travel of the requirements for approval.

## **ARTICLE 42 REPRESENTATION**

**342.1.** In order for a swimmer to compete in USS competition as a representative of a club or educational institution, that organization must be a member in good standing of the LSC and the Corporation or of FINA.

**342.2.** A swimmer need not reside within the geographical boundaries of the LSC in which the USS club he represents is located, but he must be registered in that LSC; a swimmer who has been released by his club pursuant to 342.4 to represent a secondary school, college or university, wherever located, during the school season, may retain membership in the LSC in which the swimmer's club is located.

**342.3.** For a swimmer to transfer from one USS club to another, one hundred twenty (120) consecutive days must elapse without the swimmer having represented any USS club in USS competition.

**342.4.** A swimmer registered with a USS club who wishes to compete for a secondary school, college or university shall be automatically released without notice by his club upon commencement of his swimming season to compete for that school in competition, and he shall similarly be automatically released without notice by such school immediately on termination of such swimming season to represent the USS club of his choice immediately (subject to the 120-day rule in 342.3.). Verification of school swimming season commencement/termination dates must be provided by the swimmer upon request of the LSC Registration Committee involved.

**342.5.** When transferring from one LSC to another, a swimmer shall present a transfer from his previous LSC indicating his last date of competition in an attached status and that he is a swimmer in good standing in that LSC in order to make such transfer.

**342.6.** If a club/organization of an LSC has secured a court judgment against an athlete member of the Corporation, the athlete shall be ineligible to participate in any event of the Corporation and from joining any other USS club/organization until the judgment is satisfied.

**342.7.** Any LSC club/organization shall place in contract form any financial obligation or waiver of said obligation on the part of the athlete. A copy of the contract shall be given to the athlete, with the original remaining with the club.

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

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

**342.10.** All applications for changes of registration must be accompanied by a reasonable fee to be determined by the local registration committee in the LSC in which the swimmer will be registered after the change of registration.

**342.11.** An athlete member of the national governing body of another country joining a member club/organization of the Corporation and participating in the competitions of the latter shall be regarded as coming within the jurisdiction of the Corporation and all its rules (including specifically Article 42 of this Code) until such time as he resigns his membership, returns to his home country, competes, and

becomes subject to the rules and regulations of the national governing body of that country. Upon resigning his membership in the Corporation to return to his home country he shall notify the Corporation by submitting his resignation upon a form provided by the national office, a copy to be sent to the Executive Director and a copy to be sent to all LSCs involved.

## **ARTICLE 43**

### **ELIGIBILITY**

**343.1.** An amateur swimmer is one who engages in swimming solely for pleasure and the physical, mental and social benefit derived therefrom, and to whom swimming is nothing more than recreation for which no remuneration is received.

**343.2.** A swimmer shall cease to be an amateur upon engaging in any of the activities proscribed in sections 343.3 through 343.8 unless such activity is specifically permitted under section 343.9.

**343.3.** An amateur cannot compete, train, coach or give exhibitions for payment received, directly or indirectly, in money or in kind or for material advantage or benefit.

**343.4.** An amateur cannot take part in any competition or exhibition with anyone who, to his knowledge, is not an amateur swimmer, except approved life saving activities, or when in the armed services, and then only in the armed service competition.

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

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

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

**343.8.** An amateur shall not capitalize on his athletic fame through:

- (1) Permitting the use of his name to promote the sale of goods.
- (2) Accepting direct or indirect compensation for wearing or using goods provided to him by a manufacturer or derived from any other source, which displays advertising in excess of that normally used commercially, and not in accordance with FINA rules.
- (3) Engaging for pay or financial benefit in any occupation or business transaction wherein his usefulness or value arises chiefly from the publicity given to the reputation or fame he has secured from his performance in sport rather than from his ability to perform the usual and natural acts and duties incidental to such occupation or transaction.



- (4) Permitting his name, photograph or performance in swimming to be used for advertising purposes. Under this rule an athlete does not lose his eligibility to compete as an amateur if:
  - (a) The monetary advantages inure to the benefit of FINA, USS, or an organization approved by USS to receive them;
  - (b) The contract is approved by FINA or USS and the advertising clearly so indicates, and
  - (c) There is no violation of FINA rules.
- (5) Appearing on radio or television for pay in programs referring to swimming or his ability or performance as a swimmer; it is provided, however, that radio or television contracts involving monetary advantages, which have been sanctioned by USS, and which are under the control of and to the benefit of either FINA or USS, are permitted.
- (6) Accepting remuneration for:
  - (a) Attaching his name to press contributions which he has not himself written, or
  - (b) participating in the production of a film, unless he is a recognized film actor.
- (7) In every case involving an athlete charged with violation of this Section 343.8, or in every case in which an opinion is sought on whether the facts of a particular case would violate this Section, the hearing shall be held or the opinion given by the National Board of Review, or a special ad hoc committee appointed for that purpose by the President of the Corporation, and not by an LSC.

**343.9.** The amateur status of a swimmer shall not be endangered:

- (1) If the swimmer is teaching elementary swimming and is paid by an educational authority, government or community organization or is engaged in approved life saving activities.
- (2) By accepting monetary assistance during approved periods of training, not to exceed 90 days in one calendar year, including participation in competitions approved or sanctioned by the Corporation; limited, however, to Olympic Games, World Championships, regional games, continental championships and major international competitions. Such assistance may include payment for food, lodgings, transportation, his sports equipment, coaching, medical care and insurance, and a sum per day for the number of days related to an event as an indemnity against petty expenses.
- (3) By accepting compensation, authorized by the Corporation to cover financial loss resulting from his or her absence from work or basic occupation, related to preparation for and participation in Olympic Games, World Championships, regional games, continental championships and major international competitions approved by the Corporation. Payment, however, shall not be in excess of the sum which the competitor would have earned in the same period of time.

- (4) By accepting scholarships, if granted on the basis of academic and technical standards dependent on the fulfillment of scholastic obligations but not on athletic prowess.
- (5) By accepting prizes other than medals and inscribed trophies, the commercial value of which shall not exceed \$125.00.

**343.10.** A swimmer, regardless of his amateur status, shall cease to be eligible to compete in events conducted by the Corporation or its LSCs, while under suspension or expulsion by the Corporation for violations of this Part Three.

**343.11.** Once a swimmer has registered as a Masters swimmer and competes in a Masters swimming event, he is no longer eligible for amateur swimming competition, but is restricted to competing in Masters Events only.

**343.12.** A swimmer declared ineligible, for any reason, may be reinstated pursuant to the provisions of Article 50.

# PART FOUR

## HEARINGS, APPEALS, AND ATHLETES' RIGHTS

### ARTICLE 50 HEARINGS AND APPEALS

**450.1. GENERAL**—As hereinafter set forth, the Corporation may censure, suspend for a definite or indefinite period of time with or without terms of probation, or expel any member of the Corporation, including any athlete, coach, manager, official, member of any committee, or any person participating in any capacity whatsoever in the affairs of the Corporation, who has violated any of its rules or regulations, or who has acted in a manner which brings disrepute upon the Corporation or upon the sport of swimming. The Corporation may also conduct hearings on any matter affecting the Corporation as the national governing body for swimming.

**450.2. JURISDICTION OF THE LSC**—For those matters requiring a hearing and arising solely within the geographical boundaries of an LSC and involving only members of the LSC, the procedure to be taken and the rules to be followed for hearing shall be as set forth in Part Five, Article 71. (For guide to hearings and appeals, and form for notice of hearing, see Appendix D.)

**450.3. JURISDICTION OF THE CORPORATION**—In those matters in which an athlete(s) or other member(s) of the Corporation from more than one LSC is involved, or in matters involving such persons during a national or international athletic event, an investigation and report of the facts shall be made to the President as hereinafter set forth. If in the opinion of a majority of the elected officers of the Corporation a hearing or further investigation is then warranted, the matter shall be submitted to the National Board of Review for hearing and decision.

- (1) Where persons or entities from more than one LSC are involved, the investigation and report shall be made by the Executive Director.
- (2) In those matters occurring during the course of a national, regional or zone event, the Senior Division or Age Group Division, as the case may be, shall make the investigation and report.
- (3) In those matters occurring during the course of an international event, the Olympic International Division shall make the investigation and report.

**450.4. NATIONAL BOARD OF REVIEW**—The Board shall be comprised of the General Counsel of the Corporation, all associate counsel, one (1) athlete representative from each of the four zones (appointed by the Chairman of the USS Athletes Committee), and such other members



as may be recommended by the President and approved by the Board of Directors. The President shall appoint the chairman and shall designate a panel of no less than three members, one of whom shall be an athlete representative, to hear and decide any case before the Board of Review.

#### **450.5. AUTHORITY OF NATIONAL BOARD OF REVIEW**

**The National Board of Review has the authority to:**

- (1) Impose and enforce penalties for any violation of the rules and regulations, administrative or technical, of the Corporation;
- (2) Determine the eligibility and right to compete of any athlete;
- (3) Vacate, modify, sustain, stay or reverse any decision or order properly submitted for review, or remand the matter for further action;
- (4) Investigate any election impropriety or cause for removal of a national committeeman or national officer and take corrective action;
- (5) Interpret any provision of the rules and regulations of the Corporation with the exception of the technical rules (Part One);
- (6) Review any revocation, suspension or reinstatement of membership to assure due process; and
- (7) Reinstate any athlete to amateur status subject to ratification by no less than two-thirds vote of the House of Delegates of the Corporation.

#### **450.6. PROCEDURE FOR REVIEW**

- (1) Every appeal to the Board of Review shall be instituted by a petition served upon the Executive Director and accompanied by a \$50 filing fee payable to the Corporation. The fee shall be returned if the petition is upheld, but forfeited if it is rejected or abandoned. The Board of Review may assess costs against the losing party.
- (2) The Executive Director shall send a copy of the petition for review to the respondent and chairman of the Board of Review immediately upon receipt. The respondent shall within 30 days following receipt of the petition file a written response with the Executive Director, the petitioner and the chairman. The petitioner may within 10 days following receipt of a copy of the response file a written rebuttal with the Executive Director, the respondent and the chairman. The chairman may decrease or increase the time limits for any of the foregoing upon request of either party and if circumstances should warrant it.
- (3) A final and binding decision shall be rendered within 75 days from date of filing of the petition by a majority of the acting panel based on the record submitted for review and on evidence submitted at such hearing as may be required by the panel. A written decision shall be sent to all parties. Petitions once reviewed and decided shall not be reopened for consideration by the Board of Review, except by direction of the Board of Directors of the Corporation, or upon showing of sufficient cause to the chairman of the Board of Review.

**450.7. APPEAL TO THE BOARD OF DIRECTORS**—Any real party in interest may appeal to the Board of Directors for review of any decision

of the National Board of Review within thirty (30) days of the date of decision.

**450.8. ORIGINAL JURISDICTION**—Upon a majority vote of the officers, the Board of Directors or the National Board of Review may be assigned original jurisdiction at any stage of any matter within the purview of this Article 50 when the best interests of the Corporation will be served thereby. If original jurisdiction is so assigned compliance shall be made in every instance with all requirements of procedural due process as set forth in this Article 50.

## **ARTICLE 51 ATHLETES' RIGHTS**

**451.1.** Except as provided in 451.2, no individual or organizational member of the Corporation, nor any organization affiliated with the Corporation, may deny or threaten to deny any eligible amateur swimmer, coach, trainer, manager, official or administrator the opportunity to participate in any international swimming competition approved by the Corporation, if selected by the Corporation or one of its members. In addition, except as provided in 451.2, no individual or organizational member of the Corporation, nor any organization affiliated with the Corporation, may censor or otherwise penalize subsequent to the event any swimmer, coach, trainer, manager, official or administrator for having participated in any such international swimming competition approved by the Corporation.

**451.2.** An educational institution which a swimmer is attending at the time of such international competition may deny the swimmer the opportunity to participate only if said educational institution reasonably determines that such participation would either:

- (1) Prevent the swimmer from meeting the academic requirements which are applicable to all students who participate in the swimmer's particular course of study.
- (2) Jeopardize the swimmer's or the educational institution's performance in the established program in the particular sport in which the swimmer competes, provided that the international competition occurs during the scheduled competitive season of the educational institution.

**451.3.** Any amateur swimmer who alleges that he or she has been denied or is about to be denied, by a person or an organization affiliated with the Corporation, a right as set forth in 451.1, shall immediately inform the Executive Director, who shall promptly cause an investigation to be made and steps to be taken to settle the controversy without unnecessary delay. Such steps shall include, but not be limited to, advising the Executive Director of the U.S. Olympic Committee, and submitting the matter to the American Arbitration Association for binding arbitration.

**451.4.** Whenever a swimmer, or party acting on his behalf, informs the Executive Director of an alleged violation of the swimmer's right to participation as set forth in 451.1, the Executive Director shall review all the related evidence of the case and make a report, with a preliminary recommendation, to the National Board of Review within thirty (30) days, or sooner if the situation requires. The Board of Review shall review the case and preliminary recommendation of the Executive Director and take whatever action it deems appropriate. Any of the parties involved in the action who are dissatisfied with the decision of the National Board of Review may appeal said decision under the provisions set forth in 450.7.



# PART FIVE

## BYLAWS OF THE LOCAL SWIMMING COMMITTEE

**Note:** These bylaws are mandatory in their entirety for all LSCs. Refer to Appendix to Part Five for those sections which may be modified by each LSC. Sections which may be modified are marked with an asterisk (\*).

**Note:** It is intended that the LSC shall have and continue to have the status of an organization which is exempt from federal income taxation under section 501(c)(3) of the Internal Revenue Code and to which contributions, bequests and gifts are deductible for federal income, estate and gift tax purposes under sections 170(c)(2), 2055(a)(2) and 2522(a)(2) thereof, respectively. The bylaws shall be construed and all powers and activities of the LSC shall be limited accordingly. Notwithstanding any provision of these bylaws, the LSC shall not carry on any activities not permitted to be carried on by an organization having such status. If incorporated, the Articles of Incorporation of the LSC shall also effect the purposes of this clause.

### ARTICLE 61 OBJECTIVES, BOUNDARIES, JURISDICTION

**561.1. OBJECTIVES**—The objectives shall be to promote and develop swimming for the benefit of swimmers of all ages and abilities, in accordance with the standards and under the rules prescribed by the Federation Internationale de Natation Amateur (FINA), United States Swimming, Inc. (USS), and the LSC.

**561.2. NAME AND BOUNDARIES**—The geographic boundaries and name designation of the LSC shall be as set forth in Appendix C to this Code. The name of each LSC shall be designated as follows:

"(name) Swimming"; If incorporated, the LSC's name may include the abbreviation "Inc."

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

## **ARTICLE 62 MEMBERSHIP**

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

**\* (1) Group members**

- (a) Those swim organizations which have joined and are in good standing as members of the LSC and who have athletes registered to represent said organization in the sport of swimming.
- (b) Those organizations which conduct a program in swimming or are composed of persons joined together in support of swimming or some aspect of it.
- (c) Each group member shall appoint a representative to the LSC. Such appointment will be in writing, duly certified by the chief executive officer or secretary of the appointing member. The appointing member may withdraw its representative by written notice, addressed to the secretary and signed by its chief executive or secretary, and substitute a new representative.

**(2) Individual members**

- (a) Those individuals who are athletes, coaches, officials, administrators, or persons otherwise interested in the purposes and programs of the LSC, by joining USS or by joining as an athlete in the sport of swimming, will receive a membership card certifying their membership and may attend all meetings of the LSC with voice but not vote.
- (b) Those individuals who reside in the LSC and who have contributed a designated amount to their LSC or USS are granted membership and are entitled to attend LSC and USS meetings with voice but not vote.

### **562.2. RESPONSIBILITIES**

- (1) **Income**—Any income derived from the promotion of swimming by members of USS must be used for further promotion of swimming or for the general welfare of the LSC as a whole.
- (2) **Infractions**—A group member may be held responsible for infractions of rules and regulations committed by an athlete who is competing as a representative of such organization.

## **ARTICLE 63 MANAGEMENT**

### **563.1. LSC HOUSE OF DELEGATES**

- \* (1) Appointment**—The LSC House of Delegates shall consist of the representatives appointed by each group member, athlete representative, coach representative, members of the Board of Directors, and at large members appointed by the general chairman with the concurrence of the Board. The maximum number of at large members will be ten (10). At large members shall serve until a new LSC House of Delegates is

appointed and shall have the same privileges as other members of the House. All other members shall hold office for one year, or until their successors are appointed.

- (a) An athlete representative and alternate to the LSC House of Delegates will be elected annually at the LSC senior long course swimming championships, or otherwise designated meet, by a majority of swimmers present at a meeting called for that purpose, or by a local athletes' organization if in existence. It is recommended that the athlete representative nominees attend at least one LSC House of Delegates or Board of Directors meeting prior to the election. The athlete representative and alternate must at the time of their election be engaged in amateur swimming or have competed in LSC swimming within the five (5) years immediately preceding their election.
- (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) **Duties and Powers**—The management of the business affairs of the LSC is the responsibility of the House of Delegates. In addition to the duties and powers prescribed in the Code of United States Swimming or in these bylaws, the House shall have power, and it shall be its duty:

- (a) To elect the Board of Directors;
- (b) To establish the Review Section;
- (c) To establish joint administrative committees with an AAU Association where necessary;
- (d) To review and adopt the annual budget of the LSC;
- (e) To elect alternates to the USS House of Delegates in accordance with Article 21, Part Two, of the Code;
- (f) To admit eligible members who have properly applied;
- (g) To call regular and special meetings of the LSC;
- (h) To ratify or rescind policy and program established by the Board of Directors; and
- (i) To amend the By-Laws of the LSC.

#### **563.2. LSC BOARD OF DIRECTORS**

\* (1) **Members**—The LSC Board of Directors shall consist of the officers, chairmen of all standing committees, coach representative, and athlete representative.

(2) **Duties and Powers**—The Board of Directors shall act for the LSC and LSC House of Delegates during the interval between its meetings, subject to approval and ratification of the House except that it cannot amend these bylaws. The Board shall have power and it shall be its duty:

- (a) To establish program and policy, subject to ratification by the LSC House of Delegates, and to lend direction thereto.



- (b) To prepare and review the annual budget.
- (c) To call regular or special meetings of the LSC Board of Directors.

## **ARTICLE 64 OFFICERS**

**\*564.1. TITLES**—The elected officers are General Chairman, Treasurer, Secretary, Administrative Division Vice-Chairman, Senior Division Vice-Chairman, and Age Group Division Vice-Chairman.

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

**\*564.3. TERM OF OFFICE**—Each officer serves until his successor is chosen, but he is not eligible for re-election to the same office if he has served four successive years therein, until the lapse of two years.

**564.4. NOMINATION**—The slate of officers to stand for election will be prepared by a nominations committee, with a minimum of three serving. The nominations committee will be elected by secret ballot at a meeting of either the LSC House of Delegates or Board of Directors held prior to the annual meeting. Nominations will be published fifteen (15) days in advance of the election, and additional nominations may come from the floor.

**564.5. DUTIES**—The duties of the officers and committee chairmen are as hereafter set forth, and such others as may be designated by the LSC House of Delegates and Board of Directors from time to time.

- (1) **General Chairman**—The General Chairman calls meetings when and where deemed necessary, presides at all meetings, and appoints committee chairmen for certain standing committees, and such special committees as may be necessary to fill the duties and responsibilities of the LSC, with advice and consent of the Board of Directors.
- (2) **Secretary**—The Secretary is responsible for keeping a record of all meetings, conducting official correspondence, issuing meeting notices and copies of the minutes to the Board of Directors, and making such reports to the national headquarters as required by Article 70.
- (3) **Treasurer**—The Treasurer receives all the monies and pays all bills approved by the finance committee or Board of Directors, provided that necessary minor expenses, which may be paid by any committee, may be turned in to the treasurer as such if recorded in detail, duly attested by the committee and approved by the Board of Directors. The treasurer is responsible for maintaining all financial records, including bank and checking records, and for making timely reports to the Board of Directors.

- (4) **Administrative Vice-Chairman**—The Administrative Vice-Chairman shall conduct meetings in the absence of the general chairman and shall chair the Division, which aids in the development of policy and coordination of those committees within his division.
- (5) **Senior Vice-Chairman**—The Senior Vice-Chairman shall chair the Division, which develops and conducts a program for Senior Swimming in the LSC.
- (6) **Age Group Vice-Chairman**—The Age Group Vice-Chairman shall chair the Division, which develops and conducts a program for Age Group Swimming in the LSC.
- (7) **Registration Chairman**—The Registration Chairman shall be responsible for registration of swimmers. In addition, he shall aid in the development of procedures and policy for those committees for which he is responsible as assigned by the Board of Directors. The registration chairman shall be elected.
- (8) **Technical Planning Chairman**—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.

**564.6. VACANCIES**—Vacancies created for whatever reason in any office or elected committee chair may be filled by appointment of the General Chairman, with the advice and consent of the Board of Directors, until the next regularly scheduled meeting of the House of Delegates.

## ARTICLE 65 MEETINGS

**\*565.1. ANNUAL**—The annual meeting of the LSC House of Delegates shall be held no later than November 15 of each year, and when elections are held the new officers' terms shall commence no later than January 1 of the succeeding year.

**565.2. SPECIAL**—Should the chairman fail to call regular meetings or should special meetings be required, meetings may be called upon request of any three officers.

### **565.3. NOTICES**

- (1) **Time**—Not less than fifteen (15) days notice must be given by the secretary for any annual or special meetings of the LSC House of Delegates or the Board of Directors.
- (2) **Information**—The notice of a meeting shall contain the time, date and site. For special meetings the purpose of such meeting shall be given.
- (3) **Address**—The notice shall be sent to the address last given to the secretary of each member of the LSC House of Delegates or Board of Directors.

**565.4. ORDER OF BUSINESS**—At all meetings of the LSC House of Delegates or Board of Directors the following is the order of business:

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

**\*565.5. QUORUM**—A quorum at all meetings shall consist of those present and eligible to vote.

**\*565.6. RULES OF ORDER**—At all meetings, the current Roberts Rules of Order are the procedural rules.

## **\*ARTICLE 66**

### **DIVISIONS AND COMMITTEES**

#### **566.1. TYPES**

##### **(1) Divisions**

- (a) Administrative Division
  - (i) Officials Committee
  - (ii) Records Committee
  - (iii) O.V.C. Committee
  - (iv) Equipment Committee
  - (v) Publicity/Promotion Committee
  - (vi) Survey Committee
- (b) Senior Division
  - (i) Rules Committee Chairman
  - (ii) Technical Planning Committee Representative
  - (iii) Coach Representative(s)
  - (iv) Zone or Area Representatives
- (c) Age Group Division
  - (i) Age Group Rules Chairman
  - (ii) Technical Planning Committee Representative
  - (iii) Coach Representative(s)
  - (iv) Zone or Area Representatives.

##### **(2) Standing Committees**

(other than those within specified sections)

- (a) Finance
- (b) Legislation
- (c) Marketing
- (d) Membership
- (e) Registration
- (f) Technical Planning



## **566.2. CHAIRMEN**

- (1) **Appointment**—Chairmen of committees not otherwise elected as provided in Article 64 of these bylaws are appointed by the General Chairman with the advice and consent of the Board of Directors.
- (2) **Duties**—The duties of the chairmen of each division or committee are as follows:
  - (a) Presides at all meetings of the division or committee.
  - (b) Sees that all duties and responsibilities of the committee or sub-committee in his charge are properly and promptly carried out.
  - (c) Appoints such sub-committees as may be necessary to fulfill the duties and responsibilities of the division or committee.
  - (d) Communicates with the committee members to keep them fully informed.
  - (e) Keeps the general chairman and secretary informed of committee actions and recommendations.
  - (f) Forwards reports or minutes of all meetings to the general chairman and secretary.
  - (g) Performs such specific duties as outlined in LSC policy.

**566.3. MEMBERSHIP**—Members of all committees, other than elected officers, athletes' and coaches' representatives, and division chairmen shall be appointed by the general chairman with the advice and consent of the chairmen thereof.

## **ARTICLE 67 CONDITIONS OF COMPETITION**

**567.1. GENERAL**—The conditions of competition in any swimming event, and the rules governing it, shall be those established by USS, or by the LSC where its rules and regulations are not contrary to the rules of USS.

## **ARTICLE 68 CHAMPIONSHIPS**

**568.1. GENERAL**—Swimming championships, when possible will be held in accordance with the rules of USS for conduct of championships as described in the Technical Rules for United States Swimming.

## **ARTICLE 69 DUES AND FEES**

**569.1. CLUB**—Every active club member joins the LSC and USS by submitting an approved application and by paying an annual fee consisting of a national club fee established by USS and a local club fee if established by the LSC.

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

**569.3. SANCTION FEES**

- (1) Each applicant for sanction shall submit at time of application such fees and documents as required by the LSC.
- (2) In addition to, or in place of, a sanction fee, the LSC may establish a service charge consistent with the nature of the event and which may be a flat amount, a percentage of receipts, or a combination of both.

**569.4. FAILURE TO PAY**—The failure of a member to pay dues or fees required by a club, the LSC, or USS, within the time prescribed, prevents competition, representation, and vote by the delinquent member. Continued failure to pay such fees is cause for termination of membership.

## **ARTICLE 70 REPORTS AND REMITTANCE**

**570.1. MINUTES**—The secretary of the LSC shall, within twenty (20) days after each meeting of the LSC, mail a copy of the minutes of said meeting to the Executive Director of USS.

**570.2. NOTICES**—The secretary shall forward to the Executive Director of USS copies of all official notices issued by the LSC at the time of such issue, including all those sent to the members of the LSC House of Delegates and to the Board of Directors.

**570.3. ANNUAL REPORTS**—The secretary shall forward to the Executive Director a copy of the audit of the accounts of the LSC, along with a complete report on the proceedings of the annual meeting of the LSC, within thirty (30) days following the annual meeting. The audit of accounts is to be signed either by a certified public accountant, or at least three (3) members of the finance committee. The secretary shall forward to the Executive Director a copy of the Form 990 when filed.

**570.4. MEMBERSHIP REPORTS**—The registration chairman or his designee shall forward each month to the Executive Director of USS a report listing all athletes and clubs, with addresses, who have joined the LSC and USS within the prior month. This report shall be accompanied by the appropriate fees.

**570.5. GENERAL**—The LSC shall make such other reports and remittances to USS as specified in its Code or by the National Board of Directors or House of Delegates. The general chairman, secretary, and the treasurer are responsible for seeing that all required reports and remittances are made.

**ARTICLE 71**  
**HEARINGS, APPEALS, AND ATHLETES' RIGHTS**  
(NOTE: See Appendix D For Guide to Hearings and Appeals.)

**571.1. ATHLETES' BILL OF RIGHTS**—The LSC, in accordance with Article 51, shall respect and protect the right of every individual who is eligible under reasonable national and applicable international amateur athletic rules and regulations to participate if selected (or attempt to qualify for selection to participate) as an athlete, coach, trainer, manager, administrator or other official, representing the United States in any international amateur athletic competition, so long as such competition is conducted in compliance with reasonable national and applicable international requirements.

**571.2. REVIEW SECTION**—The LSC House of Delegates shall annually elect a Review Section comprised of no less than five (5) members. Its hearings may be conducted by an attorney at law retained by the Review Section for that purpose but who shall have no vote. The chairman of the Review Section shall be elected by its membership. A quorum for any hearing conducted by the Review Section shall be fifty percent (50%) of its membership, but in any event no less than three (3).

**571.3. GENERAL JURISDICTION**—The Review Section may conduct hearings on any matter affecting the Corporation and the LSC, and arising solely within the geographical boundaries of the LSC, and involving only members of the LSC.

**571.4. DISCIPLINARY HEARINGS**—The Review Section (or the LSC House of Delegates on original jurisdiction) may censure, suspend for a definite or indefinite period of time with or without terms of probation, or expel any member of the Corporation and the LSC, including any athlete, coach, manager, official, member of any committee, or any person participating in any capacity whatsoever in the affairs of the LSC, who has violated any of the rules of the Corporation or the LSC, or who has acted in a manner which brings disrepute upon the Corporation, the LSC, or upon the sport of swimming.

**571.5. PROCEDURES**—The procedures to be taken in reference to all hearings shall be as follows:

- (1) **Formal Hearing**—The respondent shall be given notice in writing, sent to his last known address by certified mail, return receipt requested, or by personal service, of the charges against him in detail, or of the circumstances which are believed to require answers, explanation or clarification.

The written statement of charges shall also set out the penalties which may ensue if such charges are proved; shall contain a date at which time a hearing will be had with the request that the person charged shall appear before the Review Section with the right to have counsel of his own choice to represent him at the hearing; shall set a date of hearing not less than thirty (30) days nor more



than sixty (60) days after the date of mailing of such notification; and shall request the person charged to answer, in writing, to the chairman of the Review Section, all the charges set forth in such written statement. This answer shall be delivered to the chairman by either certified mail or registered mail, return receipt requested, no later than ten (10) days prior to the date of hearing. The statement shall also set forth the right of appellate review in the event the decision is rendered against the person or entity charged.

The decision shall be rendered at the time of the hearing, or within twenty-four (24) hours thereafter.

- (2) **Emergency Hearing**—When compliance with regular procedures would not be likely to produce a sufficiently early decision to do justice to the affected parties, the Review Section, or its duly authorized agent(s) or representative(s), is authorized to summarily hear and decide a matter relating to a scheduled amateur athletic competition. The individual or entity charged may be suspended from participating in any activities of the sport of swimming whatsoever after being given such notice and hearing as time and circumstances may reasonably dictate. The hearing may be conducted at the site of athletic competition or by telephone conference if necessary, but in any event under such circumstances as to fully protect rights of procedural due process of the individual or entity charged.

The notice to be given to the individual or entity charged may be oral, or in writing, and, if oral, shall be reduced to writing within twenty four (24) hours, and shall in every instance contain all notice requirements set forth in sub-paragraph (1) of this Section 571.5.

If an aggrieved party shall demand further hearing, such hearing shall be held in accordance with the provisions set forth in sub-paragraph (1) of this Section 571.5.

**571.6. APPEAL**—The decision of the Review Section will be final in all cases, subject only to appeal to the LSC House of Delegates or Board of Directors at the option of the appellant, and thereafter to the National Board of Review. An appeal to the LSC House of Delegates or Board of Directors must be taken within ten days after receipt of written notice of the decision of the Review Section. The Secretary or General Chairman shall set a date for appellate hearing not less than thirty (30) days nor more than sixty (60) days after receipt of notice of appeal, and the decision shall be reduced to writing and mailed by certified or registered mail to all parties within ten (10) days of hearing. A petition to the National Board of Review must be filed with the National Executive Director within thirty (30) days after receipt of written notice of the decision of the LSC House of Delegates or Board of Directors. Any person representing a real party in interest in the case may appeal. Upon timely petition to the chairman of the National Board of Review, and upon showing of good cause therefor, the time for appeal from the decision of the Review Section may be extended.

**571.7. NOTICE TO ATHLETES**—In each case, where notice is mailed to a registered athlete, it is sufficient to mail the notice addressed to him at the residence given in his application for registration; or, if he has filed with the registration committee a written notice of change of residence, then at such changed address.

## **ARTICLE 72 MISCELLANEOUS**

**572.1. AMENDMENTS**—Any provision of these bylaws not proscribed by USS may be amended at any meeting of the House of Delegates by a two-thirds vote of the members voting. At least thirty (30) days notice must be given to every member of the House of any proposed amendment.

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

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

**572.4. MAIL VOTE**—Any action which may be taken at any regular or special meeting of members of either the House of Delegates or the Board of Directors, except 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 by ballot within the time period specified constitutes a majority of the votes entitled to be cast.

**572.5. AAU ASSOCIATIONS**—Some or all of the administrative functions which are the responsibility of the LSC may be assigned to the local AAU Association under agreement between the LSC and the Association outlining the nature of the services and the fees to be paid therefor. Such an agreement shall be in accord with general policies and guidelines established by United States Swimming, Inc., and the National AAU.

**572.6. DISSOLUTION**—Upon dissolution, the net assets of the LSC will not inure to the benefit of any private individual or corporation, but will be distributed to United States Swimming, Inc., to be used exclusively for educational or charitable purposes, or, if United States Swimming, Inc. is not then in existence, or is not then a corporation which is exempt under section 501(c)(3) of the Internal Revenue Code and to which contributions, bequests and gifts are deductible under sections 170(c)(2), 2055(a)(2) and 2522(a)(2) thereof, such assets shall be distributed to such a corporation, to be used exclusively for educational or charitable purposes.

## APPENDIX TO PART FIVE

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

### 562.1.

**Types**—An LSC may add additional membership classes, including individual members, or it may impose additional restrictions. Examples: no proxy voting; a person may represent no more than one group member; a weighted voting system by size of group members, etc.

### 563.1(a) LSC HOUSE OF DELEGATES

**Appointment**—An LSC may have additional members on its LSC House of Delegates, including individual members.

### 563.2(1) Board of Directors

**Members**—An LSC House of Delegates may elect at large members to the Board of Directors.

**564.1. TITLES**—Those listed must be elected. In addition, there may be provisions for electing at large members to the Board of Directors. Any office may be combined with another, except that of general chairman.

**564.3. TERM OF OFFICE**—Terms may be for one, two or four years, except that there need not be limitation on terms of registration chairman, treasurer, secretary/treasurer (if combined), or technical planning chairman. The technical planning chairman's position may be eliminated if LSC does not think it necessary to have the position.

### 564.5(7) DUTIES

**Registration Chairman**—Registration chairman may delegate registration to various registrars if desired. Issuing sanctions may be shifted to another LSC designee.

**565.1. MEETINGS**—The LSC annual meeting may be held at any time prior to November 15, with new officers taking office no later than January 1 of the following year, keeping in mind that delegates to the USS House of Delegates must be certified by July 15. The LSC may establish a specific date for the annual meeting or set a time between two dates, e.g., held between June 1 and June 15.

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

**ARTICLE 66. DIVISIONS AND COMMITTEES**—This article is intended as a guideline, and internal make-up of divisions and committees may be determined by an LSC. Committee and division titles and responsibilities should remain the same in all LSCs to ensure nationwide uniformity and continuity of communication and administration.

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

**Note:** An LSC may establish an Executive Committee of whatever make-up it chooses to act in behalf of the Board of Directors, subject to approval and ratification by the Board, except that it may not amend the bylaws.

**Note:** Election of officers is intended to be flexible enough to give each LSC the right to determine whether old or new officers attend the annual meeting of the USS House of Delegates. Notification to the national secretary must be made by July 15. If an LSC chooses to send its new officers, elections must be held prior to July 15 of that year.



## WORLD SWIMMING RECORDS MEN

### FREESTYLE

100m.....	49.36	Ambrose Gaines IV.....	USA .....	Austin, Tex.....	4-03-81
200m.....	1:48.93	Ambrose Gaines IV.....	USA .....	Mission Viejo, Cal.....	7-19-82
400m.....	3:49.57	Vladimir Salnikov.....	USSR .....	Moscow, USSR .....	3-12-82
800m.....	7:52.83	Vladimir Salnikov.....	USSR .....	Moscow, USSR .....	2-14-82
1500m.....	14:56.35	Vladimir Salnikov.....	USSR .....	Moscow, USSR .....	3-13-82

### BACKSTROKE

100m.....	55.49	John Naber.....	USA .....	Montreal, CAN .....	7-19-76
200m.....	1:59.19	John Naber.....	USA .....	Montreal, CAN .....	7-24-76

### BREASTSTROKE

100m.....	1:02.53	Steve Lundquist.....	USA .....	Indianapolis, Ind.....	8-21-82
200m.....	2:14.77	Victor Davis.....	Canada.....	Guayaquil, ECU.....	8-05-82

### BUTTERFLY

100m.....	53.81	William Paulus.....	USA .....	Austin, Tex.....	4-03-81
200m.....	1:58.01	Craig Beardsley.....	USA .....	Kiev, USSR .....	8-22-81

### INDIVIDUAL MEDLEY

200m.....	2:02.25	Alex Baumann.....	Canada.....	Brisbane, AUS .....	10-04-82
400m.....	4:19.78	Ricardo Prado.....	Brazil .....	Guayaquil, ECU.....	8-02-82

### FREESTYLE RELAY

400m.....	3:19.26	USA National Team .....	Guayaquil, ECU.....	8-05-82	
		(Chris Cavanaugh, Robin Leamy, David McCagg, Ambrose Gaines IV)			
800m.....	7:20.82	USA National Team .....	West Berlin, FRG.....	8-24-78	
		(Bruce Furniss, Bill Forrester, Bobby Hackett, Ambrose Gaines IV)			

### MEDLEY RELAY

400m.....	3:40.84	USA National Team .....	Guayaquil, ECU.....	8-07-82	
		(Rick Carey, Steve Lundquist, Matt Gribble, Ambrose Gaines IV)			

## WORLD SWIMMING RECORDS WOMEN

### FREESTYLE

100m.....	54.79	Barbara Krause.....	GDR .....	Moscow, USSR .....	7-21-80
200m.....	1:58.23	Cynthia Woodhead.....	USA .....	Tokyo, JPN .....	9-03-79
400m.....	4:06.28	Tracey Wickham.....	AUS .....	W. Berlin, FRG.....	8-24-78
800m.....	8:24.62	Tracey Wickham.....	AUS .....	Edmonton, CAN .....	8-05-78
1500m.....	16:04.49	Kimberly Linehan.....	USA .....	Ft. Lauderdale, Fla.....	8-19-79

### BACKSTROKE

100m.....	1:00.86	Rica Reinisch.....	GDR .....	Moscow, USSR .....	7-23-80
200m.....	2:09.91	Cornelia Sirch.....	GDR .....	Guayaquil, ECU.....	8-07-82

### BREASTSTROKE

100m.....	1:08.60	Ute Geweniger.....	GDR .....	Split, YUG .....	9-08-81
200m.....	2:28.36	Lina Kachushite.....	USSR .....	Potsdam, GDR.....	4-06-79

### BUTTERFLY

100m.....	57.93	Mary T. Meagher.....	USA .....	Brown Deer, Wis.....	8-16-81
200m.....	2:05.96	Mary T. Meagher.....	USA .....	Brown Deer, Wis.....	8-13-81

## INDIVIDUAL MEDLEY

200m.....	2:11.73	Ute Geweniger .....	GDR .....	E. Berlin, GDR .....	7-04-81
400m.....	4:36.10	Petra Schneider .....	GDR .....	Guayaquil, ECU .....	8-01-82

## FREESTYLE RELAY

400m.....	3:42.71	GDR National Team .....	Moscow, USSR .....	7-27-80
(Barbara Krause, Caren Metschuck, Ines Diers, Sarina Hulsenbeck)				
800m.....	8:07.44	Mission Viejo Nadadores ...	USA .....	Brown Deer, Wis. ....
(Marybeth Linzmeier, Susan Habernigg, Tiffany Cohen, Cynthia L. Woodhead)				

## MEDLEY RELAY

400m.....	4:08.12	GDR National Team .....	Guayaquil, Ecu. ....	8-06-82
(Kristin Otto, Ute Geweniger, Ines Geissler, Birgit Meineke)				

## AMERICAN SWIMMING RECORDS MEN'S SHORT COURSE RECORDS (yards)

United States Swimming recognizes swimming records in accordance with Article 8 of these Rules and Regulations.

### FREESTYLE

50y .....	19.36	Robin John Leamy .....	UCLA .....	Austin, Tex. ....	3-26-81
100y .....	42.38	Ambrose Gaines IV .....	Auburn Univ. ....	Austin, Tex. ....	3-28-81
200y .....	1:33.80	Ambrose Gaines IV .....	Auburn Univ. ....	Gainesville, Fla. ....	3-06-81
500y .....	4:16.40	Brian Goodell .....	Mission Viejo ...	Austin, Tex. ....	4-05-78
1000y .....	8:49.97	Jeff Kostoff .....	Industry Hills ...	Gainesville, Fla. ....	4-07-82
1650y .....	14:47.27	Brian Goodell .....	Mission Viejo ...	Monterey Pk., Calif. ..	4-14-79

### BACKSTROKE

100y .....	48.94	David Bottom .....	Walnut Creek ..	Gainesville, Fla. ....	4-10-82
200y .....	1:45.80	Rick Carey .....	Univ. of Tex. ...	Austin, Tex. ....	3-06-82

### BREASTSTROKE

100y .....	52.93	Steve Lundquist .....	S.M.U. ....	Austin, Tex. ....	3-27-81
200y .....	1:55.01	Steve Lundquist .....	S.M.U. ....	Austin, Tex. ....	3-28-81

### BUTTERFLY

100y .....	47.22	Scott W. Spann .....	Univ. of Tex. ...	Austin, Tex. ....	3-27-81
200y .....	1:43.81	Craig Beardsley .....	Fla. Aquatic ...	Gainesville, Fla. ....	4-07-82

## INDIVIDUAL MEDLEY

200y .....	1:45.00	William Barrett .....	UCLA .....	Brown Deer, Wis. ....	3-25-82
400y .....	3:48.16	Jesse Vassallo .....	Univ. of Miami ..	Austin, Tex. ....	3-27-81

## FREESTYLE RELAY

200y .....	1:18.55	Mission Viejo Nadadores .....	Cambridge, Mass. ....	4-10-81
(Arthur E. Griffith, Jerry Spencer, Brad Hering, Robin Leamy)				
400y .....	2:53.15	UCLA .....	Brown Deer, Wis. ....	3-27-82
(William Barrett, Christopher Silva, Stuart MacDonald, Robin Leamy)				
800y .....	6:25.42	Florida Aquatic .....	Monterey Pk., Calif. ..	4-13-79
(Ambrose Gaines IV, David Larson, David McCagg, Keith Dickson)				

## MEDLEY RELAY

200y .....	1:28.95	Mission Viejo Nadadores .....	Cambridge, Mass. ....	4-09-81
(Jesse Vassallo, William Barrett, David McCagg, Robin Leamy)				
400y .....	3:12.93	University of Texas .....	Austin, Tex. ....	3-26-81
(Clay Britt, Scott W. Spann, William Paulus, Kris Kirchner)				

## AMERICAN SWIMMING RECORDS WOMEN'S SHORT COURSE RECORDS (yards)

### FREESTYLE

50y	22.41	Jill Sterkel	Univ. of Texas	Columbia, S.C.	3-20-81
100y	48.61	Jill Sterkel	Univ. of Texas	Austin, Tex.	3-20-82
200y	1:44.10	Cynthia Woodhead	Riverside A.A.	Monterey Pk., Calif.	4-12-79
500y	4:36.25	Tracy Caulkins	Nashville A.C.	Monterey Pk., Calif.	4-11-79
1000y	9:29.97	Kimberly Linehan	Longhorn A.C.	Cambridge, Mass.	4-08-81
1650y	15:49.10	Kimberly Linehan	Sarasota Sharks	Monterey Pk., Calif.	4-14-79

### BACKSTROKE

100y	54.81	Sue Walsh	U. of N.Carolina	Gainesville, Fla.	3-19-82
200y	1:57.02	Tracy Caulkins	Nashville A.C.	Cambridge, Mass.	4-08-81

### BREASTSTROKE

100y	1:01.13	Tracy Caulkins	Nashville A.C.	Cambridge, Mass.	4-11-81
200y	2:11.46	Tracy Caulkins	Nashville A.C.	Nashville, Tenn.	1-13-80

### BUTTERFLY

100y	52.99	Jill Sterkel	Longhorn A.C.	Cambridge, Mass.	4-11-81
200y	1:52.99	Mary T. Meagher	Lakeside S.C.	Cambridge, Mass.	4-08-81

### INDIVIDUAL MEDLEY

200y	1:57.11	Tracy Caulkins	Nashville A.C.	Cambridge, Mass.	4-10-81
400y	4:04.63	Tracy Caulkins	Nashville A.C.	Cambridge, Mass.	4-09-81

### FREESTYLE RELAY

200y	1:31.12	Stanford University	Columbia, S.C.	3-18-81	(Krissie Bush, Carol Proctor, Kelly Asplund, Barbara L. Major)
400y	3:19.55	Mission Viejo Nadadores	Cambridge, Mass.	4-10-81	(Marybeth Linzmeier, Julie Williams, Susan Habernigg, Cynthia L. Woodhead)
800y	7:10.55	Mission Viejo Nadadores	Gainesville, Fla.	4-08-82	(Tiffany Cohen, Marybeth Linzmeier, Julie Williams, Cynthia Woodhead)

### MEDLEY RELAY

200y	1:42.10	University of Florida	Gainesville, Fla.	3-18-82	(Theresa Andrews, Kathy Treible, Amy Caulkins, Andrea Cross)
400y	3:40.99	University of Florida	Gainesville, Fla.	3-19-82	(Theresa Andrews, Kathy Treible, Tracy Caulkins, Michele Kurtzman)

## UNITED STATES OPEN SWIMMING RECORDS MEN'S SHORT COURSE RECORDS (yards)

### FREESTYLE

50y	19.36	Robin John Leamy	UCLA	Austin, Tex.	3-26-81
100y	42.38	Ambrose Gaines IV	Auburn Univ.	Austin, Tex.	3-28-81
200y	1:33.80	Ambrose Gaines IV	Auburn Univ.	Gainesville, Fla.	3-06-81
500y	4:16.40	Brian Goodell	Mission Viejo	Austin, Tex.	4-05-78
1000y	8:49.97	Jeff Kostoff	Industry Hills	Gainesville, Fla.	4-07-82
1650y	14:47.27	Brian Goodell	Mission Viejo	Monterey Pk., Calif.	4-14-79

### BACKSTROKE

100y	48.94	David Bottom	Walnut Creek	Gainesville, Fla.	4-10-82
200y	1:45.22	Sandor Wladar	Hungary	Gainesville, Fla.	4-07-82

### BREASTSTROKE

100y	52.93	Steve Lundquist	S.M.U.	Austin, Tex.	3-27-81
200y	1:55.01	Steve Lundquist	S.M.U.	Austin, Tex.	3-28-81



## BUTTERFLY

100y	47.22	Scott W. Spann	Univ. of Texas	Austin, Tex.	3-27-81
200y	1:43.81	Craig Beardsley	Fla. Aquatic	Gainesville, Fla.	4-07-82

## INDIVIDUAL MEDLEY

200y	1:45.00	William Barrett	UCLA	Brown Deer, Wis.	3-25-82
400y	3:47.97	Ricardo Prado	M. Viejo (Brazil)	Gainesville, Fla.	4-08-82

## FREESTYLE RELAY

200y	1:18.55	Mission Viejo Nadadores	Cambridge, Mass.	4-10-81
		(Arthur E. Griffith, Jerry Spencer, Brad Hering, Robin Leamy)		
400y	2:53.15	UCLA	Brown Deer, Wis.	3-27-82
		(William Barrett, Christopher Silva, Stuart MacDonald, Robin Leamy)		
800y	6:25.42	Florida Aquatic	Monterey Pk., Calif.	4-13-79
		(Ambrose Gaines IV, David Larson, David McCagg, Keith Dickson)		

## MEDLEY RELAY

200y	1:28.95	Mission Viejo Nadadores	Cambridge, Mass.	4-09-81
		(Jesse Vassallo, William Barrett, David McCagg, Robin Leamy)		
400y	3:12.93	University of Texas	Austin, Tex.	3-26-81
		(Clay Britt, Scott W. Spann, William Paulus, Kris Kirchner)		

## UNITED STATES OPEN SWIMMING RECORDS WOMEN'S SHORT COURSE RECORDS (yards)

### FREESTYLE

50y	22.41	Jill Sterkel	Univ. of Texas	Columbia, S.C.	3-20-81
100y	48.61	Jill Sterkel	Univ. of Texas	Austin, Tex.	3-20-82
200y	1:44.10	Cynthia Woodhead	Riverside A.A.	Monterey Pk., Calif.	4-12-79
500y	4:36.25	Tracy Caulkins	Nashville A.C.	Monterey Pk., Calif.	4-11-79
1000y	9:29.97	Kimberly Linehan	Longhorn A.C.	Cambridge, Mass.	4-08-81
1650y	15:49.10	Kimberly Linehan	Sarasota Sharks	Monterey Pk., Calif.	4-14-79

### BACKSTROKE

100y	54.81	Sue Walsh	U. of N. Carolina	Gainesville, Fla.	3-19-82
200y	1:57.02	Tracy Caulkins	Nashville A.C.	Cambridge, Mass.	4-08-81

### BREASTSTROKE

100y	1:01.13	Tracy Caulkins	Nashville A.C.	Cambridge, Mass.	4-11-81
200y	2:11.46	Tracy Caulkins	Nashville A.C.	Nashville, Tenn.	1-13-80

### BUTTERFLY

100y	52.99	Jill Sterkel	Longhorn A.C.	Cambridge, Mass.	4-11-81
200y	1:52.99	Mary T. Meagher	Lakeside S.C.	Cambridge, Mass.	4-08-81

## INDIVIDUAL MEDLEY

200y	1:57.11	Tracy Caulkins	Nashville A.C.	Cambridge, Mass.	4-10-81
400y	4:04.63	Tracy Caulkins	Nashville A.C.	Cambridge, Mass.	4-09-81

## FREESTYLE RELAY

200y	1:31.12	Stanford University	Columbia, S.C.	3-18-81
		(Krissie Bush, Carol Proctor, Kelly Asplund, Barbara L. Major)		
400y	3:19.55	Mission Viejo Nadadores	Cambridge, Mass.	4-10-81
		(Marybeth Linzmeier, Julie Williams, Susan Habernigg, Cynthia L. Woodhead)		
800y	7:10.55	Mission Viejo Nadadores	Gainesville, Fla.	4-08-82
		(Tiffany Cohen, Marybeth Linzmeier, Julie Williams, Cynthia Woodhead)		

## MEDLEY RELAY

200y .....	1:42.10	University of Florida .....	Gainesville, Fla. ....	3-18-82
		(Theresa Andrews, Kathy Treible, Amy Caulkins, Andrea Cross)		
400y .....	3:40.99	University of Florida .....	Gainesville, Fla. ....	3-19-82
		(Theresa Andrews, Kathy Treible, Amy Caulkins, Andrea Cross)		

## WORLD SWIMMING BESTS MEN'S SHORT COURSE (metres)

### FREESTYLE

50m .....	22.09	Jorg Woithe .....	GDR .....	Gainesville, Fla. ....	1-04-81
100m .....	48.52	David McCagg .....	USA .....	Austin, Tex. ....	4-15-78
200m .....	1:47.29	David Larson .....	USA .....	Austin, Tex. ....	4-16-78
400m .....	3:45.10	Vladimir Salnikov .....	USSR .....	London, GBR .....	12-12-81
800m .....	7:52.51	Aleksandr Chaev .....	USSR .....	Gainesville, Fla. ....	1-02-81
1500m .....	14:44.09	Vladimir Salnikov .....	USSR .....	London, GBR .....	12-13-81

### BACKSTROKE

100m .....	54.50	Bengt Baron .....	Sweden .....	Linkoping, SWE .....	4-03-81
200m .....	1:58.42	Frank Baltrusch .....	GDR .....	Rostock, GDR .....	12-19-81

### BREASTSTROKE

100m .....	1:01.00	Gerald Moerken .....	West Germany ....	Essen, FRG .....	12-17-78
200m .....	2:11.54	Victor Davis .....	Canada .....	Gainesville, Fla. ....	1-09-82

### BUTTERFLY

100m .....	53.17	Par Arvidsson .....	Sweden .....	Linkoping, SWE .....	4-08-81
200m .....	1:56.42	Craig Beardsley .....	USA .....	Gainesville, Fla. ....	1-10-82

### INDIVIDUAL MEDLEY

200m .....	1:59.84	Aleksandr Sidorenko .....	USSR .....	Gainesville, Fla. ....	1-04-81
400m .....	4:12.67	Alex Baumann .....	Canada .....	Victoria, CAN .....	3-13-81

### FREESTYLE RELAY

400m .....	3:16.11	USA National Team .....	Austin, Tex. ....	4-16-78
		(David McCagg, Scott Findorff, Andy Veris, Andy Coan)		
800m .....	7:14.34	USA National Team .....	Austin, Tex. ....	4-15-78
		(Andy Veris, John Hillencamp, David McCagg, David Larson)		

### MEDLEY RELAY

400m .....	3:39.96	USA National Team .....	Gainesville, Fla. ....	1-09-82
		(Jesse Vassallo, William Barrett, Matt Gribble, Robin Leamy)		

## WOMEN'S SHORT COURSE (metres)

### FREESTYLE

50m .....	25.28	Caren Metschuck .....	GDR .....	Gainesville, Fla. ....	1-09-82
100m .....	54.04	Birgit Meineke .....	GDR .....	Rostock, GDR .....	12-20-81
200m .....	1:56.54	Birgit Meineke .....	GDR .....	Rostock, GDR .....	12-19-81
400m .....	4:02.59	Cynthia Woodhead .....	USA .....	Austin, Tex. ....	4-16-78
800m .....	8:17.32	Petra Schneider .....	GDR .....	Gainesville, Fla. ....	1-08-82
1500m .....	15:43.31	Petra Schneider .....	GDR .....	Gainesville, Fla. ....	1-10-82

### BACKSTROKE

100m .....	1:01.11	Tracy Caulkins .....	USA .....	Gainesville, Fla. ....	1-04-81
200m .....	2:11.02	Linda Jezek .....	USA .....	Austin, Tex. ....	4-15-78

## BREASTSTROKE

100m.....	1:07.47	Tracy Caulkins.....	USA .....	Gainesville, Fla. ....	1-02-81
200m.....	2:26.17	Ute Geweniger.....	GDR .....	Gainesville, Fla. ....	1-09-82

## BUTTERFLY

100m.....	58.91	Mary T. Meagher.....	USA .....	Gainesville, Fla. ....	1-03-81
200m.....	2:05.65	Mary T. Meagher.....	USA .....	Gainesville, Fla. ....	1-02-81

## INDIVIDUAL MEDLEY

200m.....	2:10.60	Petra Schneider.....	GDR .....	Gainesville, Fla. ....	1-08-82
400m.....	4:33.44	Tracy Caulkins.....	USA .....	Gainesville, Fla. ....	1-03-81

## FREESTYLE RELAY

400m.....	3:43.88	USA National Team .....	Austin, Tex. ....	4-15-78	
		(Stephanie Elkins, Kelly Asplund, Jill Sterkel, Tracy Caulkins)			
800m.....	7:58.74	USA National Team .....	Gainesville, Fla. ....	1-03-81	
		(Tracy Caulkins, Nancy Hogshead, Mary T. Meagher, Cynthia Woodhead)			

## MEDLEY RELAY

400m.....	4:06.43	USA National Team .....	Gainesville, Fla. ....	1-09-82	
		(Todd McMurdo, Scott Brackett, Frank Orten, Steve Witherington)			

## AMERICAN SWIMMING RECORDS MEN'S SHORT COURSE RECORDS(metres)

### FREESTYLE

50m .....	22.21	Bruce Stahl .....	USA Natl. Team ...	Paris, FRA .....	2-05-82
100m.....	48.52	David McCagg .....	USA Natl. Team ...	Austin, Tex. ....	4-15-78
200m.....	1:47.29	David Larson .....	USA Natl. Team ...	Austin, Tex. ....	4-16-78
400m.....	3:46.95	John Hillencamp .....	USA Natl. Team ...	Austin, Tex. ....	4-15-78
800m.....	7:56.65	Bobby Hackett .....	USA Natl. Team ...	Austin, Tex. ....	4-16-78
1500m.....	15:01.77	Ron Neugent .....	Kansas Univ. ....	Lawrence, Kan. ....	9-05-82

### BACKSTROKE

100m.....	55.29	Rick Carey .....	USA Natl. Team ...	Gainesville, Fla. ....	1-04-81
200m.....	1:59.49	Rick Carey .....	USA Natl. Team ...	Gainesville, Fla. ....	1-02-81

### BREASTSTROKE

100m.....	1:01.26	Scott Spann .....	USA Natl. Team ...	Austin, Tex. ....	4-15-78
200m.....	2:13.86	Scott Spann .....	USA Natl. Team ...	Austin, Tex. ....	4-16-78

### BUTTERFLY

100m.....	53.29	Scott Spann .....	USA Natl. Team ...	Austin, Tex. ....	4-15-78
200m.....	1:56.42	Craig Beardsley .....	USA Natl. Team ...	Gainesville, Fla. ....	1-10-82

### INDIVIDUAL MEDLEY

200m.....	2:00.59	Scott Spann .....	USA Natl. Team ...	Austin, Tex. ....	4-16-78
400m.....	4:17.81	Jesse Vassallo .....	USA Natl. Team ...	Austin, Tex. ....	4-15-78

### FREESTYLE RELAY

200m.....	1:37.12	Fort Smith T.R. ....	Little Rock, Ark. ....	2-14-82	
		(Charles Steward, Greg Magness, Jeff Girkin, David Gean)			
400m.....	3:16.11	USA National Team .....	Austin, Tex. ....	4-16-78	
		(David McCagg, Scott Findorff, Andy Veris, Andy Coan)			
400m.....	3:22.81	University of Florida .....	Gainesville, Fla. ....	1-02-81	
(Club)		(Geoff Gaberino, Mike St. Denis, David Zubero, David Larson)			
800m.....	7:14.34	USA National Team .....	Austin, Tex. ....	4-15-78	
		(Andy Veris, John Hillencamp, David McCagg, David Larson)			



800m..... 7:23.50 University of Florida ..... Gainesville, Fla. .... 1-03-81  
(Club) (Geoff Gaberino, David Larson, David Zubero, Glynn Perry)

### MEDLEY RELAY

200m..... 1:47.50 USA National Team ..... Port au Spain, Wis. .... 9-01-73  
(William Artley, Peder Dahlberg, Steve Baxter, Peter Spurzem)  
200m..... 1:50.31 Colo. Rapids Swim Team ..... Aurora, Colo. .... 3-21-82  
(Club) (Todd McMurdo, Scott Brackett, Frank Orten, Steve Witherington)  
400m..... 3:39.96 USA National Team ..... Gainesville, Fla. .... 1-09-82  
(Jesse Vassallo, William Barrett, Matt Gribble, Robin Leamy)  
400m..... 3:47.76 University of Florida ..... Gainesville, Fla. .... 1-04-81  
(Club) (Ron Maddox, Doug Soltis, David Zubero, Geoff Gaberino)

## AMERICAN SWIMMING RECORDS WOMEN'S SHORT COURSE RECORDS (metres)

### FREESTYLE

50m..... 25.60 Jill Sterkel ..... USA Natl. Team... Gainesville, Fla. .... 1-09-82  
100m..... 54.88 Cynthia Woodhead ..... USA Natl. Team... Paris, FRA ..... 2-10-80  
200m..... 1:56.87 Cynthia Woodhead ..... USA Natl. Team... Austin, Tex. .... 4-15-78  
400m..... 4:02.59 Cynthia Woodhead ..... USA Natl. Team... Austin, Tex. .... 4-16-78  
800m..... 8:18.77 Cynthia Woodhead ..... USA Natl. Team... Paris, FRA ..... 2-08-80  
1500m..... 15:52.29 Tiffany Cohen ..... USA Natl. Team... Gainesville, Fla. .... 1-10-82

### BACKSTROKE

100m..... 1:01.11 Tracy Caulkins ..... USA Natl. Team... Gainesville, Fla. .... 1-04-81  
200m..... 2:11.02 Linda Jezek ..... USA Natl. Team... Austin, Tex. .... 4-15-78

### BREASTSTROKE

100m..... 1:07.47 Tracy Caulkins ..... USA Natl. Team... Gainesville, Fla. .... 1-04-81  
200m..... 2:27.32 Tracy Caulkins ..... USA Natl. Team... Paris, FRA ..... 2-07-81

### BUTTERFLY

100m..... 58.91 Mary T. Meagher ..... USA Natl. Team... Gainesville, Fla. .... 1-03-81  
200m..... 2:05.65 Mary T. Meagher ..... USA Natl. Team... Gainesville, Fla. .... 1-02-81

### INDIVIDUAL MEDLEY

200m..... 2:10.80 Tracy Caulkins ..... USA Natl. Team... Gainesville, Fla. .... 1-04-81  
400m..... 4:33.44 Tracy Caulkins ..... USA Natl. Team... Gainesville, Fla. .... 1-03-81

### FREESTYLE RELAY

200m..... 1:53.45 St. Petersburg Rec. Dept. .... Sarasota, Fla. .... 7-07-74  
(Dea Mignon Loy, Kimberly Jacobs, Jacqueline Bajus, Judith Ann Merrill)  
400m..... 3:43.88 USA National Team ..... Austin, Tex. .... 4-15-78  
(Stephanie Elkins, Kelly Asplund, Jill Sterkel, Tracy Caulkins)  
400m..... 3:51.15 Auburn University ..... Gainesville, Fla. .... 1-10-82  
(Club) (Sandy McIntyre, Carolyn Goodley, Mary Holmes, Annie Lett)  
800m..... 7:58.74 USA National Team ..... Gainesville, Fla. .... 1-03-81  
(Tracy Caulkins, Nancy Hogshead, Mary T. Meagher, Cynthia Woodhead)  
800m..... 8:13.25 Ft. Lauderdale Swim Team ..... Gainesville, Fla. .... 1-08-82  
(Club) (Stephanie Mason, Beth Gardner, Christi Woolger, Paige Zemina)

### MEDLEY RELAY

200m..... 2:03.00 USA National Team ..... Port au Spain, Wis. .... 9-01-73  
(Charles Steward, Greg Magness, Jeff Girkin, David Gean)  
200m..... 2:08.90 St. Petersburg Rec. Dept. .... Sarasota, Fla. .... 7-06-74  
(Club) (Jacqueline Bajus, Maureen Morrissey, Kimberly Jacobs, Marguerite McCully)  
400m..... 4:06.43 USA National Team ..... Gainesville, Fla. .... 1-09-82  
(Sue Walsh, Tracy Caulkins, Melanie Buddemeyer, Jill Sterkel)  
400m..... 4:20.21 Fla. Aquatic Swim Team ..... Gainesville, Fla. .... 1-04-81  
(Club) (Susan Hagberg, Torrey Blazey, Holly Green, Kathy Treible)

## UNITED STATES OPEN SWIMMING RECORDS MEN'S SHORT COURSE RECORDS (metres)

### FREESTYLE

50m	22.09	Jorg Woithe	GDR	Gainesville Fla.	1-04-81
100m	48.52	David McCagg	USA Natl. Team	Austin, Tex.	4-15-78
200m	1:47.29	David Larson	USA Natl. Team	Austin, Tex.	4-16-78
400m	3:46.41	Vladimir Salnikov	USSR	Gainesville, Fla.	1-03-81
800m	7:52.51	Aleksandr Chaev	USSR	Gainesville, Fla.	1-02-81
1500m	14:52.10	Vladimir Salnikov	USSR	Gainesville, Fla.	1-04-81

### BACKSTROKE

100m	55.29	Rick Carey	USA Natl. Team	Gainesville, Fla.	1-04-81
200m	1:59.49	Rick Carey	USA Natl. Team	Gainesville, Fla.	1-02-81

### BREASTSTROKE

100m	1:01.26	Scott Spann	USA Natl. Team	Austin, Tex.	4-15-78
200m	2:11.54	Victor Davis	Canada	Gainesville, Fla.	1-09-82

### BUTTERFLY

100m	53.29	Scott Spann	USA Natl. Team	Austin, Tex.	4-15-78
200m	1:56.42	Craig Beardsley	USA Natl. Team	Gainesville, Fla.	1-10-82

### INDIVIDUAL MEDLEY

200m	1:59.84	Aleksandr Sidorenko	USSR	Gainesville, Fla.	1-04-81
400m	4:15.11	Alex Baumann	Canada	Gainesville, Fla.	1-03-81

### FREESTYLE RELAY

200m	1:37.12	Fort Smith T.R.	Little Rock, Ark.	2-14-82
		(Charles Steward, Greg Magness, Jeff Girkin, David Gean)		
400m	3:16.11	USA National Team	Austin, Tex.	4-16-78
		(David McCagg, Scott Findorff, Andy Veris, Andy Coan)		
400m	3:20.67	University of Arkansas	Gainesville, Fla.	1-10-82
(Club)		(Martin Smith, Neil Brooks, Don St. Denis, Levente Mady)		
800m	7:14.34	USA National Team	Austin, Tex.	4-15-78
		(Andy Veris, John Hillencamp, David McCagg, David Larson)		
800m	7:23.50	University of Florida	Gainesville, Fla.	1-03-81
(Club)		(Geoff Gaberino, David Larson, David Zuber, Glynn Perry)		

### MEDLEY RELAY

200m	1:47.50	USA National Team	Port au Spain, W.I.	9-01-73
		(William Artley, Peder Dahlberg, Steve Baxter, Peter Spurzem)		
200m	1:50.31	Colo. Rapids Swim Team	Aurora, Colo.	3-21-82
(Club)		(Todd McMurdo, Scott Brackett, Frank Orten, Steve Witherington)		
400m	3:39.96	USA National Team	Gainesville, Fla.	1-09-82
		(Jesse Vassallo, William Barrett, Matt Gribble, Robin Leamy)		
400m	3:46.85	University of Arkansas	Gainesville, Fla.	1-09-82
(Club)		(Randall Enslinger, John Ulibarri, Scott Bergen, Neil Brooks)		

## AMERICAN SWIMMING RECORDS WOMEN'S SHORT COURSE RECORDS (metres)

### FREESTYLE

50m	25.28	Caren Metschuck	GDR	Gainesville, Fla.	1-09-82
100m	54.55	Caren Metschuck	GDR	Gainesville, Fla.	1-10-82
200m	1:56.87	Cynthia Woodhead	USA Natl. Team	Austin, Tex.	4-15-78
400m	4:02.59	Cynthia Woodhead	USA Natl. Team	Austin, Tex.	4-16-78
800m	8:17.32	Petra Schneider	GDR	Gainesville, Fla.	1-08-82
1500m	15:43.31	Petra Schneider	GDR	Gainesville, Fla.	1-10-82

## BACKSTROKE

100m.....	1:01.11	Tracy Caulkins.....	USA Natl. Team...	Gainesville, Fla. ....	1-04-81
200m.....	2:11.02	Linda Jezek.....	USA Natl. Team...	Austin, Tex. ....	4-15-78

## BREASTSTROKE

100m.....	1:07.47	Tracy Caulkins.....	USA Natl. Team...	Gainesville, Fla. ....	1-04-81
200m.....	2:26.17	Ute Geweniger.....	GDR.....	Gainesville, Fla. ....	1-09-82

## BUTTERFLY

100m.....	58.91	Mary T. Meagher.....	USA Natl. Team...	Gainesville, Fla. ....	1-03-81
200m.....	2:05.65	Mary T. Meagher.....	USA Natl. Team...	Gainesville, Fla. ....	1-02-81

## INDIVIDUAL MEDLEY

200m.....	2:10.60	Petra Schneider.....	GDR.....	Gainesville, Fla. ....	1-08-82
400m.....	4:33.44	Tracy Caulkins.....	USA Natl. Team...	Gainesville, Fla. ....	1-03-81

## FREESTYLE RELAY

200m.....	1:53.45	St. Petersburg Rec. Dept. ....	Sarasota, Fla. ....	7-07-74	
		(Dea Mignon Loy, Kimberly Jacobs, Jacqueline Bajus, Judith Ann Merrill)			
400m.....	3:43.88	USA National Team.....	Austin, Tex. ....	4-15-78	
		(Stephanie Elkins, Kelly Asplund, Jill Sterkel, Tracy Caulkins)			
400m.....	3:51.15	Auburn University.....	Gainesville, Fla. ....	1-10-82	
(Club)		(Sandy McIntyre, Carolyn Goodley, Mary Holmes, Annie Lett)			
800m.....	7:58.74	USA National Team.....	Gainesville, Fla. ....	1-03-81	
		(Tracy Caulkins, Nancy Hogshead, Mary T. Meagher, Cynthia Woodhead)			
800m.....	8:11.86	University of Florida.....	Gainesville, Fla. ....	1-08-82	
(Club)		(Rosemary Brown, Lynnette Gernaat, Linda Irish, Andrea Cross)			

## MEDLEY RELAY

200m.....	2:03.00	USA National Team.....	Port au Spain Wis. ....	9-01-73	
		(Sara James, Allison Grant, Camille Wright, Diane Gentes)			
200m.....	2:08.90	St. Petersburg Rec. Dept. ....	Sarasota, Fla. ....	7-06-74	
(Club)		(Jacqueline Bajus, Maureen Morrissey, Kimberly Jacobs, Marguerite McCully)			
400m.....	4:06.43	USA National Team.....	Gainesville, Fla. ....	1-09-82	
		(Sue Walsh, Tracy Caulkins, Melanie Buddemeyer, Jill Sterkel)			
400m.....	4:15.88	Williams Wasps (Great Britain) .....	Gainesville, Fla. ....	1-09-82	
(Club)		(A.-L. Mason, Gaynor Stanley, Ann Osgerby, June Croft)			

## AMERICAN SWIMMING RECORDS MEN'S LONG COURSE RECORDS (metres)

### FREESTYLE

50m ....	22.54	Robin Leamy.....	Mission Viejo.....	Brown Deer, Wis. ....	8-15-81
100m.....	49.36	Ambrose Gaines IV.....	Auburn Univ. ....	Austin, Tex. ....	4-03-81
200m.....	1:48.93	Ambrose Gaines IV.....	War Eagle S.T.....	Mission Viejo, Calif. ..	7-19-82
400m.....	3:51.56	Brian Goodell.....	USA Natl. Team...	E. Berlin, GDR.....	8-27-77
800m.....	7:58.50	Tony Corbisiero.....	Gotham A.A.....	Indianapolis, Ind. ....	8-18-82
1500m.....	15:02.40	Brian Goodell.....	USA Oly. Team...	Montreal, CAN.....	7-20-76

### BACKSTROKE

100m.....	55.49	John Naber.....	USA Oly. Team...	Montreal, CAN.....	7-19-76
200m.....	1:59.19	John Naber.....	USA Oly. Team...	Montreal, CAN.....	7-24-76

### BREASTSTROKE

100m.....	1:02.53	Steve Lundquist.....	Mustang Club.....	Indianapolis, Ind. ....	8-21-82
200m.....	2:17.26	John Hencken.....	USA Oly. Team...	Montreal, CAN.....	7-24-76

### BUTTERFLY

100m.....	53.81	William Paulus.....	Univ. of Texas....	Austin, Tex. ....	4-03-81
200m.....	1:58.01	Craig Beardsley.....	USA Natl. Team...	Kiev, USSR.....	8-22-81



## INDIVIDUAL MEDLEY

200m....	2:03.24	William M. Barrett	Cin. P. Marlins	Irvine, Calif.	8-01-80
400m....	4:20.05	Jesse Vassallo	USA Natl. Team	W. Berlin, FRG	8-22-78

## FREESTYLE RELAY

200m....	1:29.37	USA National Team	Austin, Tex.	4-12-80
		(Kris Kirchner, Bruce A. Stahl, Ambrose Gaines IV, Gary Schatz)		
200m....	1:34.17	Ft. Lauderdale Swim Team	Ft. Lauderdale, Fla.	7-26-78
(Club)		(Steve Allbritton, Bruce Rindahl, Thomas McKeon III, Andy Coan)		
400m....	3:19.26	USA National Team	Guayaquil, ECU	8-05-82
		(Chris Cavanaugh, Robin Leamy, David McCagg, Ambrose Gaines IV)		
400m....	3:21.89	Mission Viejo Nadadores	Indianapolis, Ind.	8-20-82
(Club)		(Rich Saeger, William Barrett, Stuart MacDonald, Robin Leamy)		
800m....	7:20.82	USA National Team	W. Berlin, FRG	8-24-78
		(Bruce Furniss, Bill Forrester, Bobby Hackett, Ambrose Gaines IV)		
800m....	7:26.67	Florida Aquatic Swim	Irvine, Calif.	8-01-80
(Club)		(Ambrose Gaines IV, David Larson, Steve Wood, Bill Forrester)		

## MEDLEY RELAY

200m....	1:41.30	USA National Team	Gainesville, Fla.	4-11-82
		(David Bottom, Steve Lundquist, David Cowell, Robin Leamy)		
200m....	1:49.14	Ft. Lauderdale Team Swim	Ft. Lauderdale, Fla.	7-26-78
(Club)		(Kenneth Ireland, Keith Hoffman, Bruce Rindahl, Andy Coan)		
400m....	3:40.84	USA National Team	Guayaquil, ECU	8-06-82
		(Rick Carey, Steve Lundquist, Matt Gribble, Ambrose Gaines IV)		
400m....	3:45.70	Longhorn Aquatic Club	Brown Deer, Wis.	8-16-81
(Club)		(Clay Britt, Nick Nevid, William Paulus, Kris Kirchner)		

## AMERICAN SWIMMING RECORDS

### WOMEN'S LONG COURSE RECORDS (metres)

#### FREESTYLE

50m....	25.79	Jill Sterkel	Longhorn A.C.	Austin, Tex.	4-03-81
100m....	55.63	Cynthia Woodhead	USA Natl. Team	Tokyo, JPN	9-02-79
200m....	1:58.23	Cynthia Woodhead	USA Natl. Team	Tokyo, JPN	9-03-79
400m....	4:07.12	Kimberly Linehan	Unattached	Austin, Tex.	7-27-79
800m....	8:24.70	Kimberly Linehan	Longhorn A.C.	Ft. Lauderdale, Fla.	8-16-79
1500m....	16:04.49	Kimberly Linehan	Longhorn A.C.	Ft. Lauderdale, Fla.	8-19-79

#### BACKSTROKE

100m....	1:02.48	Sue Walsh	U. of N. Carolina	Indianapolis, Ind.	8-21-82
200m....	2:11.93	Linda Jezek	USA Natl. Team	W. Berlin, FRG	8-24-78

#### BREASTSTROKE

100m....	1:09.53	Tracy Caulkins	Nashville A.C.	Tuscaloosa, Ala.	7-24-81
200m....	2:32.41	Jeanne Childs	Punahou Aquatics	Mission Viejo, Calif.	7-20-82

#### BUTTERFLY

100m....	57.93	Mary T. Meagher	Lakeside S.C.	Brown Deer, Wis.	8-16-81
200m....	2:05.96	Mary T. Meagher	Lakeside S.C.	Brown Deer, Wis.	8-13-81

## INDIVIDUAL MEDLEY

200m....	2:13.69	Tracy Caulkins	USA Natl. Team	Austin, Tex.	1-05-80
400m....	4:40.61	Tracy Caulkins	Nashville A.C.	Irvine, Calif.	7-30-80

## FREESTYLE RELAY

200m....	1:43.56	USA National Team	Austin, Tex.	4-12-80
		(Jill Sterkel, Kelly Asplund, Sue Walsh, Susie Thayer)		

200m....	1:44.64	Starlit Aquatic Club.....	Indianapolis, Ind.....	8-21-82
(Club)		(Susan Tietjen, Krissie Bush, Heather Strang, Barb Major)		
400m....	3:43.43	USA National Team .....	W. Berlin, FRG .....	8-26-78
(Club)		(Tracy Caulkins, Stephanie Elkins, Jill Sterkel, Cynthia Woodhead)		
400m....	3:45.68	Mission Viejo Nadadores .....	Brown Deer, Wis.....	8-15-81
(Club)		(Susan Habernigg, Barbara L. Major, Cynthia Woodhead, Julie Williams)		
800m....	8:07.44	Mission Viejo Nadadores .....	Brown Deer, Wis.....	8-14-81
(Club)		(Marybeth Linzmeier, Susan Habernigg, Tiffany Cohen, Cynthia L. Woodhead)		

### MEDLEY RELAY

200m....	1:55.39	USA National Team .....	Gainesville, Fla. ....	4-11-82
(Club)		(Debbie Risen, Kim Rhodenbaugh, Jill Sterkel, Dara Torres)		
200m....	1:58.99	Nashville Aquatic Club .....	Carbondale, Ill.....	7-12-81
(Club)		(Amy Caulkins, Tracy Caulkins, Patty King, Liz Brown)		
400m....	4:08.12	USA National Team .....	Guayaquil, ECU .....	8-06-82
(Club)		(Sue Walsh, Kim Rhodenbaugh, Mary T. Meagher, Jill Sterkel)		
400m....	4:11.59	Cincinnati Pepsi Marlins .....	Austin, Tex. ....	4-12-80
(Club)		(Kim Carlisle, Kim Rhodenbaugh, Mary T. Meagher, Stephanie Elkins)		

## UNITED STATES SWIMMING RECORDS MEN'S LONG COURSE RECORDS (metres)

### FREESTYLE

50m ...	22.54	Robin Leamy .....	Mission Viejo .....	Brown Deer, Wis.....	8-15-81
100m....	49.36	Ambrose Gaines IV.....	Auburn Univ. ....	Austin, Tex. ....	4-03-81
200m....	1:48.93	Ambrose Gaines IV.....	War Eagle S.T.....	Mission Viejo, Calif. .	7-19-82
400m....	3:51.07	Vladimir Salnikov.....	USSR .....	Knoxville, Tenn. ....	8-27-82
800m....	7:54.88	Vladimir Salnikov.....	USSR .....	Knoxville, Tenn. ....	8-26-82
1500m....	15:02.40	Brian Goodell .....	USA Oly. Team .....	Montreal, CAN .....	7-20-76

### BACKSTROKE

100m....	55.49	John Naber.....	USA Oly. Team ...	Montreal, CAN .....	7-19-76
200m....	1:59.19	John Naber.....	USA Oly. Team ...	Montreal, CAN .....	7-24-76

### BREASTSTROKE

100m....	1:02.53	Steve Lundquist .....	Mustang S.C. ....	Indianapolis, Ind.....	8-21-82
200m....	2:17.04	Robertas Zhulpa .....	USSR .....	Knoxville, Tenn. ....	8-27-82

### BUTTERFLY

100m....	53.81	William Paulus .....	Univ. of Texas ....	Austin, Tex.....	4-03-81
200m....	1:58.01	Craig Beardsley .....	USA Natl. Team...	Kiev, USSR .....	8-22-81

### INDIVIDUAL MEDLEY

200m....	2:03.24	William M. Barrett .....	Cin. P. Marlins ....	Irvine, Calif.....	8-01-80
400m....	4:20.05	Jesse Vassallo .....	USA Natl. Team...	W. Berlin, FRG .....	8-22-78

### FREESTYLE RELAY

200m....	1:29.37	USA National Team .....	Austin, Tex.....	4-12-80
(Club)		(Kris Kirchner, Bruce A. Stahl, Ambrose Gaines IV, Gary Schatz)		
200m....	1:34.17	Ft. Lauderdale Team .....	Ft. Lauderdale, Fla. .	7-26-78
(Club)		(Steve Albritton, Bruce Rindahl, Thomas McKeon III, Andy Coan)		
400m....	3:19.26	USA National Team .....	Guayaquil, ECU .....	8-05-82
(Club)		(Chris Cavanaugh, Robin Leamy, David McCagg, Ambrose Gaines IV)		
400m....	3:21.89	Mission Viejo Nadadores .....	Indianapolis, Ind.....	8-20-82
(Club)		(Rich Saeger, William Barrett, Stuart MacDonald, Robin Leamy)		
800m....	7:20.82	USA National Team .....	W. Berlin, FRG .....	8-24-78
(Club)		(Bruce Furniss, Bill Forrester, Bobby Hackett, Ambrose Gaines IV)		
800m....	7:26.67	Florida Aquatic Swim Team .....	Irvine, Calif.....	8-01-80
(Club)		(Ambrose Gaines IV, David Larson, Steve Wood, Bill Forrester)		

## MEDLEY RELAY

200m...	1:41.30	USA National Team	Gainesville, Fla.	4-11-82
		(David Bottom, Steve Lundquist, David Cowell, Robin Leamy)		
200m...	1:49.14	Ft. Lauderdale Swim Team	Ft. Lauderdale, Fla.	7-26-78
(Club)		(Kenneth Ireland, Keith Hoffman, Bruce Rindahl, Andy Coan)		
400m...	3:40.84	USA National Team	Guayaquil, ECU	8-06-82
		(Rick Carey, Steve Lundquist, Matt Gribble, Ambrose Gaines IV)		
400m...	3:45.70	Longhorn Aquatic Club	Brown Deer, Wis.	8-16-81
(Club)		(Clay Britt, Nick Nevid, William Paulus, Kris Kirohner)		

## UNITED STATES OPEN SWIMMING RECORDS WOMEN'S LONG COURSE RECORDS (metres)

### FREESTYLE

50m ..	25.79	Jill Sterkel	Longhorn A.C.	Austin, Tex.	4-03-81
100m...	55.63	Cynthia Woodhead	USA Natl. Team	Tokyo, JPN	9-02-79
200m...	1:58.23	Cynthia Woodhead	USA Natl. Team	Tokyo, JPN	9-03-79
400m...	4:07.12	Kimberly Linehan	Unattached	Austin, Tex.	7-27-79
800m...	8:24.70	Kimberly Linehan	Longhorn A.C.	Ft. Lauderdale, Fla.	8-16-79
1500m...	16:04.49	Kimberly Linehan	Longhorn A.C.	Ft. Lauderdale, Fla.	8-19-79

### BACKSTROKE

100m...	1:02.48	Sue Walsh	Univ. of N.C.	Indianapolis, Ind.	8-21-82
200m...	2:11.93	Linda Jezek	USA Natl. Team	W. Berlin, FRG	8-24-78

### BREASTSTROKE

100m...	1:09.53	Tracy Caulkins	Nashville A.C.	Tuscaloosa, Ala.	7-24-81
200m...	2:32.41	Jeanne Childs	Punahou Aquatics	Mission Viejo, Calif.	7-20-82

### BUTTERFLY

100m...	57.93	Mary T. Meagher	Lakeside Club	Brown Deer, Wis.	8-16-81
200m...	2:05.96	Mary T. Meagher	Lakeside Club	Brown Deer, Wis.	8-13-81

### INDIVIDUAL MEDLEY

200m...	2:13.69	Tracy Caulkins	USA Natl. Team	Austin, Tex.	1-05-80
400m...	4:40.61	Tracy Caulkins	Nashville A.C.	Irvine, Calif.	7-30-80

### FREESTYLE RELAY

200m...	1:43.56	USA National Team	Austin, Tex.	4-12-80
		(Jill Sterkel, Kelly Asplund, Sue Walsh, Susie Thayer)		
200m...	1:44.64	Starlit Aquatic Club	Indianapolis, Ind.	8-21-82
(Club)		(Susan Tietjen, Krissie Bush, Heather Strang, Barb Major)		
400m...	3:43.43	USA National Team	W. Berlin, FRG	8-26-78
		(Tracy Caulkins, Stephanie Elkins, Jill Sterkel, Cynthia Woodhead)		
400m...	3:45.68	Mission Viejo Nadadores	Brown Deer, Wis.	8-15-81
		(Susan Habernigg, Barbara L. Major, Cynthia Woodhead, Julie Williams)		
800m...	8:07.44	Mission Viejo Nadadores	Brown Deer, Wis.	8-14-81
		(Marybeth Linzmeier, Susan Habernigg, Tiffany Cohen, Cynthia L. Woodhead)		

### MEDLEY RELAY

200m...	1:55.39	USA National Team	Gainesville, Fla.	4-11-82
		(Debbie Risen, Kim Rhodenbaugh, Jill Sterkel, Dara Torres)		
200m...	1:58.99	Nashville Aquatic Club	Carbondale, Ill.	7-12-81
(Club)		(Amy Caulkins, Tracy Caulkins, Patty King, Liz Brown)		
400m...	4:08.12	USA National Team	Guayaquil, ECU	8-06-82
		(Sue Walsh, Kim Rhodenbaugh, Mary T. Meagher, Jill Sterkel)		
400m...	4:11.59	Cincinnati Pepsi Marlins	Austin, Tex.	4-12-80
(Club)		(Kim Carlisle, Kim Rhodenbaugh, Mary T. Meagher, Stephanie Elkins)		



# APPENDIX A

## UNITED STATES MASTERS SWIMMING, INC.

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

### DEFINITIONS

**Association**—a group of athletic clubs in a certain geographic area which has been recognized as an affiliated subsidiary member of USMS (Appendix C).

**Club**—any organization or group of permanent character that actively promotes and/or participates in sports or games.

**District**—the geographic territory of an Association.

**Zone**—a geographical section and includes all Associations within that area. There are four zones (See 106.15 of this Code).

**Region**—the 60 LMSCs are divided into 15 regions (See 106.14 of this Code).

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

**LMSC**—Local Masters Swimming Committee; a division of United States Masters Swimming, Inc., with supervisory responsibilities within the geographic territory of an Association.

**LDMSC**—Long Distance Masters Swimming Committee, the Masters section of the Long Distance Committee of USS.

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

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

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

**Registration**—refers to the registration of an individual member of the Corporation deemed eligible for competition in Masters swimming (25 years of age and older).

**Sanction**—the written approval of an LMSC to authorize registered Masters swimmers to participate in a specific competition, demonstration, clinic, exhibition or Swim-A-Thon.

**International Competition**—competition in which all competitors and/or teams represent their countries, not clubs or other organizations (not permitted in Masters swimming).

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

- (A) To offer the opportunity to continue conditioning or reinstitute conditioning in those 25 years of age and over who were formerly athletes or swimming enthusiasts.

- (B) To encourage and promote physical fitness and improvements in health in those older individuals not previously involved in competitive or recreational programs.
- (C) To offer encouragement to individuals, clubs, organizations, and communities, medical societies, and higher educational institutions.
- (D) To enhance fellowship amongst participants in masters programs.
- (E) To stimulate interest in masters programs at all levels of involvement — physical educators, clubs, organizations, recreation directors, communities medical societies, and higher educational institutions.
- (F) To stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.

## **II. GOALS OF UNITED STATES MASTERS SWIMMING PROGRAMS**

- (A) To outline safe masters programs in swimming for individuals 25 years of age or over, taking cognizance of previous swimming prowess or participation, non-participation, gradual programming, physical condition, and "medical wellness" of proposed participants.
- (B) To propose proper swim training for older age groups.
- (C) To consider programs which will provide goals towards which older participants can work, and motivation for continuing exercise regimens in spite of the inconveniences and the stresses of adult life.
- (D) To set up proper age and ability groupings in the establishment of masters swimming programs, with well-planned balancing of events, and limitation of duration and stresses of competitive programs with relation to these factors.
- (E) To promote adequate medical examination, and certification of participants for masters programs, and suggest minimal requirements (standardized otherwise).
- (F) To seek assistance for research programs in the medical aspects of masters programs, and coordinate, if possible, present programs in these areas.

## **III. CODE OF REGULATIONS OF THE UNITED STATES MASTERS SWIMMING COMMITTEE**

### **(A) Membership**

- (1) The membership of the United States Masters Swimming Committee, hereinafter sometimes referred to as the Corporation, shall consist of two classes: group members and individual members.
- (2) Group members are swimming clubs with master swimmers, and any other organizations interested in masters swimming. Every swimming club which competes in masters swimming competition sponsored by the Corporation shall be members of the respective Local Masters Swimming Committee (LMSC) and/or the Corporation.

- (3) Individual members are those individuals who register with the Corporation.
- (4) All members of the Board of Governors and Board of Directors, and all members of any committee of the Corporation must hold an individual membership in the Corporation.

**(B) Board of Governors**

- (1) The Board of Governors of the Corporation shall consist of the following:
  - (a) Each LMSC is entitled to one member; and if the LMSC has a registration of over 300 athletes in masters swimming it is entitled to one additional member, and if over 1,000, a third member. Figures shall be determined by the records of the Registrar for the previous year or June 15th of the current year, whichever is the greater.
  - (b) All members of the Rules Committee and the chairman of any other committee appointed by the President shall be at-large members if not already members.
  - (c) The President of the Corporation shall be empowered to appoint up to ten percent of the total membership as at-large members of the Board of Governors.
  - (d) All members of the Board of Governors shall remain until their successors are selected, except that membership may be terminated by resignation filed with the Secretary.
- (2) The powers of the Board of Governors shall be as follows:
  - (a) To admit to group membership or individual membership any organization or person eligible under this code and who applies.
  - (b) To prescribe and amend the code for the government of the Corporation.
  - (c) To impose and enforce penalties for any violation of the code of the Corporation.
  - (d) To call regular and special meetings of the Corporation and to fix the time and place for holding all meetings not fixed by this code.
  - (e) To collect the dues and/or funds of the Corporation and to expend the same.
  - (f) To institute, locate, conduct and manage all national championships.
  - (g) To explain, define, and interpret any provisions of this code or other rules of the Corporation, including the rules of competition.

**(C) Meetings of the Board of Governors**

- (1) The annual meeting of the Board of Governors shall be held at such time and place, within or without the State of Ohio, as may be fixed in the notice of such meeting.
- (2) Special meetings of the Board of Governors may be held at any time, pursuant to a resolution of either the Board of Directors or the Board of Governors.



- (3) A written notice of all annual and special meetings of the Board of Governors, stating the time, place and preliminary agenda, shall be given to each member of the Board of Governors by mailing the same to each member's last known address at least three (3) weeks prior to the meeting date.
- (4) Each member of the Board of Governors shall have one vote on each matter submitted to the Board of Governors of the Corporation for his vote, consent, waiver, release or other action. There shall be no voting by proxy.
- (5) A quorum shall consist of those members of the Board of Governors present and voting.

**(D) Officers**

- (1) The elected officers of the Corporation shall be a President, a Vice-President, a Secretary and a Treasurer. No person may concurrently hold more than one of such offices.
- (2) All officers of the Corporation shall be elected by the members of the Board of Governors at annual meetings held in odd numbered years. Elected officers shall hold office for two years, or until their successors are elected and qualified.
- (3) Vacancies in any office of the Corporation may be filled for the expired term by the Board of Directors at any meeting of the Board of Directors.
- (4) The duties of the officers shall be as follows:
  - (a) The President orders meetings of the Corporation as provided in the Code and presides at all meetings of the Corporation. He has the right to exercise all the duties pertaining to this office in accordance with the Code. He is an ex-officio member of all committees.
  - (b) The Vice-President has duties as assigned to him by the President and has all the powers and performs the duties of the President if he is unable or incapable of performing such duties.
  - (c) The Secretary shall make proper arrangements for:
    - (i) Keeping the records of the Corporation and the Board of Governors.
    - (ii) Conducting all official correspondence of the Corporation.
    - (iii) Issuing all official notices of all meetings of the Board of Governors and Board of Directors.
    - (iv) Shall serve as Secretary of the Board of Governors and the Board of Directors.
  - (d) The Treasurer shall:
    - (i) Receive all moneys of the Corporation and deposit same to accounts in the name of the Corporation.
    - (ii) Pay all bills approved by a duly authorized officer or by the Board of Governors, provided same is within the authorized current budget of the Corporation.

- (iii) Turn over to the Finance Committee or Board of Governors when requested all money, accounts, books, papers, vouchers and records pertaining to his office for audit or other purposes.
- (iv) Prepare an annual financial report to be presented to the Board of Governors at the annual meeting.
- (v) Receive monthly moneys and statements.

**(E) Board of Directors**

- (1) The Board of Directors of this Corporation shall consist of:
  - (a) The President, the Vice-President, the Secretary and the Treasurer.
  - (b) One representative from each Zone.
  - (c) Past Presidents not already on the Board.
  - (d) The Chairman of the following committees: Historian, Membership/Registration, Medicine, Rules, Records, Tabulation, Legislation, Planning, International Masters Swimming, Long Distance Swimming and Championship.
  - (e) The Legal advisor.
  - (f) An ex-officio member from U.S. Swimming.
- (2) Directors shall be elected or appointed for a two year term.
- (3) The Board of Directors of the Corporation shall at all times be composed of individuals at least 80% of whom are at the time of their election active masters swimmers in the United States.
- (4) Any vacancies that may occur on the Board of Directors caused by death, resignation or otherwise, shall be filled by a majority vote of the remaining members thereof, from among the members of the Board of Governors for the unexpired term.
- (5) The Board of Directors shall have the authority to act for the Corporation between meetings of the Board of Governors.
- (6) Meetings of the Board of Directors shall be held at any time or place, within or without the State of Ohio, pursuant to resolution of the Board of Directors or to a call signed by the President or any three Directors. Two (2) weeks written notice of such meeting shall be given to each Director. Notice of any meeting may be waived in writing either before or after such meeting. Special matters may be voted upon by the Board of Directors by mail, but no action can thus be taken without the endorsement of a majority of all Directors.
- (7) The presence of a majority of the Directors shall constitute a quorum at any meeting of the Board of Directors.
- (8) Each member of the Board of Directors shall have one vote with the exception of the Past Presidents. The immediate Past President shall have one vote and all other Past Presidents shall be ex-officio members. Ex-officio members shall have voice but no vote.
- (9) The election of Zone members to the Board of Directors shall be based upon the zones in which the proposed Directors maintain his or her legal residency.

- (10) Members of the Board of Governors of each LMSC (with one vote per LMSC) in each zone shall meet at the annual meeting for the purpose of electing one member of the Board of Directors from each zone.

**(F) Committees**

- (1) The Finance Committee shall consist of the Treasurer, who shall serve as chairman, and three (3) members appointed by the President for two-year terms. With the approval of the Board of Governors and under the supervision of the Board of Directors, the Finance Committee shall prepare the annual budget, invest assets of the Corporation and seek sources of revenue.
- (2) The Sports Medicine Committee shall consist of the chairman appointed by the President for a two-year term, and others who can stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.
- (3) The Rules Committee chairman shall be appointed by the President for a two-year term. The chairman shall choose from the Board of Governors 10 members with at least 2 members from each Zone. The Rules Committee considers and recommends for adoption, adoption as amended, or rejection to the Board of Governors all rule proposals submitted by members of the national masters swimming committee and local masters swimming committees. A proposed amendment to a sports rule may not be adopted unless it is first submitted to the Rules Committee in writing and in the proper form by the deadline established by the chairman of the Rules Committee. Any rule proposals not submitted in this way must be passed by a two-thirds vote of the Board of Governors at the annual meeting.
- (4) The Records Committee shall consist of the chairman, appointed by the President for a two-year term, and as many members as necessary to carry out the duties of the committee appointed by the Chairman. The duties of this committee are to establish a standardized process of recording and verifying times. Records shall be kept in the following categories.
  - (a) American USMS Records
  - (b) Open USMS Records
  - (c) USMS National Championship Meet Records
- (5) The Tabulation committee shall consist of the chairman, appointed by the President for a two year-term, and as many members as necessary to carry out the duties of the committees appointed by the chairmen. The ten best times in each event shall be published annually.



- (6) The Championship Committee shall consist of the chairman, appointed by the President for a two-year term, and one member from each of the four zones, a representative of the Sports Medicine Committee, and any other members the chairman shall deem necessary to carry out the work of the committee. Duties of the committee include receiving bid proposals for national championships, coordinating the date and site with other national swimming championships, and reviewing the bids and making recommendations for the award to the Board of Directors. In addition the Championship Committee shall serve in an advisory capacity to the winners of the bids for each championship and shall endeavor to maintain a consistent approach to the running of all national championships, including the production of pre-meet and post-meet literature and results.
- (7) The Nominating Committee shall consist of the four elected zone representatives with the chairman being selected from among the members for two year terms on a rotating basis. They will a) canvas qualified and interested persons, b) present a slate at least one month before the Annual Meeting. Additional nominees will be accepted at the Annual Meeting upon nomination of a person by two (2) delegates to the Board of Governors and with the written consent of the nominee(s).
- (8) The Membership/Registration committee shall consist of the chairman appointed by the President for a two year term and one member from each of the four zones. Duties of the committee include preparing regulations and fees for Membership and Registration to present to the Board of Governors.
- (9) The Legislation Committee shall consist of the chairman, appointed by the president for a two-year term. The chairman shall choose from the Board of Governors 10 members, with at least 2 members from each zone. The Legislation Committee may initiate and shall consider proposed amendments to all parts of the Code except those relating to Section V, Masters Swimming Rules, and shall present them to the annual meeting of the Board of Governors with recommendations.
- (10) The Planning Committee shall consist of the chairman, appointed by the president for a two-year term, one member from each of the zones, and the other members as may be appropriate. The committee will prepare and revise as appropriate a long range plan including short and long range objectives dealing with the vitality and quality of the organization, meet promotion, sponsorship and other concerns of interest to Masters Swimming. Such a plan would include guidelines and/or criteria that would be used in improving the administrative organization; organizing and conducting national and regional meets; soliciting, administering and evaluating the sources and uses of extramural support; and other appropriate matters.

- (11) The International Swimming Committee shall consist of the Chairman, appointed by the president for a two-year term, and other members as may be appropriate. The committee will encourage, promote and coordinate Masters swimming on an international basis.
- (12) The Long Distance Masters Swimming Committee shall consist of the Masters Section of the Long Distance Swimming Committee of USS. The chairman of the Masters Section shall be appointed by the president.
- (13) The President may establish any other committees which are deemed necessary to carry out the duties of the President.

**(G) Financial**

- (1) The Corporation shall have a fiscal period for tax and accounting purposes commencing on the first day of January in each year.
- (2) The Treasurer shall prepare annual financial reports showing the income and disbursements of the Corporation which shall be similar to those reports required of nonprofit organizations by section 6056 of the Internal Revenue Code of 1954 (or corresponding provision of any subsequent tax laws). Such annual financial reports shall be made available for inspection by members of the general public at the Corporation's principal office on request made within 180 days after notice of its availability.
- (3) Fees shall be as established by the Board of Governors.

**(H) Indemnification**

- (1) Each person who is or was a director, officer, or employee of the Corporation (including the heirs, executors, administrators, or estate of such person) shall be indemnified by the Corporation to the full extent permitted by the Nonprofit Corporation Law of the State of Ohio against any liability cost or expense incurred by him in his capacity as director, officer, or employee, or arising out of his status as a director, officer or employee (including serving at the request of the Corporation as a director, trustee, officer, employee or agent of another corporation).
- (2) The Corporation may maintain insurance, at its expense, to protect itself and any such person against any such liability, cost or expense. For the purpose of the Article X, references to "the Corporation" include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

**(I) Dissolution**

- (1) If deemed advisable by the members, the Corporation may be dissolved pursuant to the applicable provision of the Corporation laws of the State of Ohio.
- (2) Upon the dissolution of the Corporation, the Board of Directors shall, after paying or making provision for the payment of

all the liabilities of the Corporation, dispose of all the assets of the Corporation exclusively for the purposes of the Corporation or to such organization or organizations organized and operated exclusively for charitable, educational, religious, literary or scientific purposes as shall at Section 501(c)(3) of the Internal Revenue Code of 1954 (or the corresponding provision of any future United States Internal Revenue Law).

**(J) Appeals**

- (1) Review Section - The Review Section of United States Masters Swimming shall consist of the following:
  - (a) Registration chairman and each zone chairman
- (2) Procedure - The Review Section shall follow the rules of due process as defined in the United States Swimming Code (Appendix E) and its actions shall be binding.
- (3) Appeal from Review Section - The appeal may be made to the Board of Directors of USMS.

**(K) Amendments**

- (1) These regulations may be altered, amended, or repealed and new regulations may be adopted only at the Annual Meeting of the Board of Governors, provided such notice of any proposed change is given at least fifteen (15) days prior to such meeting, by the affirmative vote of a majority of the Board members present and voting. A two-thirds vote shall be necessary if the regulation was not submitted in this way.
- (2) An amendment may be proposed only by a local Masters Swimming Committee, a duly constituted committee or the board of Directors. All proposed amendments to Rules for Masters Swimming (Part V) shall be considered by the Rules Committee for report and recommendation to the Board of Governors, and all other proposed amendments to the Code shall be considered by the Legislation Committee for report and recommendation to the Board of Governors, in such form as to show the entire section as it will read if adopted, with any changes in language underlined if new and lined out if deleted.
- (3) All proposed amendments to the Code other than Part V (Rules for Masters Swimming) shall be submitted to the chairman of the Legislation Committee not less than 75 days prior to the first day of the annual meeting of the Board of Governors.
- (4) All proposed amendments to Part V shall be submitted to the Rules Chairman not less than 90 days prior to the first day of the annual meeting of the Board of Governors.
- (5) A proposed amendment may be modified in any manner by the Board of Governors while under consideration, but such modification must be germane to the subject matter of the proposed amendment.
- (6) All proposed amendments to the United States Masters Swimming Code of Regulations and Rules for Masters Swimming shall be published and mailed to all members of the Board of



Governors not less than one month prior to the annual meeting of the Board of Governors.

- (7) A majority of the members of the Board of Governors present at a legal meeting can alter, amend, or repeal the technical rules for Masters Swimming in Section V.
- (8) All amendments approved as prescribed shall become effective on January 1 of the year following their adoption unless otherwise specified at time of adoption.

#### **IV. ATHLETES AND ATHLETIC EVENTS**

Refer to Appendix C for LMSC Territories and registration codes.

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

- (1) Athlete registration is for a calendar year period. Swimmers applying for registration on or after Nov. 1 will be issued a registration card valid through Dec. 31 of the following year.
- (2) Athlete registration forms may be obtained from the registration chairman of the LMSC. The form, fully completed, shall be submitted with the applicable fee to the registration chairman of the LMSC, who shall issue a registration card.
- (3) The annual registration fee is composed of the following elements:
  - (a) A national fee established by the Board of Directors or the Board of Governors.
  - (b) A local fee established by the LMSC.

- (B) **Sanctions**—All Masters Swimming competition must be sanctioned by the LMSC within whose territorial limits the event is held.

(1) **Requirements**

- (a) No sanction of any event will be granted with the word "Olympic", or any derivative thereof, is used in any manner in connection with said event unless consent is obtained from USS.
- (b) All sanctions must be signed by the LMSC's registration chairman or his designee, and a record thereof must be retained in a book kept for such purpose.
- (c) The following clause will appear on all sanction application forms and on all forms upon which official sanctions are granted: "The undersigned agrees to hold United States Masters Swimming and the Local Masters Swimming Committee free and harmless from any and all damages, claims, demands and legal action arising by reason of injury to anyone during the conduct of the event, including all attorney fees and court costs."
- (d) Application for sanctions must be accompanied by a copy of the entry blank and applicable fee.
- (e) The sanction fee shall be as established by the LMSC.
- (f) No further sanction will be given to any organization which has failed to conduct said meet as stated on the entry blank.

(C) **Conditions**—All sanctioned events are subject to the following conditions:

- (1) No swimmer's entry will be accepted unless he is registered.
- (2) The registration number of each swimmer must accompany the entry blank and his affiliation must be displayed after his name on the heat sheet or in the program.
- (3) Entry blanks and programs must bear the statement: "Held under the sanction of United States Masters Swimming, Inc.", and include an appropriate address for the LMSC.

(D) **Competition Outside the United States**

- (1) A current USMS registration card shall serve as a valid travel permit.
- (2) Any competitor touring in a foreign country may also obtain from the national Masters Swimming registration chairman or his designee, a written authoritative permission to compete in such country.

(E) **Representation**

- (1) In order for a swimmer to compete as a representative of a club or other organization, that organization must be a member in good standing of the LMSC and United States Masters Swimming, Inc.
- (2) A swimmer need not reside in the LMSC territory in which the club he represents is located but must be registered in that LMSC.
- (3) To transfer representation from one club/organization to another, a swimmer must serve sixty (60) consecutive days without having represented any club/organization in competition, regardless of his residency.
- (4) When transferring from one LMSC to another, a swimmer shall present a transfer from his previous LMSC indicating his last date of competition.
- (5) An unattached competitor is a registered swimmer who represents no club or other organization.
- (6) All applications for changes of registration (including transfers) must be accompanied by a reasonable fee to be determined by the local registration committee in the LMSC in which the swimmer will be registered after the change of registration.
- (7) There shall be one registration per individual swimmer permitted at any one time.

## **V. RULES FOR MASTERS SWIMMING**

(A) **Eligibility**

- (1) Masters competition is open to all USMS registered athletes 25 years of age and older. Refer to Article 43, Section 343.11.
- (2) Those swimmers registered for Masters meets may participate in non-USMS aquatic activities, meetings, exhibitions, demonstrations, etc., without jeopardy to their eligibility to swim in USMS competition. However, any times achieved in non-sanctioned activities will not be recorded for official purposes

and cannot be used for association rankings or national top ten, All-American status, or qualification times for USMS National meets if qualification times become necessary in the future.

- (B) **Age Groups**—25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90 and older for individual events; Relays, 25 and over, 35 and over, 45 and over, 55 and over, 65 and over, 75 and over. Note: A 20-24 age group will be added at such time as this category is accepted by FINA.
- (C) **Age Determining Date**—The eligibility of a participant for a particular age group will be determined by his age as of the first day of the meet.
- (D) **Entry Fees**—Entry fees for local Masters events shall be set by the LMSC. Entry fees for regional championships cannot exceed fees specified for national championships in Section (H)(7). A surcharge of up to \$2.00 per swimmer may be charged to help defray costs when automatic timing is being used.
- (E) **Swimming Rules**—Articles 1, 2, and 3 of U.S. Swimming Technical Rules to govern all Masters competitions with the following exceptions:
  - (1) Times shall not be subject to the provisions of Article 8, as it concerns placement in such race.
  - (2) Times may be submitted for Masters records only.
  - (3) The breaststroke kick or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race.
  - (4) Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.
  - (5) The forward start may be taken from the starting block, the pool deck or a push from the wall.
  - (6) Competitors shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay per meet.
  - (7) All masters events shall be conducted on a timed final basis.
  - (8) Any swimmer or relay team not reporting for or competing in an event shall not be penalized.
  - (9) Willing competitors may be swum two (2) in a lane in the 1650 yard and the 1500 meter freestyle. Such heats will be seeded by time, fastest first and these heats completed before the heats with a single competitor per lane. Separate timing will be required for each swimmer.
  - (10) It is recommended that when swimmers are seeded by time and not by age groups, the fastest two swimmers in each age group shall not be seeded into outside lanes. They shall be moved in one lane, or given the center lane in the next slowest heat, whichever is the most appropriate placement.
- (F) **Times**—The ten best times nationally in each division shall be published annually for the events listed under Section G below:
  - (1) All times must be made in actual sanctioned USMS competitive meets of events.



- (2) Times to be considered for records and Top Ten listing must be made on or before the last day of the National Championship for that course and forwarded to the Masters Records Chairman within 35 days from the date of the last day of the National Championship for that course.
    - (a) Exception: If the national long course championship ends before Aug. 31, times to be considered for records and Top Ten listing for long course will be extended to and include the date of Aug. 31.
  - (3) Each Association is responsible for reporting the top ten times in each event made in its association area only, even though the times were made by swimmers from other Associations.
  - (4) To be considered for Top Ten (National) or for Records (National): all relays must include the name of the registered swim club and the full name and age of each swimmer. For all individual events eligibility is based on current registered USMS swimmers as noted on the entry card and the results must contain the full name and age of each swimmer.
  - (5) National records shall be published in the 1983 USS Rules and Regulations, and all subsequent USS rulebooks.
- (G) **Events**—The following events may be conducted for each age group
- Short Course (25 yards)
- 50-100-200-500-1650 yards Freestyle
  - 50-100-200 yards Backstroke
  - 50-100-200 yards Breaststroke
  - 50-100-200 yards Butterfly
  - 100-200-400 yards Individual Medley
  - 200 yards Medley Relay
  - 200 yards Freestyle Relay
  - 200 yards Mixed Freestyle Relay (2 female and 2 male)
  - 200 yards Mixed Medley Relay (2 female and 2 male)

Long Course (50 meters)

- 50-100-200-400-1500 meters Freestyle
- 50-100-200 meters Backstroke
- 50-100-200 meters Breaststroke
- 50-100-200 meters Butterfly
- 200-400 meters Individual Medley
- 200 meters Medley Relay
- 200 meters Freestyle Relay
- 200 meters Mixed Freestyle Relay (2 female and 2 male)
- 200 meters Mixed Medley Relay (2 female and 2 male)

**Note:** It is not necessary to conduct all of the above events in meets. However, each age division should include the shorter distances (freestyle, backstroke, breaststroke and butterfly event plus the individual medley and relays).

#### (H) National Championship Meets

(Recommended for Regional Championships when possible)

- (1) USMS National Championships shall be awarded in the following categories:
  - (a) Men's and Women's Short Course Swimming Championships.
  - (b) Men's and Women's Long Course Swimming Championships.
- (2) The Short Course meet shall be held between April 1 and May 30.
- (3) The Long Course meet shall be held between July 15 and September 15.

**Note:** Check national senior dates and national junior dates for conflict.

- (4) The following rotation system shall be used when awarding the National Championships:

Year	Zone A (NORTHEAST)	Zone B (SOUTHERN)	Zone C (CENTRAL)	Zone D (WESTERN)
1982	Short Course		Long Course	
1983	Short Course		Long Course	
1984		Long Course		Short Course
1985	Long Course		Short Course	
1986		Short Course		Long Course

- (5) Competitors may enter and swim in a maximum of 6 individual events in a four-day National meet with a maximum of 3 individual events per day. Competitors shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay per meet. Each team shall be limited to no more than three relays in each event in each age group. All competitors including members of relay teams must fill out and sign the appropriate entry blank.
- (6) All events 200 yards/meters or less shall be pre-seeded, with the fastest heats swum first within each age group. All events over 200 yards/meters may be deck-seeded on time only, with the fastest times in the first heat, the second fastest times in the second heat, etc. Willing competitors shall be swum two (2) in a lane in the 1650 yard and the 1500 meter freestyle when only one course (7, 8, 9 or 10 lanes) is available for the event and this information shall be stated on the entry blank. Such heats will be seeded by time, fastest first, and these heats completed before the heats with a single competitor per lane.

If one pool is to be used as two (2) courses there must be two automatic timing systems (one for each course).

- (a) The 1650 yd/1500 mtr freestyle shall be deck-seeded.
  - (b) On those occasions when only one pool is used for both men's and women's events, the 1650 yd/1500 mtr freestyle shall be deck-seeded with heats apportioned and alternated by sex.
  - (c) If in any age group, there are not enough swimmers for a complete heat, all swimmers in that age group shall be seeded in adjacent lanes for pre-seeded events.
- (7) In all National Championship meets, a swimmer who does not present himself at the block for an event and heat in which he is scheduled to swim will be scratched from that event.
- (8) Entry fees for National Championship meets shall be \$3.00 for individual events and \$8.00 for relays. A \$10.00 per person surtax per swimmer may be charged (for national championship meets only) to be used by the meet sponsor to help pay meet expenses. A banquet for appropriate social event may be conducted for an additional fee. Participation in this event is optional.
- (9) Four-Day program for championship meets—(Women's events shall precede Men's).

#### **Short Course**

#### **Long Course**

##### **1st day**

200 yd back  
100 yd breast  
50 m free  
200 m fly  
200 m medley relay  
400 m free

200 m back  
50 yd free  
200 yd fly  
100 yd IM  
200 yd medley relay  
500 yd free

##### **2nd day**

200 yd breast  
100 yd fly  
50 yd back  
100 yd free  
200 yd IM  
200 yd free relay  
200 yd mixed  
medley relay

200 m breast  
100 m fly  
50 m back  
100 m free  
200 m IM  
200 m free relay  
200 m mixed medley relay

##### **3rd day**

200 yd free  
50 yd breast  
100 yd back  
50 yd fly  
400 yd IM  
200 yd mixed free relay

200 m free  
50 m breast  
100 m back  
50 m fly  
400 m IM  
200 m mixed free relay

##### **4th day**

1650 yd free

1500 m free



- (10) All top finishers in each race will be given awards regardless of the nationality of the swimmer. Duplicate awards will NOT be given, except in the case of ties, as provided in 223.9(2) of the Competitive Swimming Rules. The number of event awards given will be determined by the number of lanes used in the pool. Medal awards will be awarded one through six and appropriate awards will be awarded 7 and beyond. No team trophies shall be awarded at USMS National Championship meets. Team scoring will be tabulated in three categories: a) women's individual events; b) men's individual events; and c) relays. Meet results and team scores shall be published by the meet sponsor within 30 days and distributed to members of the Masters Board of Directors and representatives of participating teams.
- (11) Each individual who wins a short course or long course Championship shall be awarded a USMS Championship patch. Swimmers winning more than one Championship may purchase additional patches for each additional championship event won.
- (12) A General Open Meeting will be held on the night before the first day of the meet.
- (13) There will be no splitting of age groups into A.M. and P.M. sessions; i.e., 25-29 through 40-44 in A.M. and 45-49 through 90 plus in P.M. However, at the meet director's discretion, swimmers whose seed times will inordinately delay the progress of the meet, may be seeded individually in an outside lane with mechanical timing thus allowing the continued sequence of the regularly seeded heats.
- (14) When the depth of the swimming course varies, the male and female contestants shall share equal time in the deep end of the pool.
- (15) Entry times must be submitted for all individual events and relays.
- (16) The deadline for receipt of entries for National Championship meets shall be no earlier than 30 days prior to the first day of competition.

**(I) Swimming Records**

**(1) Classification**

- (a) American USMS Record - The fastest time by a USMS registered swimmer in each event in USMS sanctioned competition.
- (b) Open USMS Record - The fastest time by any swimmer in each event in USMS sanctioned competition.
- (c) USMS National Championship Meet Record - The fastest time in each event at the SC and LC National Championship meets.

**Note:** A.U.S.S.I. has volunteered to establish a register of World Masters Swimming Records (LC only).

- (2) Recognized distances and strokes as listed in Section V (G).
- (3) Requirements
- (a) Records must be made in accordance with all pertinent rules of Masters Swimming.
  - (b) A record can only be made in still water.
  - (c) Records established by a swimmer in the first leg of a relay race shall be acceptable as individual performances provided that all applicable rules have been complied with.
  - (d) Records set outside the United States shall be applied for on official record application forms and are subject to all pertinent requirements.
  - (e) Record must be achieved in the relevant stroke/event, i.e., a backstroke record must be set in a backstroke event, etc. Records set in freestyle events can be submitted only as freestyle records regardless of the stroke or strokes used.
  - (f) Split times recorded by completely automatic officiating equipment shall be official for all purposes provided the swimmer completes the full scheduled distance of the event.
  - (g) Record times registered by automatic equipment shall be submitted in hundredths of a second (two decimal places). If times are tied to 100ths seconds, the results shall be declared a tie and records shared by each swimmer thus tied.
  - (h) When a record is claimed, an official record application form shall be filled out, signed by the designated officials, and transmitted immediately following performance, with all supporting data, including official meet results, the primary printout tape and/or a copy of the entry card with the timers' signatures to the national records chairman. Responsibility for this lies with either the records chairman, the recorder of records or the official scorer of the meet.
- (J) **National Recognition of Achievement**—The registered USMS swimmer with the fastest listed time for an individual event for that season that is listed in the National Top Ten Times shall be declared the All-American in that event for the year. All top ten times, as well as national record times should be in the hands of the National USMS Records Chairman within 35 days from the date of the last day of the championship for that course.
- (K) **Medical Examination**—Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters training. In addition, it is also recommended that each competitor have a physical check-up immediately prior to Masters competition in order to insure his physical readiness for participation. Medical evaluation forms are available upon request by writing to the National AAU Aquatics Office.
- (L) **Medical Equipment**—Meet directors are encouraged to investigate the use of appropriate EMT equipment and personnel for all meets.

## APPENDIX B

### LONG DISTANCE SWIMMING COMMITTEE OF UNITED STATES SWIMMING

#### I. ADMINISTRATION

The Chairman of the Long Distance Committee of United States Swimming shall be appointed by the President of USS. The membership of the committee shall be comprised of the following: one member from each local swimming committee (LSC) and one member from each local masters swimming committee (LMSC); one member appointed by the president of United States Masters Swimming, Inc., to coordinate USMS activities; and members at large, to be selected by the committee.

- (A) All Long Distance swimming athletes will be required to register with USS or USMS, and to conform to their respective codes, rules and regulations prior to competing.
- (B) Sanctions will be required for all Long Distance swimming events. LSCs are responsible for issuing sanctions for events involving USS athletes. Similarly, LMSCs are the responsible agents for issuing sanctions for events involving USMS athletes. If a Long Distance swimming event will have both USS and USMS sections, two sanctions must be obtained, one from each of the governing bodies. If both USS and USMS issue sanctions and swimmers from both groups compete, the race(s) shall be in separate sections. Under no circumstances will a USS athlete and a USMS athlete be considered part of the same competition.

#### II. DEFINITION

Long distance swimming shall be defined as any freestyle swimming event over 1500 meters, normally conducted in a natural body of water; i.e., a lake, river, or ocean, although man-made pools, quarries and reservoirs may be used.

#### III. EVENTS

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

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



will be determined by seed time. Records will be maintained in this event.

- (B) **Open water distance events (includes rough water) (2-6 Miles)**—As surf, beach tide and temperature and other physical factors vary, the meet director shall determine the course for open water events. The course should be measured as accurately as possible, with the aid of navigational charts if possible. The meet director shall determine the type of start to be used. As course distances and conditions are different, no records will be maintained; however, meet managers are encouraged to keep meet results. The distances shall be the same for both men and women and may be contested at the same time with separate results tabulated. Age group and other classifications may also be swum at the same time, again tabulated separately.
- (C) **Marathon-Type Events (Over Six Miles)**—The same considerations as stated in the above apply, except the event will be a greater distance in this type of event. The meet managers are encouraged to establish entry requirements that ensure contestants will have a reasonable chance of completing the events. Time limits for completion may be set. When the time limit expires, all swimmers in the water will be required to retire from the race.
- (D) **Time/Distance Event (One hour swim for distance)**—The object of the event is to determine who can swim the greatest distance in a given time period. The person swimming the farthest shall be declared the winner. The person swimming the second greatest distance shall be awarded second place, etc. In the event that two or more swimmers swim the same distance, a tie will be declared. The events shall be swum in a pool at least 25 yards in length. The distance shall be computed by multiplying the total lengths swum by the length of the pool and adding the last completed five yard increment; if the event is swum in a metric pool, the distance shall be determined in meters and converted to yards by multiplying 1.0936 times the number of meters completed and rounding off the distance to the last completed five yard increment. All distances shall be reported in yards. When the event is contested as a postal meet, the results are sent to a central location for tabulation. Each entrant will be responsible for the validity of the figures and the distance submitted. He must provide his own counter and verify the computations for the distance he swam.
- (E) **Individual Long Distance Swims**—Swims must be sanctioned and conducted by the appropriate governing body or its designee in accordance with all pertinent rules and regulations. All information relative to the swim shall be made public and available to any interested person at least three days before the event. If the event is to be swum in more than one LSC, the LSC where the attempt will start will have jurisdiction in issuing the sanction. This does not prohibit the other LSC from issuing a sanction for the event. If more than one swimmer is attempting to swim, only one sanction

need be issued. All times achieved in long distance individual attempts shall be duly certified and made a matter of record by the appropriate governing body or its representatives. Further, a copy of the above should be sent to the National Long Distance Chairman who will be responsible for maintaining records of all attempts. The certification should include:

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

All safety requirements must be observed and qualified medical assistance should be readily available during the attempt.

**(F) Team Events**

- (1) Three contestants on each team shall be considered in the computations for team scoring. The team whose top three swimmers have the lowest cumulative time or the greatest cumulative total yards shall be declared the winner. A similar method will be used to determine second, third and subsequent places. In the event of ties, the team whose individual member finished nearest to first place shall be declared the winner or awarded the place.
- (2) No individual entries can be accepted in the team events. All entries must be made by clubs and signed by an authorized official of the club making the entry.

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

**IV. SAFETY PRECAUTIONS**

- (A) Each competitor is strongly encouraged to have a complete medical evaluation before competing in any long distance swimming event.
- (B) As courses and conditions vary from location to location, the meet director will be responsible for establishing and enforcing safety standards necessary to ensure the safety of all competitors. Some considerations are:
  - Number, assignment, briefing and location of rescue/aid personnel and craft.
  - Requirement and rules for accompanying craft (boats, surf boards, etc.).

- Requirement for Day Glow or Coast Guard Orange swim caps.
  - Use of medical forms with entries.
  - Use of two-way radio communications.
  - Briefing swimmers on signals to be used.
  - Qualifying swims and times, especially in longer events.
  - Controlling other craft and swimmers on courses.
- (C) A plan must be available for the event's cancellation because of safety factors. This plan must authorize the meet manager the authority to cancel, postpone, or impose other safety requirements as are deemed necessary. The meet manager's authority in this matter will not be contested.

## **V. CONDUCT OF THE COMPETITION**

### **(A) Starts**

#### **(1) Types**

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

- (2) Starting Signal—The starting signal will be by gun, horn, whistle, or if necessary by voice.

### **(B) Seeding**

- (1) When practical, swimmers shall be seeded by their 1500m/1650y times. No times will be seeded at the discretion of the meet director as stated in the meet invitation.
- (2) The fastest twenty swimmers shall be seeded in descending order of time with the fastest swimmer receiving the preferred position. If subsequent rows are needed, they will be seeded in a similar method behind the first row of swimmers.
- (3) Entrants are to be visibly marked with their seed numbers on both upper arms and their back.
- (4) Events for different age groups and sexes may be combined to allow the swimmers to compete at the same time; however, separate starts are preferable.

### **(C) Finishes**

- (1) In the water—Swimmers shall touch a vertical surface, or if none is available, they shall swim across an imaginary finish line. Place judges and timers shall position themselves accordingly.
- (2) Out of the water—Swimmers shall leave the water, as defined by the course, and run up the beach to a marked finish.

### **(D) Officials**

- (1) There shall be a meet director, referee, scorer, announcer, clerk of course, starter, and a sufficient number of judges, inspectors and timers.



- (2) The clerk of course shall ensure all entrants are visibly marked with seed numbers on both their upper arms and on their back.
  - (3) Official craft shall be placed in a position to best observe and still not hinder the race.
  - (4) Timers shall record the number of laps on the reverse side of the time card.
- (E) **Disqualifications**—Swimmers shall be disqualified if they:
- (1) Willfully or intentionally delay the progress of another swimmer (accidental contact, especially at the start, shall not be considered a disqualification. However, the flagrant disregard of another swimmer's rights could result in disqualification).
  - (2) Fail to complete the prescribed distance.
  - (3) Fail to swim the prescribed course.
  - (4) Receive assistance by pulling on the cable or buoys at the turn or on the course.
  - (5) Receive propulsive aid from anyone in boats, surfboards, etc.

**VI. NATIONAL CHAMPIONSHIPS**—Senior and junior national championship meets shall be awarded by the Long Distance Swimming Committee.

(A) **Eligibility**

- (1) Senior championship meets will be open to any senior classification swimmer (See Article 1).
- (2) Junior championship meets will be open to any senior classification swimmer who has not previously won either a National USS Long Distance senior or junior individual championship. Members of championship teams will be eligible for both individual and team competition unless they have won an individual Long Distance Swimming Championship.

(B) **Events**—The National USS Long Distance Swimming Committee shall award National USS Long Distance Swimming Championships for senior and junior men and women, individual and team in the following events:

- (1) Quarter-mile Straightaway Long Distance Championships—four miles
- (2) Open Water Long Distance Swimming Championships (2-6 miles)
- (3) Marathon-Type Long Distance Swimming Championships (over six miles)

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

- (1) Costs associated with the meet; i.e., setting up course, shipping special equipment, insurance, etc.
- (2) Cost of National USS Championship awards (medals and patches) and other supplemental awards.

(D) **Entry Fees**—The entry fees for national championship Long Distance Swimming meets shall be \$5.00 for individual events and \$10.00 for team events.

- E) Meet invitation and entry blanks shall be sent to the national Long Distance Swimming chairman, LSC chairman, as listed in the USS Directory, and the USS national headquarters.
- (F) Qualifying times and/or qualifying criteria shall be established by the meet manager.
- (G) Individual and team results and records shall be kept and submitted to the national Long Distance Swimming chairman. Records will not be submitted for open water swims. Results shall also be mailed to the coaches who had entries at the championship meet and shall include the following information: swimmers' names, ages, times, places, team points and scores.
- (H) Team Scoring—Three swimmers on each team shall be considered in the computations for team scoring. The team whose top three swimmers have the lowest cumulative time or the greatest cumulative total yards shall be determined the winner. A similar method will be used to determine second, third and subsequent places. In the event of ties, the team whose individual member finished nearest to first place shall be declared the winner.
- (I) **Awards**

- (1) USS championship medals shall be awarded to the first through tenth place winners of individual junior and senior championships as follows: 1st place, gold; 2nd place, silver; 3rd through 10th places, bronze regulation individual championship medals.
- (2) All contestants on the winning team shall receive a regulation national USS team championship medal, and all contestants on the team awarded second and third place shall receive regulation silver and bronze team championship medals, respectively.
- (3) Trophies may be awarded to individuals and teams at the discretion of the meet director.

**VII. ALL-AMERICAN**—The National USS Long Distance Swimming Committee shall select candidates for All-American honors. These names shall be sent to the Men's and Women's All-American selections subcommittee.

**VIII.** Regional and Association championships may have Long Distance individual and team events for men and women in the senior classification.

#### **IX. AGE GROUP**

- (A) Eligibility—Age group competition is open to all registered USS athletes 18 years of age and under.
- (B) Age Groups—The age groups shall usually be those listed in Article 6. Age groups and sexes may be combined in one race with separate tabulations.
- (C) Entry Fees—Shall be set by the meet sponsor but shall not be in excess of \$5 for individual events and \$10 for teams as they are defined in paragraph III F.

- (D) Events
  - (1) Quarter-mile straightaway—individual/team events, 1, 2, 3 or 4 miles.
  - (2) Open water—individual/team events, usually one mile or more.
  - (3) Time/distance events—individual team events, thirty-minute or one hour swim for distance.
- (E) Team Events—May be conducted as in paragraph III F. with up to (3) swimmers of the same age and sex composing the team. The meet director may also devise a point system as used in regular swimming to determine overall club winners.
- (F) Awards—The meet director will determine the awards to be presented. In addition to individual awards, team awards, and high point trophies, an outstanding swimmer may be awarded.

## **X. MASTERS**

- (A) The objectives, goals and rules in Appendix A, Master's Swimming, will apply. The age classification for team competition will correspond to that of the relays found in Appendix A. The age of the youngest swimmer shall determine the age group of the team.
- (B) All information previously mentioned in Appendix A will apply to Masters Long Distance Swimming, except the quarter-mile straightaway event shall be two (2) miles in length.
- (C) Masters age group and sexes may be combined into one race with separate tabulations.
- (D) National Championships—National USMS Long Distance Championships for men and women; individual and team shall be awarded by the National Long Distance Swimming Committee in the following events:
  - (1) Quarter-mile Straightaway Long Distance Swimming (2 miles)
  - (2) Open Water Long Distance Swimming (2-6 miles)
  - (3) Marathon Long Distance Swimming (over 6 miles)
  - (4) Awards
    - (a) Master's individual medals will be awarded to the first three finishers in each age group in national USMS Long Distance Championship events. Additional medals may be awarded at the discretion of the meet manager.
    - (b) A national Master's team medal will be awarded to each member of the first three teams in each age group in national USMS Distance Swimming Championships.
    - (c) A national USMS championship patch will be awarded to the individual champions and each member of the championship team. An individual will receive only one patch per meet.
- (E) An All-American team shall be selected each year based on the result of the national USMS Championship meets.



## **XI. POSTAL MEETS**

(A) A postal meet is a meet where swimmers swim the event at a place of their choosing and send the time or distance to a central location for tabulation.

(B) National Postal Meets will be awarded by the Long Distance Committee in the following events:

(1) One Hour Swim for Distance (Age Group, Senior, and Masters)

(2) Ten Kilometer Swim (Age Group starting with the 13-14 group, Seniors, and Masters)

These meets may be held in conjunction with LSC, regional and zone meets and also as part of Swim-a-thon.

(C) United States Swimming Postal Meet Medals will be awarded as indicated below but the meet managers may offer additional awards at their discretion:

(1) Age Group—first six places

(2) Seniors—first ten places

(3) Teams—first three places

(4) Masters—first three places

## APPENDIX C

### LSC REGISTRATION CODES AND GEOGRAPHIC BOUNDARIES

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

### DESCRIPTION OF LSC BOUNDARIES

**Adirondack**—That portion of New York east and north of Oswego, Onondaga, Cortland, Broome, Sullivan, Orange and Dutchess counties.

**Alaska**—State of Alaska.

**Allegheny Mountain**—All counties in Pennsylvania west of Potter, Clinton, Center, Huntingdon and Bedford Counties; Counties of Marshall, Brook, Ohio and Hancock in West Virginia and Counties of Columbiana, Belmont and Jefferson in Ohio.

**Arkansas**—State of Arkansas, and Bowie County, Texas.

**Arizona**—State of Arizona.

**Border**—The Counties of El Paso, Hudspeth, Culberson, Jeff Davis, Presidio, Brewster, Terrell and Crockett in the State of Texas.

**Central**—Illinois, except St. Clair, Calhoun, Greene, Jersey, Monroe and Madison Counties.

**Central California**—Counties of Mariposa, Madera, Fresno, Kings, Tulare, Inyo, Mono, Kern and Merced in the State of California.

**Colorado**—State of Colorado.

**Connecticut**—State of Connecticut.

**Far East**—Guam, Okinawa, the Philippine Islands and the Commonwealth of Northern Marianas.

**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.

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

**Inland Empire**—State of Washington, counties of Okanogan, Chelan, Douglas, Ferry, Stevens, Spokane, Lincoln, Grant, Kittitas, Asotin, Columbia, Yakima, Franklin, Adams, Whitman, Walla Walla, Garfield, Benton, and the portion of Klickitat County east of Highway 97 and including the city of Goldendale, State of Idaho, counties of Pend Oreille, Bonner, Kootenai, Shoshone, Benewah, Latah, Lewis, Nez Perce, Idaho, Clearwater, Boundary.

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

**Japan**—Japan and Korea.

**Kentucky**—The State of Kentucky (except Campbell, Kenton, Boone and Boyd Counties) and Floyd and Clark County, Indiana.

**Lake Erie**—In the State of Ohio, the Counties of Tuscarawus, Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Lake, Geauga, Portage, Stark, Astabula, Trumbull, Mahoning, Summit and Wayne.

**Maine**—State of Maine.

**Maryland**—State of Maryland (except the counties of Montgomery and Prince Georges).

**Metropolitan**—New York, south of and including Sullivan, Orange and Dutchess Counties; and Hudson County of New Jersey (except that part of latter lying west of the Hackensack River in New Jersey).

**Michigan**—State of Michigan.



**Middle Atlantic**—New Jersey, south of Trenton and Mercer County; all of the State of Delaware, and Pennsylvania, east of and including Potter, Clinton, Center, Huntingdon and Bedford Counties.

**Midwestern**—State of Nebraska and Lyon, Osceola, Sioux, O'Brien, Plymouth, Cherokee, Woodbury, Ida, Monona, Crawford, Harrison, Shelby, Pottawattamie, Mills, Montgomery, Freemont, and Page Counties of Iowa.

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

**Missouri Valley**—All of Kansas, and that portion of the western part of the state of Missouri including and bounded by Schuyler, Adair, Macon, Randolph, Audrain, Callaway, Cole, Montineau, Morgan, Benton, Hickory, Polk, Green, Christian, and Taney Counties.

**Montana**—State of Montana.

**New England**—New Hampshire, Vermont, Massachusetts, and Rhode Island.

**New Jersey**—New Jersey, north of and including Mercer and Monmouth Counties, and that part of Hudson County in the State of New Jersey west of the Hackensack River.

**New Mexico**—State of New Mexico.

**Niagara**—That portion of New York State west of and including Oswego, Onondaga, Cortland and Broome Counties.

**North Carolina**—State of North Carolina.

**North Dakota**—State of North Dakota.

**Ohio**—State of Ohio (except the counties of Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Lake, Geauga, Portage, Stark, Ashtabula, Trumbull, Mahoning, Summit, Wayne, Belmont, Lawrence, Washington, Jefferson and Tuscarawas); Campbell, Kenton and Boone Counties of Kentucky, and Dearborn County of Indiana.

**Oklahoma**—State of Oklahoma.

**Oregon**—State of Oregon and the following counties of Washington: Cowlitz, Clark, Skamania and the Portion of Klickitat County west of Highway 97.

**Ozark**—Missouri east of and including the following counties: Scotland, Knox, Shelby, Monroe, Pike, Montgomery, Osage, Miller, Camden, Dallas, Webster, Douglas and Ozark, Counties of Calhoun, Greene, Jersey, Madison, St. Clair and Monroe in Illinois.

**Pacific**—The State of California, north of but not including the counties of San Luis Obispo, Mariposa, Madera, Fresno, Mono and Merced and the Counties of Humboldt, Washoe, Lyon, Storey, Mineral, Douglas, Churchill, Pershing, Ormsby and Lander in the State of Nevada.

**Pacific Northwest**—Washington, west of but not including Okahogan, Chelan, Kittitas and Yakima Counties and north of but not including Cowlitz, Skamania and Klickitat Counties.

**Potomac Valley**—All territory within the District of Columbia, counties of Montgomery and Prince Georges in the State of Maryland, and counties of Arlington and Fairfax and cities of Alexandria and Falls Church in the Commonwealth of Virginia.

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

**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.

**South Carolina**—State of South Carolina.

**South Dakota**—State of South Dakota.

**South Texas**—That part of the State of Texas bounded on the East by and including the counties of Milam, Burleson, Washington, Austin, Fayette, Lavaca and Jackson; on the South by the Gulf of Mexico and the Republic of Mexico; on the West by and including the counties of Val Verde, Sutton, and Schleicher and on the North by and including the counties of Menard, Mason, Llano, Burnett, Lampasas and Bell.

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

**Southern**—All of the States of Louisiana and Mississippi.

**Southern California**—Including the counties of San Luis Obispo, Ventura, Los Angeles, San Bernardino, Orange, Riverside and Santa Barbara, all within the State of California.

**Southern Nevada**—Counties of Nye, Lincoln, Clark and Esmeralda, all within the State of Nevada.

**Southwestern**—That part of the State of Texas bounded on the South but not including the counties of Callahan, Brown, Mills, Lampasas, Bell, Milan, Robertson, Lean, Houston, Angelina, Nacogdoches and Shelby; on the East by the State of Louisiana, State of Arkansas and the County of Bowie, Texas; on the North by the State of Oklahoma and the county of Bowie, Texas and on the West by the counties of, but not including Hardeman, Foard, Knox, Haskell and Jones in the State of Texas.

**Utah**—State of Utah.

**Virginia**—State of Virginia (except the Counties of Arlington and Fairfax and cities of Alexandria and Falls Church).

**West Texas**—All that part of the State of Texas bounded on the South side and including the counties of Reeves, Pecos, Upton, Regan, Irion, Tom Green, Concho, McCulloch and San Saba; on the West by the State of New Mexico; on the North by the State of Oklahoma; on the East by the State of Oklahoma and by and including the counties of Hardeman, Foard, Knox, Haskell, Jones, Callahan, Brown, Mills and San Saba in the State of Texas.

**West Virginia**—All of the State of West Virginia except the Counties of Hancock, Brook, Ohio and Marshall; also Lawrence and Washington Counties in Ohio; and Boyd County in Kentucky.

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

**Wyoming**—State of Wyoming.

# APPENDIX D

## HEARINGS AND APPEALS

Following are two documents. The first is a guide explaining simply the procedures for expeditious handling of complaints and/or disciplinary hearings.

The second document is a proposed form for Notice of Hearing designed to ensure minimal due process.

Note that the system is designed to handle matters involving any individual and any entity participating in any activity of United States Swimming, Inc. (USS)—not just athletes, but coaches, managers, officers, club members, and all classes of members of USS or the LSC.

All such procedures should provide:

- 1) A swift and effective remedy for both complainant and respondent.
- 2) A hearing by an objective body. Initially, this body is the Review Section of the LSC with no less than five elected members. (Section 571.2).
- 3) A several-step format (from the Review Section to the House of Delegates or the Board of Directors to the National Board of Review) which takes care of the vast majority of such cases at the local level, reducing the likelihood of time-consuming and expensive procedures at the national level (the importance of this will become more and more evident as athletes take advantage of streamlined processes under the Code and the USOC Constitution, to find remedy for their complaints). Article IX of the USOC Constitution provides an immediate remedy for the aggrieved athlete denied the right or opportunity to participate in international competition. He may bring his grievance directly to the Executive Director of the USOC who makes an immediate investigation of the matter. If the controversy is not then settled to the athlete's satisfaction he may take the matter to binding arbitration.

## GUIDE FOR HEARINGS AND APPEALS

### 1. Due Process

What is it?

If **you** were charged with an offense you would want:

- (a) Notice, preferably in writing, of those specific offenses with which you are charged;
- (b) An opportunity to defend yourself and a reasonable time within which to prepare your defense;
- (c) The right to have counsel represent you if you wish;



- (d) A hearing before a disinterested, objective body at a specific time under such circumstances as to give you full opportunity to present your defense; and
- (e) Notice of how to appeal the decision if it is against you. It is as simple as that.

## 2. **Jurisdiction of the Corporation**

Part Four of the Code (Section 450.3) provides that in those matters where athletes or other members of United States Swimming from more than one LSC are involved, or in matters involving such persons during a regional, or national or international athletic event, they will be handled at the national level. The officers assign the matter for investigation and report depending upon its nature.

## 3. **Jurisdiction of the Local Swimming Committee**

Part Five provides for two separate procedures:

- (a) Section 571.5 (1): Formal hearing.
- (b) Section 571.5 (2): Emergency hearing.

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

## 4. **Section 571.5 (1) Formal Hearing**

Read the section. Note that it provides for all the elements discussed in Paragraph 1 above on Due Process. It applies to **any** individual and **any** entity participating in **any** activities whatever of the LSC or United States Swimming—not just athletes, but coaches, officers, committee chairmen, clubs and all classes of members as well.

- (a) **Review Section.** The Section can have investigation made by an individual or special committee appointed by the Chairman for that purpose.

In the notice (sent by certified mail or personally served) set the hearing date for **not less** than thirty (30) days and **not more** than sixty (60) days.

If a disciplinary hearing, the notice should list the possible penalties that can be assessed (censure, probation, suspension for definite period of time, suspension with probation, suspension for life).

Request the respondent to answer the notice in writing to the Chairman, to be received by that officer no later than ten (10) days prior to the date set for hearing.

Decision must be made at the time of hearing or within twenty-four (24) hours thereafter.

Immediately send written notice of decision to all parties concerned, including the complainant, together with a statement of facts as determined by the Review Section.

In the notice notify the parties that either may within ten (10) days appeal the decision to the LSC House of Delegates or to the Board of Directors and then to the National Board of Review.

**You need not worry about strict court rules of evidence.** Hearsay, letters, affidavits, new articles, and the like, as well as direct testimony from witnesses, is admissible so long as relevant to the issues and if not repetitive.

Use your common sense. Give proper weight to the type of evidence offered and consider the source from which it comes.

- (b) **Appeal.** If an appeal is filed by either the respondent or the complainant, send out written notice at once to both parties containing exactly the same elements as required in Paragraph 1 above. The Board or House can act on the report of the Review Section as to its findings, **or**

The Board or House can have a **whole new hearing** if either feels the report of the Review Section is inadequate.

In most cases this **is advisable and strongly recommended.**

The same rules of evidence apply.

The House or Board can reverse, affirm, or completely modify the decision of the Review Section.

Once the decision is made send it out to all the parties concerned, notifying them of right of appeal within thirty (30) days to the National Board of Review.

The petition to the National Board of Review requires a filing fee of \$50.00. It must be addressed to the National Executive Director. (See Section 571.6 for procedure.)

#### 5. **Section 571.5 (2) Emergency Hearing**

This Section tries to take care of the situation usually involving an athlete in which an immediate decision must be made. Notice may be oral or in writing, but, if oral, reduced to writing as soon as possible.

The Federal law states that an athlete cannot be suspended from competition, **even temporarily**, without a hearing.

For example, suppose a complaint is made at the site of an event that a particular athlete is ineligible to participate.

You should be prepared in advance to have one or more representatives, preferably three (e.g., the meet director, referee, and another official) conduct an immediate hearing, at the site of competition if necessary.

The decision can then be made regarding the eligibility of the athlete to compete, even if under protest.

If any one affected wishes a formal hearing later on, the matter can then be referred to the Review Section for full hearing under the provisions of Section 571.5(1).

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

SAMPLE NOTICE OF HEARING FOLLOWS

The following is a suggested form to use when serving notice, on the person or entity charged. Serve personally or by certified mail.  
(Revise as appropriate for type of hearing)

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NOTICE OF HEARING

1) **TO:** (1)

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2) **SUBJECT:** You are charged with having violated the following sections of the Code of United States Swimming, Inc. and/or the bylaws of the Local Swimming Committee:

(2)

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\_\_\_\_\_. Specifically you are charged with having committed the following acts, which are detrimental to the objectives, programs or ideals of United States Swimming and which tend to bring disrepute upon the sport of swimming:

(3)

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3) **PETITIONER.** This complaint or request for hearing was made by

(4)

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4) **REPLY:** You are requested to file a written reply to these charges with the Chairman of the Review Section within ten (10) days prior to the date of hearing. The hearing will proceed whether or not you file this reply.

5) **HEARING DATE, TIME AND PLACE:** The hearing on these charges will be held (5)

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6) **HEARING BODY:** Review Section, Swimming Committee

(6)

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7) **POSSIBLE PENALTIES:** If you are found guilty of one or more of the offenses charged, the Review Section has the power to censure,



suspend for a definite or indefinite period of time with or without terms of probation, or expel you from membership in both the LSC and USS.

8) **APPEAL:** Either the complainant or the respondent may appeal the decision of the Review Section to the House of Delegates or to the Board of Directors of this LSC within ten (10) days from the date the written notice of decision is mailed.

9) **GENERAL INFORMATION:** You are entitled to be represented by counsel, or by such other representative as you may choose, to have witnesses testify in your behalf, and to submit any and all evidence in your defense, including hearsay and documentary evidence, so long as it is relevant to the issues.

Dated: \_\_\_\_\_ (7) \_\_\_\_\_

Chairman, Review Section

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

\_\_\_\_\_

Phone: (     ) \_\_\_\_\_

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(1) Fill in name of individual or entity charged, including any other name by which he or it is known, with the address given in the registration files or at the LSC office, or such other address as is likely to give notice.

(2) Fill in specific Code sections and/or LSC By-Law sections.

(3) Fill in the specific acts of conduct (or inaction); be brief but complete and accurate.

(4) Fill in name and address of complainant or petitioner.

(5) Specify exact time, date and place, giving directions if necessary; the date must be not less than 30 days after date of this notice nor more than 60 days.

(6) Name of LSC.

(7) Fill in name, address and phone number of Chairman of Review Section.

## APPENDIX E

### REDISTRICTING PROCEDURE

1. **Change in LSC Club Affiliation.** If a club wishes to change from one LSC to another, and if by two-thirds (2/3) vote the House of Delegates of each LSC approves, such transfer shall be effective ninety (90) days after receipt of written notice by the national headquarters.

2. **Change in LSC Territory.** If a substantial number of clubs in a contiguous area within an LSC wish to affiliate with a neighboring and contiguous LSC, and should the House of Delegates of each LSC, by a two-thirds (2/3) vote of those members present and voting in a regular or special meeting of each, or by mail vote by a majority of those members of each House of Delegates eligible to vote, approve the change, the change in territorial jurisdiction shall become effective at the commencement of the next succeeding fiscal year of the Corporation.

3. **Formation of a new LSC.** If a substantial number of clubs in a contiguous area within an LSC wish to form a new and independent LSC, and should the House of Delegates of the LSC, by a two-thirds (2/3) vote of those members present and voting in a regular or special meeting, or by mail vote by a majority of those members eligible to vote, approve the change, the proposed formation of the new LSC shall be submitted to the national House of Delegates for its approval or disapproval at its next regular or special meeting. Should approval be given, the formation of the new LSC shall become effective at the commencement of the next succeeding fiscal year of the Corporation.

4. **Review.** Should the House of Delegates of any LSC mentioned in Subsections (1), (2), and (3) above disapprove of the proposed changes, the proponents may submit the matter to the Redistricting Committee of the Corporation at least one hundred (100) days prior to the next regular or special meeting of the Corporation. The Redistricting Committee shall study the proposal and make recommendations to the national House of Delegates at its next regular or special meeting for its approval or disapproval.

# 1983 NATIONAL AGE-GROUP TIME STANDARDS

## Short Course Yards

B Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AA Min	A Min	B Min
35.99	32.29	31.09	29.79	28.59	50 Y Freestyle	28.39	29.59	30.79
1:20.49	1:11.59	1:08.59	1:05.59	1:02.59	100 Y Freestyle	1:01.39	1:04.29	1:07.19
2:55.99	2:35.69	2:28.99	2:22.19	2:15.49	200 Y Freestyle	2:13.29	2:19.89	2:26.59
44.09	38.99	37.29	35.69	33.99	50 Y Backstroke	33.39	35.09	36.69
1:35.59	1:24.59	1:20.89	1:17.29	1:13.59	100 Y Backstroke	1:12.89	1:16.59	1:20.19
48.79	43.19	41.29	39.39	37.59	50 Y Breaststroke	36.59	38.49	40.29
1:46.09	1:33.89	1:29.89	1:25.79	1:21.69	100 Y Breaststroke	1:20.89	1:24.99	1:28.99
42.59	37.19	35.39	33.59	31.79	50 Y Butterfly	31.59	33.29	35.09
1:39.19	1:25.19	1:20.49	1:15.89	1:11.19	100 Y Butterfly	1:10.59	1:15.19	1:19.79
1:32.99	1:22.59	1:19.19	1:15.79	1:12.29	100 Y Ind. Medley	1:11.79	1:15.19	1:18.59
3:22.39	2:59.09	2:51.29	2:43.49	2:35.79	200 Y Ind. Medley	2:32.49	2:40.09	2:47.69

### BOYS 10 & U

### BOYS 11-12

### GIRLS 11-12

32.69	30.19	28.89	27.69	26.39	50 Y Freestyle	25.49	26.79	27.99	29.19	31.59
1:11.09	1:05.59	1:02.89	1:00.09	57.39	100 Y Freestyle	55.49	58.09	1:00.79	1:03.39	1:08.69
2:31.79	2:20.19	2:14.29	2:08.49	2:02.59	200 Y Freestyle	2:00.39	2:06.09	2:11.89	2:17.59	2:28.99
6:42.99	6:11.99	5:56.49	5:40.99	5:25.49	500 Y Freestyle	5:21.49	5:36.79	5:52.09	6:07.39	6:37.99
38.29	35.39	33.89	32.39	30.99	50 Y Backstroke	30.09	31.59	32.99	34.39	37.29
1:22.19	1:15.79	1:12.69	1:09.49	1:06.39	100 Y Backstroke	1:04.39	1:07.49	1:10.49	1:13.59	1:19.69
42.49	39.19	37.59	35.89	34.29	50 Y Breaststroke	32.99	34.59	36.19	37.69	40.89
1:31.69	1:24.59	1:21.09	1:17.59	1:14.09	100 Y Breaststroke	1:11.09	1:14.49	1:17.89	1:21.19	1:27.99
35.89	33.19	31.79	30.39	28.99	50 Y Butterfly	28.19	29.59	30.89	32.29	34.89
1:17.99	1:11.99	1:08.99	1:05.99	1:02.99	100 Y Butterfly	1:01.69	1:04.69	1:07.59	1:10.49	1:16.39
1:22.69	1:13.19	1:10.19	1:07.19	1:04.19	100 Y Ind. Medley	1:04.09	1:07.19	1:10.19	1:13.29	1:19.39
2:55.19	2:41.69	2:34.99	2:28.19	2:21.49	200 Y Ind. Medley	2:16.79	2:23.29	2:29.79	2:36.29	2:49.29



# 1983 NATIONAL AGE-GROUP TIME STANDARDS

## Short Course Yards

B Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AA Min	A Min	B Min
<b>GIRLS 13-14</b>								
31.29	28.89	27.69	26.49	25.29	50 Y Freestyle	23.59	24.69	25.79
1:07.79	1:02.59	59.99	57.39	54.79	100 Y Freestyle	51.49	53.99	56.39
2:25.39	2:14.19	2:08.59	2:02.99	1:57.49	200 Y Freestyle	1:50.99	1:56.19	2:01.49
6:22.39	5:52.99	5:38.29	5:23.59	5:08.89	500 Y Freestyle	4:58.79	5:12.99	5:27.19
13:14.49	12:13.39	11:42.79	11:12.29	10:41.69	1000 Y Freestyle	11:16.59	10:45.89	11:15.29
21:53.19	20:12.19	19:21.69	18:31.19	17:40.69	1650 Y Freestyle	17:11.99	18:50.29	19:39.49
1:17.39	1:11.49	1:08.49	1:05.49	1:02.49	100 Y Backstroke	58.49	1:01.19	1:03.99
2:45.99	2:33.29	2:26.89	2:20.49	2:14.09	200 Y Backstroke	2:07.29	2:13.29	2:19.39
1:26.69	1:20.09	1:16.69	1:13.39	1:10.09	100 Y Breaststroke	1:05.39	1:08.59	1:11.69
3:06.49	2:52.09	2:44.99	2:37.79	2:30.59	200 Y Breaststroke	2:22.89	2:29.69	2:36.49
1:14.19	1:08.49	1:05.69	1:02.79	59.99	100 Y Butterfly	56.59	59.29	1:01.99
2:40.99	2:28.59	2:22.39	2:16.29	2:10.09	200 Y Butterfly	2:04.99	2:10.89	2:16.89
2:47.29	2:34.39	2:27.99	2:21.59	2:15.09	200 Y Ind. Medley	2:06.59	2:12.69	2:18.69
5:51.29	5:24.29	5:10.79	4:57.29	4:43.79	400 Y Ind. Medley	4:32.09	4:45.09	4:57.99

<b>BOYS 13-14</b>								
29.19	26.89	25.79	24.69	23.59	50 Y Freestyle	23.59	24.69	25.79
1:03.79	58.89	56.39	53.99	51.49	100 Y Freestyle	51.49	53.99	56.39
2:17.39	2:06.79	2:01.49	1:56.19	1:50.99	200 Y Freestyle	1:50.99	1:56.19	2:01.49
6:09.89	5:41.39	5:27.19	5:12.99	4:58.79	500 Y Freestyle	4:58.79	5:12.99	5:27.19
12:43.39	11:44.89	11:15.29	10:45.89	10:16.59	1000 Y Freestyle	11:16.59	10:48.39	11:16.59
21:17.79	19:39.49	18:50.29	18:01.19	17:11.99	1650 Y Freestyle	17:11.99	18:06.39	18:53.59
1:12.39	1:06.79	1:03.99	1:01.19	58.49	100 Y Backstroke	58.49	1:01.09	1:03.69
2:37.59	2:25.39	2:19.39	2:13.29	2:07.29	200 Y Backstroke	2:07.29	2:13.29	2:19.39
1:20.99	1:14.79	1:11.69	1:08.59	1:05.39	100 Y Breaststroke	1:05.39	1:08.59	1:11.69
2:56.99	2:43.29	2:36.49	2:29.69	2:22.89	200 Y Breaststroke	2:22.89	2:29.69	2:36.49
1:10.09	1:04.69	1:01.99	59.29	56.59	100 Y Butterfly	56.59	59.29	1:01.99
2:34.69	2:22.79	2:16.89	2:10.89	2:04.99	200 Y Butterfly	2:04.99	2:10.89	2:16.89
2:36.79	2:24.69	2:18.69	2:12.69	2:06.59	200 Y Ind. Medley	2:06.59	2:12.69	2:18.69
5:36.89	5:10.99	4:57.99	4:45.09	4:32.09	400 Y Ind. Medley	4:32.09	4:45.09	5:10.99

## GIRLS 15-16

30.99	28.59	27.49	26.29	25.09	50 Y Freestyle	22.49	23.59	24.59
1:06.99	1:01.89	59.29	56.69	54.19	100 Y Freestyle	48.99	51.29	53.69
2:23.49	2:12.49	2:06.99	2:01.49	1:55.89	200 Y Freestyle	1:46.69	1:51.79	1:56.89
6:19.09	5:49.99	5:35.39	5:20.79	5:06.19	500 Y Freestyle	4:46.39	4:59.99	5:13.59
12:55.49	11:55.89	11:26.09	10:56.19	10:26.39	1000 Y Freestyle	9:51.99	10:20.19	10:48.39
21:40.19	20:00.19	19:10.19	18:20.19	17:30.19	1650 Y Freestyle	16:31.89	17:19.09	18:06.39
1:15.99	1:10.09	1:07.19	1:04.29	1:01.39	100 Y Backstroke	55.79	58.39	1:01.09
2:43.89	2:31.29	2:24.99	2:18.69	2:12.39	200 Y Backstroke	2:01.09	2:06.89	2:12.59
1:25.29	1:18.79	1:15.49	1:12.19	1:08.89	100 Y Breaststroke	1:02.19	1:05.09	1:08.09
3:02.99	2:48.89	2:41.89	2:34.89	2:27.79	200 Y Breaststroke	2:15.59	2:21.99	2:28.49
1:13.29	1:07.59	1:04.79	1:01.99	59.19	100 Y Butterfly	53.59	56.19	58.69
2:39.59	2:27.29	2:21.19	2:14.99	2:08.89	200 Y Butterfly	1:58.99	2:04.69	2:10.39
2:43.69	2:31.09	2:24.79	2:18.49	2:12.19	200 Y Ind. Medley	2:00.49	2:06.29	2:11.99
5:46.19	5:19.49	5:06.19	4:52.89	4:39.59	400 Y Ind. Medley	4:17.59	4:29.89	4:42.19

## BOYS 15-16

27.79	25.69	24.59	23.59	22.49	50 Y Freestyle	22.49	23.59	24.59
1:00.69	55.99	53.69	51.29	48.99	100 Y Freestyle	48.99	51.29	53.69
2:12.09	2:01.89	1:56.89	1:51.79	1:46.69	200 Y Freestyle	1:46.69	1:51.79	1:56.89
5:54.59	5:27.29	5:13.59	4:59.99	4:46.39	500 Y Freestyle	4:46.39	4:59.99	5:13.59
12:12.89	11:16.59	10:48.39	10:20.19	9:51.99	1000 Y Freestyle	9:51.99	10:20.19	10:48.39
20:28.09	18:53.59	18:06.39	17:19.09	16:31.89	1650 Y Freestyle	16:31.89	17:19.09	18:06.39
1:08.99	1:03.69	1:01.09	58.39	55.79	100 Y Backstroke	55.79	58.39	1:01.09
2:29.89	2:18.39	2:12.59	2:06.89	2:01.09	200 Y Backstroke	2:01.09	2:06.89	2:12.59
1:16.99	1:10.99	1:08.09	1:05.09	1:02.19	100 Y Breaststroke	1:02.19	1:05.09	1:08.09
2:47.89	2:34.89	2:28.49	2:21.99	2:15.59	200 Y Breaststroke	2:15.59	2:21.99	2:28.49
1:01.29	58.69	56.19	53.59	50.19	100 Y Butterfly	50.19	53.59	56.19
2:27.39	2:15.99	2:10.39	2:04.69	1:58.99	200 Y Butterfly	1:58.99	2:04.69	2:10.39
2:29.19	2:17.79	2:11.99	2:06.29	2:00.49	200 Y Ind. Medley	2:00.49	2:06.29	2:11.99
5:18.99	4:54.39	4:42.19	4:29.89	4:17.59	400 Y Ind. Medley	4:17.59	4:29.89	4:42.19

# 1983 NATIONAL AGE-GROUP TIME STANDARDS

## Short Course Yards

B Min	A Min	AA Min	AAA Min	AAAA Min	50 Y	Freestyle	21.89	22.99	23.99	25.09	27.09
GIRLS 17-18											
30.89	28.59	27.39	26.19	24.99	100 Y	Freestyle	47.99	50.19	52.49	54.79	59.39
1:05.79	1:00.79	58.19	55.69	53.19	200 Y	Freestyle	1:44.69	1:49.69	1:54.69	1:59.69	2:09.59
2:21.79	2:10.89	2:05.49	1:59.99	1:54.59	500 Y	Freestyle	4:43.09	4:56.59	5:10.09	5:23.49	5:50.49
6:15.29	5:46.49	5:31.99	5:17.59	5:03.19	1000 Y	Freestyle	9:48.49	10:16.49	10:44.49	11:12.49	12:08.59
12:53.19	11:53.69	11:23.99	10:54.29	10:24.49	1650 Y	Freestyle	16:15.79	17:02.19	17:48.69	18:35.09	20:08.09
21:27.19	19:48.19	18:58.69	18:09.19	17:19.69	100 Y	Backstroke	54.29	56.89	59.49	1:02.09	1:07.19
1:15.19	1:09.39	1:06.49	1:03.69	1:00.79	200 Y	Backstroke	1:57.19	2:02.79	2:08.39	2:13.89	2:25.09
2:40.19	2:27.89	2:21.69	2:15.49	2:09.39	100 Y	Breaststroke	1:00.19	1:03.09	1:05.99	1:08.79	1:14.59
1:23.79	1:17.39	1:14.09	1:10.89	1:07.69	200 Y	Breaststroke	2:11.39	2:17.69	2:23.89	2:30.19	2:42.69
2:59.69	2:45.89	2:38.89	2:31.99	2:25.09	100 Y	Butterfly	52.49	54.99	57.49	59.99	1:04.99
1:12.99	1:07.39	1:04.49	1:01.69	58.89	200 Y	Butterfly	1:55.79	2:01.39	2:06.89	2:12.39	2:23.39
2:36.19	2:24.19	2:18.19	2:12.19	2:06.19	200 Y	Ind. Medley	1:58.59	2:04.29	2:09.89	2:15.59	2:26.89
2:42.09	2:29.69	2:23.39	2:17.19	2:10.99	400 Y	Ind. Medley	4:12.39	4:24.39	4:36.39	4:48.39	5:12.49
BOYS 17-18											

# 1983 NATIONAL AGE-GROUP TIME STANDARDS

## Short Course Meters

B Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AA Min	A Min	B Min		
BOYS 10 & U										
39.79	35.69	34.29	32.99	31.59	50 M Freestyle	31.39	32.69	34.09	35.39	39.39
1:28.99	1:19.09	1:15.79	1:12.49	1:09.19	100 M Freestyle	1:07.79	1:11.09	1:14.29	1:17.49	1:27.19
3:14.49	2:52.09	2:44.59	2:37.19	2:29.69	200 M Freestyle	2:27.29	2:34.59	2:41.89	2:49.29	3:11.29
48.69	43.09	41.29	39.39	37.49	50 M Backstroke	36.89	38.69	40.59	42.39	47.89
1:45.59	1:33.49	1:29.39	1:25.39	1:21.29	100 M Backstroke	1:20.59	1:24.59	1:28.59	1:32.69	1:44.69
53.89	47.69	45.59	43.59	41.49	50 M Breaststroke	40.49	42.49	44.49	46.49	52.59
1:57.29	1:43.79	1:39.29	1:34.79	1:30.29	100 M Breaststroke	1:29.39	1:33.89	1:38.39	1:42.79	1:56.19
46.99	41.09	39.09	37.09	35.09	50 M Butterfly	34.89	36.79	38.79	40.79	46.69
1:49.59	1:34.09	1:28.99	1:23.79	1:18.69	100 M Butterfly	1:17.99	1:23.09	1:28.19	1:33.29	1:48.59
1:42.69	1:31.29	1:27.49	1:23.69	1:19.89	100 M Ind. Medley	1:19.29	1:23.09	1:26.89	1:30.69	1:41.99
3:43.59	3:17.89	3:09.29	3:00.69	2:52.09	200 M Ind. Medley	2:48.49	2:56.89	3:05.29	3:13.69	3:38.89
BOYS 11-12										
36.09	33.29	31.89	30.59	29.19	50 M Freestyle	28.19	29.59	30.89	32.19	34.89
1:18.49	1:12.49	1:09.49	1:06.49	1:03.39	100 M Freestyle	1:01.29	1:04.19	1:07.09	1:10.09	1:15.89
2:47.79	2:34.89	2:28.39	2:21.99	2:15.49	200 M Freestyle	2:12.99	2:18.39	2:25.69	2:31.99	2:44.69
5:52.69	5:25.59	5:11.99	4:58.49	4:44.89	400 M Freestyle	4:41.29	4:54.69	5:08.09	5:21.49	5:48.29
42.29	39.09	37.49	35.79	34.19	50 M Backstroke	33.29	34.89	36.49	37.99	41.19
1:30.79	1:23.79	1:20.29	1:16.79	1:13.29	100 M Backstroke	1:11.19	1:14.49	1:17.89	1:21.29	1:28.09
46.89	43.29	41.49	39.69	37.89	50 M Breaststroke	36.49	38.19	39.99	41.69	45.19
1:41.29	1:33.49	1:29.59	1:25.69	1:21.79	100 M Breaststroke	1:18.59	1:22.29	1:25.99	1:29.79	1:37.19
1:41.29	1:33.49	1:29.59	1:25.69	1:21.79	50 M Butterfly	31.19	32.69	34.19	35.59	38.59
1:26.19	1:19.59	1:16.19	1:12.89	1:09.59	100 M Butterfly	1:08.19	1:11.39	1:14.69	1:17.89	1:24.39
1:31.39	1:24.39	1:20.89	1:17.29	1:13.79	100 M Ind. Medley	1:10.79	1:14.19	1:17.59	1:20.89	1:27.69
2:58.69	2:51.19	2:43.79	2:36.29	2:29.69	200 M Ind. Medley	2:31.09	2:38.29	2:45.49	2:52.69	3:07.09

### GIRLS 10 & U

### BOYS 10 & U

### GIRLS 11-12

### BOYS 11-12

36.09	33.29	31.89	30.59	29.19	50 M Freestyle	28.19	29.59	30.89	32.19	34.89
1:18.49	1:12.49	1:09.49	1:06.49	1:03.39	100 M Freestyle	1:01.29	1:04.19	1:07.09	1:10.09	1:15.89
2:47.79	2:34.89	2:28.39	2:21.99	2:15.49	200 M Freestyle	2:12.99	2:19.39	2:25.69	2:31.99	2:44.69
5:52.69	5:25.59	5:11.99	4:58.49	4:44.89	400 M Freestyle	4:41.29	4:54.69	5:08.09	5:21.49	5:48.29
42.29	39.09	37.49	35.79	34.19	50 M Backstroke	33.29	34.89	36.49	37.99	41.19
1:30.79	1:23.79	1:20.29	1:16.79	1:13.29	100 M Backstroke	1:11.19	1:14.49	1:17.89	1:21.29	1:28.09
46.89	43.29	41.49	39.69	37.89	50 M Breaststroke	36.49	38.19	39.99	41.69	45.19
1:41.29	1:33.49	1:29.59	1:25.69	1:21.79	100 M Breaststroke	1:18.59	1:22.29	1:25.99	1:29.79	1:37.19
39.69	36.59	35.09	33.59	32.09	50 M Butterfly	31.19	32.69	34.19	35.59	38.59
1:26.19	1:19.59	1:16.19	1:12.89	1:09.59	100 M Butterfly	1:08.19	1:11.39	1:14.69	1:17.89	1:24.39
1:31.39	1:24.39	1:20.89	1:17.29	1:13.79	100 M Ind. Medley	1:10.79	1:14.19	1:17.59	1:20.89	1:27.69
3:13.49	2:58.69	2:51.19	2:43.79	2:36.29	200 M Ind. Medley	2:31.09	2:38.29	2:45.49	2:52.69	3:07.09



# 1983 NATIONAL AGE-GROUP TIME STANDARDS

## Short Course - Meters

B Min	A Min	AA Min	AAA Min	AAAA Min	AAA Min	AA Min	A Min	B Min
<b>GIRLS 13-14</b>								
34.59	31.99	30.59	29.29	27.99	50 M Freestyle	25.99	27.29	28.49
1:14.99	1:09.19	1:06.29	1:03.39	1:00.59	100 M Freestyle	56.89	59.69	1:02.39
2:40.69	2:28.29	2:22.09	2:15.99	2:09.79	200 M Freestyle	2:02.59	2:08.39	2:14.29
5:34.69	5:08.89	4:55.99	4:43.19	4:30.29	400 M Freestyle	4:21.49	4:33.89	4:46.39
11:35.29	10:41.79	10:15.09	9:48.29	9:21.59	800 M Freestyle	8:59.59	9:25.29	9:50.99
21:45.59	20:05.09	19:14.89	18:24.69	17:34.49	1500 M Freestyle	17:05.99	17:54.89	18:43.79
1:25.49	1:18.99	1:15.69	1:12.39	1:09.09	100 M Backstroke	1:04.59	1:10.69	1:13.79
3:03.49	2:49.29	2:42.29	2:35.19	2:28.19	200 M Backstroke	2:20.59	2:27.29	2:33.99
1:35.89	1:28.49	1:24.79	1:21.09	1:17.39	100 M Breaststroke	1:12.29	1:15.79	1:19.19
3:25.99	3:10.19	3:02.29	2:54.29	2:46.39	200 M Breaststroke	2:37.89	2:45.49	2:52.99
1:21.99	1:15.69	1:12.59	1:09.39	1:06.29	100 M Butterfly	1:02.59	1:05.59	1:11.49
2:57.89	2:44.19	2:37.39	2:30.59	2:23.69	200 M Butterfly	2:18.09	2:24.69	2:31.19
3:04.89	2:50.59	2:43.49	2:36.39	2:29.29	200 M Ind. Medley	2:19.89	2:26.59	2:33.19
6:28.19	5:58.29	5:43.39	5:28.49	5:13.49	400 M Ind. Medley	5:00.69	5:14.99	5:29.29
<b>BOYS 13-14</b>								
29.69	28.49	27.29	25.99	24.89	50 M Freestyle	24.89	25.99	27.19
1:05.09	1:02.39	59.69	56.89	54.09	100 M Freestyle	54.09	56.69	59.29
2:20.09	2:14.29	2:08.39	2:02.59	1:57.89	200 M Freestyle	1:57.89	2:03.49	2:09.09
4:58.79	4:46.39	4:33.89	4:21.49	4:10.59	400 M Freestyle	4:10.59	4:34.49	4:46.39
10:16.69	10:16.69	9:50.99	8:59.59	8:38.09	800 M Freestyle	8:38.09	9:02.79	9:27.39
21:10.29	19:32.59	17:54.89	16:26.09	15:09.59	1500 M Freestyle	16:26.09	17:13.09	17:59.99
1:13.79	1:10.69	1:04.59	1:01.59	1:01.59	100 M Backstroke	1:01.59	1:04.49	1:07.49
2:40.69	2:33.99	2:27.29	2:20.59	2:13.79	200 M Backstroke	2:13.79	2:20.19	2:26.59
1:22.59	1:19.19	1:15.79	1:12.29	1:08.69	100 M Breaststroke	1:08.69	1:11.99	1:15.19
3:00.49	2:52.99	2:45.49	2:37.89	2:29.79	200 M Breaststroke	2:29.79	2:36.89	2:44.09
1:11.49	1:08.49	1:05.59	1:02.59	1:00.89	100 M Butterfly	1:00.89	1:02.09	1:04.89
2:37.79	2:31.19	2:24.69	2:18.09	2:11.49	200 M Butterfly	2:11.49	2:17.79	2:23.99
2:50.99	2:39.89	2:26.59	2:19.89	2:13.19	200 M Ind. Medley	2:13.19	2:19.49	2:25.89
2:53.19	2:39.89	2:26.59	2:19.89	2:13.19	400 M Ind. Medley	2:13.19	2:19.49	2:25.89
5:29.29	5:14.99	5:00.69	4:44.69	4:36.19				
<b>BOYS 15-16</b>								
28.39	27.19	25.99	24.89	23.69	50 M Freestyle	23.69	25.99	27.19
1:01.89	1:01.89	59.29	54.09	50.79	100 M Freestyle	50.79	56.69	59.29
2:14.69	2:09.09	2:03.49	1:57.89	1:52.09	200 M Freestyle	1:52.09	2:03.49	2:09.09
5:10.29	4:46.39	4:34.49	4:10.59	3:58.09	400 M Freestyle	3:58.09	4:34.49	4:46.39
10:41.49	9:52.09	9:02.79	8:38.09	7:59.99	800 M Freestyle	7:59.99	9:02.79	9:27.39
20:20.89	18:46.99	17:13.09	16:26.09	15:09.59	1500 M Freestyle	16:26.09	17:13.09	17:59.99
1:16.29	1:10.39	1:04.49	1:01.59	1:01.59	100 M Backstroke	1:01.59	1:04.49	1:07.49
2:45.69	2:32.89	2:20.19	2:13.79	2:06.59	200 M Backstroke	2:06.59	2:20.19	2:26.59
1:24.99	1:18.49	1:11.99	1:08.69	1:06.29	100 M Breaststroke	1:06.29	1:11.99	1:15.19
3:05.49	2:51.19	2:36.89	2:29.79	2:23.99	200 M Breaststroke	2:23.99	2:36.89	2:44.09
1:13.29	1:07.69	1:02.09	1:00.89	99.19	100 M Butterfly	99.19	1:02.09	1:04.89
2:42.79	2:30.29	2:17.79	2:11.49	2:04.89	200 M Butterfly	2:04.89	2:17.79	2:23.99
2:44.89	2:32.19	2:25.89	2:19.49	2:13.19	200 M Ind. Medley	2:13.19	2:19.49	2:25.89
5:52.49	5:25.29	4:56.19	4:44.69	4:36.19	400 M Ind. Medley	4:36.19	4:56.19	5:11.79

## GIRLS 15-16

34.29	31.59	30.29	28.99	27.69	50 M Freestyle	27.69	28.99	30.79
1:14.09	1:08.39	1:05.49	1:02.69	59.79	100 M Freestyle	59.79	1:01.89	1:06.99
2:38.59	2:26.39	2:20.29	2:14.19	2:08.09	200 M Freestyle	2:08.09	2:14.69	2:25.99
5:31.79	5:06.29	4:53.49	4:40.79	4:27.99	400 M Freestyle	4:27.99	4:46.39	5:10.29
11:18.69	10:26.49	10:00.39	9:34.29	9:08.19	800 M Freestyle	9:08.19	9:52.09	10:41.49
21:32.69	19:53.19	19:03.49	18:13.79	17:24.09	1500 M Freestyle	17:24.09	18:46.99	20:20.89
1:23.89	1:17.49	1:14.29	1:10.99	1:07.79	100 M Backstroke	1:07.79	1:10.39	1:16.29
3:01.19	2:47.19	2:40.29	2:33.29	2:26.29	200 M Backstroke	2:26.29	2:32.89	2:45.69
1:34.29	1:26.99	1:23.39	1:19.79	1:16.19	100 M Breaststroke	1:16.19	1:18.49	1:24.99
3:22.19	3:06.69	2:58.89	2:51.09	2:43.29	200 M Breaststroke	2:43.29	2:51.19	3:05.49
1:20.99	1:14.69	1:11.59	1:08.49	1:05.39	100 M Butterfly	1:05.39	1:07.69	1:13.29
2:56.29	2:42.79	2:35.99	2:29.19	2:22.39	200 M Butterfly	2:22.39	2:30.29	2:42.79
3:00.79	2:46.89	2:39.99	2:32.99	2:26.09	200 M Ind. Medley	2:26.09	2:32.19	2:44.89
6:22.49	5:53.09	5:38.39	5:23.69	5:08.89	400 M Ind. Medley	5:08.89	5:25.29	5:52.49

# 1983 NATIONAL AGE-GROUP TIME STANDARDS Short Course - Meters

B Min	A Min	AA Min	AAA Min	AAAA Min	AAA Min	AA Min	A Min	B Min
<b>GIRLS 17-18</b>								
34.19	31.49	30.19	28.89	27.59	50 M	Freestyle	24.19	25.39
1:12.69	1:07.09	1:04.29	1:01.49	58.69	100 M	Freestyle	52.99	55.49
2:36.69	2:24.69	2:18.69	2:12.59	2:06.59	200 M	Freestyle	1:55.69	2:01.19
5:28.49	5:03.19	4:50.59	4:37.99	4:25.29	400 M	Freestyle	4:07.79	4:19.59
11:16.69	10:24.69	9:58.59	9:32.59	9:06.59	800 M	Freestyle	8:34.99	8:59.49
21:19.69	19:41.29	18:52.09	18:02.89	17:13.59	1500 M	Freestyle	16:10.09	16:56.29
1:23.09	1:16.69	1:13.49	1:10.29	1:07.09	100 M	Backstroke	59.99	1:02.89
2:56.99	2:43.39	2:36.59	2:29.79	2:22.99	200 M	Backstroke	2:09.49	2:15.69
1:32.59	1:25.49	1:21.89	1:18.39	1:14.79	100 M	Breaststroke	1:06.49	1:09.69
3:18.49	3:03.29	2:55.59	2:47.99	2:40.39	200 M	Breaststroke	2:25.19	2:32.09
1:20.59	1:14.39	1:11.29	1:08.19	1:05.09	100 M	Butterfly	57.99	1:00.79
2:52.59	2:39.39	2:32.69	2:26.09	2:19.39	200 M	Butterfly	2:07.99	2:14.09
2:59.09	2:45.39	2:38.49	2:31.59	2:24.69	200 M	Ind. Medley	2:11.09	2:17.29
6:19.09	5:49.89	5:35.39	5:20.79	5:06.19	400 M	Ind. Medley	4:38.89	4:52.19
<b>BOYS 17-18</b>								
					50 M	Freestyle	27.69	28.49
					100 M	Freestyle	1:00.59	1:05.59
					200 M	Freestyle	2:12.19	2:23.29
					400 M	Freestyle	4:43.19	5:06.69
					800 M	Freestyle	9:48.59	10:37.59
					1500 M	Freestyle	18:28.69	20:00.99
					100 M	Backstroke	1:08.59	1:14.29
					200 M	Backstroke	2:27.99	2:40.29
					100 M	Breaststroke	1:15.99	1:22.39
					200 M	Breaststroke	2:45.89	2:59.79
					100 M	Butterfly	1:06.29	1:11.79
					200 M	Butterfly	2:26.29	2:38.49
					200 M	Ind. Medley	2:29.79	2:42.29
					400 M	Ind. Medley	5:18.69	5:45.29

# 1983 NATIONAL AGE-GROUP TIME STANDARDS

## Long Course Meters

B Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AA Min	A Min	B Min
<b>GIRLS 10 &amp; U</b>								
40.69	36.49	35.09	33.69	32.29	50 M Freestyle	32.09	33.49	34.89
1:31.69	1:21.49	1:18.09	1:14.69	1:11.29	100 M Freestyle	1:09.99	1:13.29	1:16.69
3:19.99	2:56.99	2:49.29	2:41.59	2:33.99	200 M Freestyle	2:31.29	2:38.79	2:46.29
49.69	43.99	42.09	40.19	38.29	50 M Backstroke	37.99	39.89	41.79
1:47.89	1:35.39	1:31.29	1:27.19	1:22.99	100 M Backstroke	1:22.19	1:26.29	1:30.39
54.99	48.69	46.59	44.49	42.39	50 M Breaststroke	42.19	44.29	46.39
2:00.69	1:46.79	1:42.19	1:37.59	1:32.89	100 M Breaststroke	1:32.89	1:37.49	1:42.19
47.79	41.79	39.79	37.69	35.69	50 M Butterfly	35.09	36.99	38.99
1:52.29	1:36.49	1:31.19	1:25.89	1:20.59	100 M Butterfly	1:19.99	1:25.19	1:30.49
3:44.69	3:19.69	3:11.39	3:03.09	2:54.79	200 M Ind. Medley	2:52.99	3:01.69	3:10.29
<b>BOYS 10 &amp; U</b>								
40.39	36.29	34.89	33.49	32.09	50 M Freestyle	32.09	33.49	34.89
1:29.99	1:19.99	1:16.69	1:13.29	1:09.99	100 M Freestyle	1:09.99	1:13.29	1:16.69
3:16.49	2:53.89	2:46.29	2:38.79	2:31.29	200 M Freestyle	2:31.29	2:38.79	2:46.29
49.39	43.69	41.79	39.89	37.99	50 M Backstroke	37.99	39.89	41.79
1:46.79	1:34.49	1:30.39	1:26.29	1:22.19	100 M Backstroke	1:22.19	1:26.29	1:30.39
54.79	48.49	46.39	44.29	42.19	50 M Breaststroke	42.19	44.29	46.39
2:00.69	1:46.79	1:42.19	1:37.49	1:32.89	100 M Breaststroke	1:32.89	1:37.49	1:42.19
46.99	40.99	38.99	36.99	35.09	50 M Butterfly	35.09	36.99	38.99
1:51.39	1:35.69	1:30.49	1:25.19	1:19.99	100 M Butterfly	1:19.99	1:25.19	1:30.49
3:44.79	3:18.89	3:10.29	3:01.69	2:52.99	200 M Ind. Medley	2:52.99	3:01.69	3:10.29
<b>BOYS 11-12</b>								
35.89	33.09	31.69	30.39	28.99	50 M Freestyle	28.99	30.39	31.69
1:18.19	1:12.19	1:09.19	1:06.19	1:03.19	100 M Freestyle	1:03.19	1:06.19	1:09.19
2:50.29	2:37.19	2:30.59	2:24.09	2:17.49	200 M Freestyle	2:17.49	2:24.09	2:30.59
5:59.09	5:31.49	5:17.69	5:03.89	4:50.09	500 M Freestyle	4:50.09	5:03.89	5:17.69
41.99	38.79	37.19	35.59	33.99	50 M Backstroke	33.99	35.59	37.19
1:30.99	1:23.99	1:20.49	1:16.99	1:13.49	100 M Backstroke	1:13.49	1:16.99	1:20.49
46.19	42.69	40.89	39.09	37.39	50 M Breaststroke	37.39	39.09	40.89
1:41.99	1:34.09	1:30.19	1:26.29	1:22.39	100 M Breaststroke	1:22.39	1:26.29	1:30.19
35.79	32.79	31.29	29.79	28.29	50 M Butterfly	28.29	29.79	31.29
1:26.89	1:20.19	1:16.89	1:13.49	1:10.19	100 M Butterfly	1:10.19	1:13.49	1:16.89
3:13.49	2:58.69	2:51.19	2:43.79	2:36.29	200 M Ind. Medley	2:36.29	2:43.79	2:51.19
<b>GIRLS 11-12</b>								
37.09	34.29	32.89	31.39	29.99	50 M Freestyle	29.99	31.39	32.89
1:21.09	1:14.79	1:11.69	1:08.59	1:05.49	100 M Freestyle	1:05.49	1:11.69	1:14.79
2:52.99	2:39.69	2:33.09	2:26.39	2:19.79	200 M Freestyle	2:19.79	2:33.09	2:39.69
6:00.09	5:32.39	5:18.49	5:04.69	4:50.79	500 M Freestyle	4:50.79	5:04.69	5:18.49
43.29	39.99	38.29	36.69	34.99	50 M Backstroke	34.99	36.69	38.29
1:33.49	1:26.29	1:22.69	1:19.09	1:15.59	100 M Backstroke	1:15.59	1:19.09	1:22.69
44.59	41.29	39.49	37.69	35.89	50 M Breaststroke	35.89	37.69	39.49
1:45.39	1:37.29	1:33.19	1:29.19	1:25.09	100 M Breaststroke	1:25.09	1:29.19	1:33.19
40.19	37.09	35.49	33.99	32.49	50 M Butterfly	32.49	33.99	35.49
1:28.69	1:21.89	1:18.39	1:14.99	1:11.59	100 M Butterfly	1:11.59	1:14.99	1:18.39
3:19.39	3:03.99	2:58.69	2:48.69	2:40.99	200 M Ind. Medley	2:40.99	2:48.69	2:58.69



# 1983 NATIONAL AGE-GROUP TIME STANDARDS

## Long Course Meters

B Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAAA Min	AAAA Min	AAAA Min	AAAA Min	AAAA Min	AAAA Min	AAAA Min
35.79	33.09	31.69	30.29	28.99	50 M	Freestyle	27.09	28.29	29.59	30.89	33.49	33.49
1:17.29	1:11.39	1:08.39	1:05.39	1:02.49	100 M	Freestyle	59.19	1:02.09	1:04.89	1:07.69	1:13.29	1:13.29
2:45.29	2:32.59	2:26.29	2:19.89	2:13.49	200 M	Freestyle	2:07.89	2:13.99	2:19.99	2:26.09	2:38.29	2:38.29
5:42.99	5:16.69	5:03.49	4:50.29	4:37.09	400 M	Freestyle	9:12.49	9:38.79	10:05.09	10:31.39	11:23.99	11:23.99
11:42.79	10:48.69	10:21.69	9:54.59	9:27.59	800 M	Freestyle	17:46.29	18:37.09	19:27.89	20:18.69	22:00.19	22:00.19
22:23.09	20:39.79	19:48.19	18:56.49	18:04.79	1500 M	Freestyle	1:07.49	1:10.69	1:13.89	1:17.19	1:23.59	1:23.59
1:28.09	1:21.29	1:17.89	1:14.59	1:11.19	100 M	Backstroke	2:25.09	2:31.99	2:38.89	2:45.79	2:59.59	2:59.59
3:08.09	2:53.59	2:46.39	2:39.09	2:31.89	200 M	Backstroke	1:15.69	1:19.29	1:22.89	1:26.49	1:33.69	1:33.69
1:39.99	1:32.29	1:28.39	1:24.59	1:20.79	100 M	Breaststroke	2:45.19	2:53.09	3:00.89	3:08.79	3:24.49	3:24.49
3:33.29	3:16.89	3:08.69	3:00.49	2:52.29	200 M	Breaststroke	1:04.99	1:08.09	1:11.19	1:14.29	1:20.39	1:20.39
1:24.29	1:17.79	1:14.59	1:11.29	1:08.09	100 M	Butterfly	2:21.99	2:28.69	2:35.49	2:42.29	2:55.79	2:55.79
3:03.69	2:49.59	2:42.49	2:35.39	2:28.39	200 M	Butterfly	2:25.39	2:32.39	2:39.29	2:46.19	3:00.09	3:00.09
3:09.99	2:55.39	2:48.09	2:40.79	2:33.49	200 M	Ind. Medley	5:08.09	5:22.69	5:37.39	5:52.09	6:21.39	6:21.39
6:39.59	6:08.89	5:53.49	5:38.19	5:22.79	400 M	Ind. Medley						

### GIRLS 13-14

### BOYS 13-14

### GIRLS 15-16

### BOYS 15-16

35.39	32.69	31.29	29.99	28.59	50 M	Freestyle	25.99	27.19	28.49	29.69	32.19
1:16.19	1:10.29	1:07.39	1:04.49	1:01.49	100 M	Freestyle	56.69	59.39	1:02.09	1:04.79	1:10.19
2:41.89	2:29.39	2:23.19	2:16.99	2:10.79	200 M	Freestyle	2:02.89	2:08.79	2:14.59	2:20.49	2:32.19
5:39.09	5:13.09	4:59.99	4:46.99	4:33.89	400 M	Freestyle	4:17.29	4:29.59	4:41.79	4:54.09	5:18.59
11:35.99	10:42.49	10:15.69	9:48.99	9:22.19	800 M	Freestyle	8:49.09	9:14.29	9:39.49	10:04.69	10:54.99
22:10.79	20:28.49	19:37.29	18:46.09	17:54.89	1500 M	Freestyle	16:57.59	17:46.09	18:34.59	19:22.99	20:59.89
1:26.19	1:19.49	1:16.19	1:12.89	1:09.59	100 M	Backstroke	1:04.49	1:07.49	1:10.59	1:13.69	1:19.79
3:03.89	2:49.79	2:42.69	2:35.59	2:28.59	200 M	Backstroke	2:18.99	2:25.59	2:32.19	2:38.79	2:51.99
1:38.29	1:30.69	1:26.89	1:23.19	1:19.39	100 M	Breaststroke	1:12.09	1:15.59	1:18.99	1:22.39	1:29.29
3:28.29	3:12.29	3:04.29	2:56.29	2:48.29	200 M	Breaststroke	2:37.69	2:45.19	2:52.69	3:00.29	3:15.29
1:22.59	1:16.19	1:13.09	1:09.89	1:06.69	100 M	Butterfly	1:01.29	1:04.19	1:07.19	1:10.09	1:15.89
2:59.09	2:45.39	2:38.49	2:31.59	2:24.69	200 M	Butterfly	2:14.89	2:21.29	2:27.69	2:34.09	2:46.99
3:08.59	2:52.19	2:44.99	2:37.89	2:30.69	200 M	Ind. Medley	2:20.39	2:28.99	2:33.69	2:40.39	2:53.79
6:32.49	6:02.29	5:47.19	5:32.09	5:16.99	400 M	Ind. Medley	4:54.59	5:08.59	5:22.59	5:36.69	6:04.69

# 1983 NATIONAL AGE-GROUP TIME STANDARDS Long Course Meters

B Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAA Min	AA Min	A Min	B Min
<b>GIRLS 17-18</b>									
35.29	32.59	31.29	29.89	28.49	50 M	Freestyle	25.39	26.59	27.79
1:14.99	1:09.19	1:06.29	1:03.39	1:00.59	100 M	Freestyle	55.29	57.99	1:00.49
2:41.59	2:29.19	2:22.99	2:16.79	2:10.59	200 M	Freestyle	2:00.79	2:06.59	2:12.29
5:35.19	5:09.39	4:56.49	4:43.59	4:30.69	400 M	Freestyle	4:13.39	4:25.39	4:37.49
11:33.39	10:40.09	10:13.39	9:46.79	9:20.09	800 M	Freestyle	8:44.99	9:09.99	9:34.99
21:58.49	20:17.09	19:26.39	18:35.69	17:44.99	1500 M	Freestyle	16:33.19	17:25.79	18:13.29
1:25.59	1:18.99	1:15.69	1:12.39	1:09.09	100 M	Backstroke	1:02.19	1:05.09	1:08.09
3:01.39	2:47.39	2:40.49	2:33.49	2:26.49	200 M	Backstroke	2:13.99	2:20.39	2:26.79
1:36.59	1:29.09	1:25.39	1:21.69	1:17.99	100 M	Breaststroke	1:09.69	1:12.99	1:16.29
3:26.59	3:10.89	3:02.79	2:54.79	2:46.89	200 M	Breaststroke	2:31.99	2:39.29	2:46.49
1:21.69	1:15.39	1:12.29	1:09.09	1:05.99	100 M	Butterfly	59.49	1:02.29	1:05.19
2:55.89	2:42.39	2:35.59	2:28.89	2:22.09	200 M	Butterfly	2:10.89	2:17.09	2:23.29
3:03.89	2:49.69	2:42.69	2:35.59	2:28.49	200 M	Ind. Medley	2:15.99	2:22.49	2:28.99
6:26.79	5:56.99	5:42.09	5:27.29	5:12.39	400 M	Ind. Medley	4:46.79	5:00.49	5:14.09
<b>BOYS 17-18</b>									
					50 M	Freestyle	25.39	26.59	27.79
					100 M	Freestyle	55.29	57.99	1:00.49
					200 M	Freestyle	2:00.79	2:06.59	2:12.29
					400 M	Freestyle	4:13.39	4:25.39	4:37.49
					800 M	Freestyle	8:44.99	9:09.99	9:34.99
					1500 M	Freestyle	16:33.19	17:25.79	18:13.29
					100 M	Backstroke	1:02.19	1:05.09	1:08.09
					200 M	Backstroke	2:13.99	2:20.39	2:26.79
					100 M	Breaststroke	1:09.69	1:12.99	1:16.29
					200 M	Breaststroke	2:31.99	2:39.29	2:46.49
					100 M	Butterfly	59.49	1:02.29	1:05.19
					200 M	Butterfly	2:10.89	2:17.09	2:23.29
					200 M	Ind. Medley	2:15.99	2:22.49	2:28.99
					400 M	Ind. Medley	4:46.79	5:00.49	5:14.09

# UNITED STATES MASTERS SWIMMING RECORDS

## Short Course - Women

	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	23.91	25.31	25.41	26.30	27.28	28.89	30.64	30.67	32.98	41.40	47.95	58.42	1:20.77
100 Free	52.11	56.12	56.18	58.47	1:00.70	1:04.70	1:08.51	1:08.11	1:17.00	1:32.55	1:50.84	2:12.56	3:10.35
200 Free	1:56.42	2:01.10	2:08.30	2:10.05	2:13.99	2:24.23	2:35.87	2:37.76	2:59.30	3:28.65	4:00.20	5:49.49	7:02.31
500 Free	5:13.42	5:29.89	5:49.35	5:56.13	6:14.31	6:34.60	7:21.05	7:27.06	8:27.63	9:13.52	10:38.70	12:27.49	—
1650 Free	17:59.83	19:16.50	19:46.80	20:58.22	21:45.28	23:07.50	25:59.30	26:22.54	27:51.06	32:33.63	36:30.69	42:28.77	—
50 Back	29.00	29.37	30.50	32.50	33.36	35.89	34.63	40.75	41.70	49.37	54.51	1:00.20	—
100 Back	1:02.46	1:03.03	1:08.66	1:11.49	1:12.71	1:18.61	1:17.48	1:27.43	1:32.70	1:54.83	2:02.28	2:22.78	—
200 Back	2:17.89	2:20.04	2:28.53	2:39.60	2:39.55	2:50.00	3:00.99	3:11.62	3:29.90	3:44.57	4:24.60	5:07.98	—
50 Brst	32.20	32.10	33.29	36.42	36.55	38.33	37.70	41.83	48.01	54.08	1:03.73	1:18.29	2:08.74
100 Brst	1:10.11	1:09.58	1:14.47	1:19.03	1:18.86	1:23.66	1:27.39	1:37.20	1:46.20	1:57.80	2:26.98	2:56.94	4:38.70
200 Brst	2:32.40	2:35.26	2:41.13	2:50.07	2:54.70	3:04.97	3:12.07	3:31.35	3:50.57	4:17.90	5:07.28	6:18.80	9:48.28
50 Fly	27.09	28.85	28.52	28.75	29.83	30.85	35.90	35.32	45.77	54.11	1:02.53	1:13.88	—
100 Fly	1:00.04	1:00.97	1:03.34	1:05.06	1:10.80	1:14.37	1:26.55	1:23.43	1:47.35	2:11.98	2:24.99	3:01.30	—
200 Fly	2:10.47	2:15.83	2:27.45	2:26.51	2:42.30	2:51.58	3:10.05	3:13.88	3:54.85	4:51.26	5:14.92	10:37.90	—
100 I.M.	1:02.10	1:04.20	1:06.24	1:09.70	1:11.35	1:13.71	1:15.24	1:22.85	1:35.98	1:58.73	2:22.27	2:35.14	—
200 I.M.	2:16.47	2:19.47	2:26.79	2:29.18	2:34.41	2:43.43	2:50.32	3:05.13	3:33.70	4:18.93	5:01.20	5:44.53	—
400 I.M.	4:50.01	4:59.26	5:11.51	5:17.74	5:34.80	5:53.07	6:34.61	6:58.09	7:36.40	9:05.59	10:56.42	13:59.80	—
200 Fr. Rel.	1:41.14		1:53.76		2:04.71		2:18.45		2:59.19		—		—
200 Med. Rel.	1:56.30		2:05.34		2:19.10		2:40.35		3:28.48		—		—
200 Mix. Fr. Rel.	1:32.03		1:37.57		1:49.65		1:58.89		2:18.66		4:00.99		—
200 Mix. Med. Rel.	1:44.50		1:50.94		2:04.34		2:18.59		2:52.50		5:52.28		—



## UNITED STATES MASTERS SWIMMING RECORDS

## Short Course - Men

	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	21.07	21.69	21.72	22.72	22.81	22.99	25.20	25.53	27.47	27.45	30.67	34.14	46.38
100 Free	45.57	48.00	48.70	49.73	52.33	52.69	56.84	57.25	1:02.67	1:02.93	1:08.46	1:18.32	2:03.19
200 Free	1:41.81	1:44.48	1:47.52	1:51.63	1:52.42	2:01.13	2:08.50	2:10.02	2:22.61	2:24.72	2:35.14	3:01.25	4:48.33
500 Free	4:44.78	4:46.39	4:47.91	5:06.01	5:03.96	5:23.73	5:58.77	6:01.72	6:39.29	7:09.74	7:16.39	8:22.38	12:03.06
1650 Free	16:40.46	16:42.50	17:04.37	17:40.20	18:31.54	18:57.17	20:58.39	21:05.79	23:10.20	25:14.28	25:35.70	28:40.17	43:00.36
50 Back	24.20	25.37	25.98	26.61	28.27	28.70	30.41	32.08	34.43	35.73	37.23	47.70	57.68
100 Back	52.44	55.47	56.84	59.34	1:01.59	1:05.40	1:06.14	1:11.10	1:16.27	1:20.80	1:23.97	1:50.01	2:10.62
200 Back	1:56.95	2:02.61	2:07.80	2:07.32	2:15.70	2:24.50	2:27.23	2:37.70	2:50.40	3:00.62	3:10.45	4:05.43	5:24.76
50 Brst	26.91	26.76	28.12	29.14	29.27	31.73	33.12	34.14	35.49	38.10	41.70	52.00	56.10
100 Brst	59.23	59.44	1:02.55	1:04.06	1:06.62	1:10.57	1:14.21	1:16.46	1:21.23	1:27.63	1:36.35	2:06.86	2:10.50
200 Brst	2:12.52	2:14.12	2:20.50	2:23.13	2:31.00	2:37.34	2:49.79	2:53.04	3:04.19	3:18.34	3:50.69	4:58.70	—
50 Fly	22.77	23.42	24.12	25.29	25.25	26.55	28.67	29.77	31.14	34.42	41.38	57.00	—
100 Fly	50.30	51.68	54.76	54.04	57.36	1:03.61	1:05.22	1:10.77	1:18.98	1:35.80	1:47.61	2:26.75	—
200 Fly	1:51.72	1:54.59	1:59.58	2:04.12	2:11.68	2:31.07	2:43.24	2:56.40	3:07.48	3:47.95	4:22.96	—	—
100 I.M.	52.63	54.16	56.13	57.73	59.60	1:03.31	1:05.92	1:08.07	1:15.71	1:16.95	1:35.71	2:09.02	—
200 I.M.	1:55.70	1:59.15	2:06.48	2:04.11	2:12.90	2:20.08	2:28.99	2:36.97	2:52.21	2:58.87	3:37.75	4:07.32	—
400 I.M.	4:15.31	4:19.32	4:36.79	4:30.30	4:49.40	5:01.82	5:29.51	5:47.89	6:25.16	7:09.30	8:10.01	9:34.79	—
200 Fr. Rel.	1:26.13	1:28.69	1:28.69	1:37.49	1:37.49	1:42.59	1:42.59	1:42.59	2:07.15	2:07.15	2:50.08	—	—
200 Med. Rel.	1:34.30	1:41.02	1:41.02	1:51.70	1:51.70	2:05.33	2:05.33	2:05.33	2:22.53	2:22.53	—	—	—

# UNITED STATES MASTERS SWIMMING RECORDS

## Long Course - Women

	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	27.94	28.69	29.42	30.25	30.43	32.49	34.07	35.68	36.97	41.81	52.93	1:03.51	1:32.63
100 Free	1:01.36	1:03.56	1:03.82	1:08.57	1:09.42	1:13.08	1:16.55	1:20.10	1:28.40	1:35.45	2:02.44	2:28.58	3:54.33
200 Free	2:13.29	2:18.79	2:23.10	2:30.19	2:33.11	2:41.91	2:54.10	3:00.61	3:27.35	3:37.41	4:24.30	5:24.06	8:57.90
400 Free	4:44.85	4:53.36	5:06.26	5:22.40	5:28.88	5:51.08	6:23.80	6:34.26	7:19.87	8:17.17	9:29.52	11:18.98	18:39.66
1500 Free	18:48.98	19:45.34	20:25.14	21:23.78	21:26.16	23:47.65	25:33.35	26:21.54	29:19.17	31:16.70	36:11.35	42:56.35	—
50 Back	32.85	33.77	35.15	37.18	37.64	40.91	39.17	46.50	47.31	53.26	1:01.68	1:09.41	2:24.73
100 Back	1:10.97	1:11.85	1:19.48	1:21.47	1:21.04	1:30.52	1:28.52	1:44.68	1:46.95	1:59.62	2:17.74	2:41.24	7:13.98
200 Back	2:36.48	2:38.28	2:51.45	2:59.22	2:59.45	3:15.01	3:11.43	3:47.32	3:50.16	4:14.23	4:54.81	5:48.47	—
50 Brst	36.20	37.57	38.97	41.40	40.84	43.54	44.10	48.93	55.30	1:02.70	1:13.83	1:30.60	2:51.97
100 Brst	1:20.85	1:22.70	1:26.32	1:31.27	1:29.80	1:35.63	1:40.19	1:52.50	2:03.56	2:06.46	2:44.41	3:21.14	5:38.35
200 Brst	2:55.33	3:05.60	3:06.83	3:15.53	3:15.85	3:28.49	3:34.85	3:59.72	4:24.50	4:26.93	5:56.57	7:11.50	13:42.69
50 Fly	30.38	32.14	32.22	33.56	36.00	35.58	40.12	42.37	52.87	1:05.54	1:13.89	1:20.68	—
100 Fly	1:08.38	1:09.91	1:12.56	1:14.78	1:21.32	1:25.69	1:39.01	1:38.21	2:01.18	2:11.66	2:45.93	—	—
200 Fly	2:29.24	2:33.32	2:49.28	2:54.97	3:09.78	3:15.92	3:34.72	3:48.20	4:28.41	4:37.05	6:00.78	13:01.80	—
200 I.M.	2:36.12	2:38.49	2:44.21	2:49.02	2:55.61	3:06.12	3:14.15	3:38.12	4:05.51	4:10.91	5:47.08	6:24.53	—
400 I.M.	5:29.87	5:43.12	5:52.87	6:08.97	6:29.10	6:35.20	7:25.25	7:48.30	8:34.84	8:51.65	12:22.99	—	—
200 Fr. Rel.	1:56.15	2:08.63	2:08.63	2:19.85	2:19.85	2:36.98	3:22.33	3:22.33	5:54.54	—	—	—	—
200 Med. Rel.	2:14.79	2:22.70	2:22.70	2:39.15	2:39.15	3:06.64	4:13.79	4:13.79	—	—	—	—	—
200 Mix. Fr. Rel.	1:47.46	1:55.55	1:55.55	2:01.61	2:01.61	2:15.26	2:37.47	2:37.47	4:11.34	—	—	—	—
200 Mix. Med. Rel.	2:03.43	2:10.68	2:10.68	2:27.83	2:27.83	2:41.46	3:18.32	3:18.32	6:06.92	—	—	—	—

# UNITED STATES MASTERS SWIMMING RECORDS Long Course - Men

	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
50 Free	23:89	24:50	25:31	26:00	26:12	26:49	28:56	28:83	30:30	31:85	33:75	38:95	50:74	2:07.46
100 Free	51:23	54:25	56:63	57:70	58:76	1:00:78	1:06:23	1:05:40	1:11:89	1:12:40	1:19:04	1:33:72	2:07.87	4:54.36
200 Free	1:53:78	2:01:26	2:05:06	2:09:08	2:09:30	2:18:75	2:29:71	2:30:39	2:48:01	2:49:06	2:57:83	3:39:69	5:22.40	—
400 Free	4:17:49	4:21:96	4:26:48	4:38:82	4:37:15	4:52:42	5:24:11	5:28:90	5:59:67	6:24:02	6:27:76	7:38:23	11:19:63	—
1500 Free	17:04:02	17:10:80	17:53:89	18:23:82	18:42:70	19:39:09	21:30:12	22:03:54	24:51:54	26:02:41	26:08:40	31:41:66	45:22:05	—
50 Back	28:75	29:21	28:04	30:89	33:01	33:29	34:61	35:75	38:93	40:60	40:47	54:28	1:02.40	2:16.90
100 Back	1:01:68	1:04:33	1:03:00	1:09:35	1:12:80	1:15:33	1:18:54	1:20:74	1:27:52	1:33:92	1:32:92	2:06:19	2:43.70	5:04.51
200 Back	2:14:07	2:19:85	2:19:40	2:23:66	2:40:81	2:45:53	2:51:91	2:59:40	3:16:25	3:29:67	3:34:86	4:33:53	6:13.80	—
50 Brst	30:98	32:31	32:01	34:40	33:91	36:55	38:55	39:52	40:44	43:68	51:20	58:81	1:06.00	2:12.09
100 Brst	1:06:87	1:09:30	1:13:25	1:15:80	1:15:47	1:21:99	1:28:94	1:30:04	1:33:40	1:40:87	1:58:20	2:26:30	2:43.08	5:16.03
200 Brst	2:30:96	2:33:51	2:43:96	2:49:12	2:54:31	3:04:04	3:16:92	3:21:95	3:36:04	3:45:01	4:21:18	5:40:12	6:23.90	—
50 Fly	25:48	26:63	27:31	28:21	29:20	29:97	32:52	33:99	38:26	41:35	49:34	58:97	—	—
100 Fly	56:93	58:94	1:03:42	1:02:05	1:06:65	1:13:36	1:15:04	1:23:30	1:33:81	1:48:09	2:15:70	—	—	—
200 Fly	2:06:88	2:12:57	2:27:79	2:27:47	2:38:72	2:57:59	3:07:22	3:31:96	3:45:66	4:07:92	5:22:84	—	—	—
200 I.M.	2:14:02	2:18:78	2:27:04	2:23:98	2:32:06	2:40:88	2:57:15	3:03:96	3:24:35	3:27:87	4:21:09	4:55.18	—	—
400 I.M.	4:52:11	5:01:43	5:19:36	5:15:84	5:27:32	5:46:74	6:14:01	6:32:33	7:22:09	7:41:59	9:36:97	10:48:40	—	—
200 Fr. Rel.	1:38:14	—	1:45:04	1:48:96	1:48:96	—	2:00:28	—	2:18:70	—	4:02:48	—	—	—
200 Med. Rel.	1:50:00	—	1:59:12	2:06:88	2:06:88	—	2:22:86	—	2:46:51	—	4:19:82	—	—	—



## LONG DISTANCE SWIMMING RECORDS

### ONE HOUR SWIM FOR DISTANCE

#### Men

6075 Yards ..... Roger Madruga ..... Mission Viejo ..... 1981

#### Women

5700 Yards ..... Tiffany Cohen ..... Mission Viejo ..... 1981

Vera Barker ..... Mission Viejo ..... 1981

### TEAM THREE HOUR SWIM FOR DISTANCE (3 x 1 Hour)

#### Men

17,785 Yards ..... Mission Viejo Nadadores ..... 1981  
(Roger Madruga, Filiberto Colon, Mike O'Brien)

#### Women

17,025 Yards ..... Mission Viejo Nadadores ..... 1981  
(Tiffany Cohen, Vera Barker, Florence Barker)

### QUARTERMILE STRAIGHTAWAY (Four Miles)

#### Men

77:13.60 ..... John Kinsella ..... Hinsdale, Ill. .... 1971

#### Women

83:27.06 ..... Kelly Parker ..... No. Virginia Fun & Fitness .. 1979

### TEAM QUARTERMILE STRAIGHTAWAY (3 x 4 Miles)

#### Men

250:49.00 ..... Coronado Swim Association ..... 1980  
(Rob McCoy, David Stewart, Tony Drenth)

#### Women

257:57.9 ..... Northern Virginia Fun & Fitness ..... 1979  
(Kelly Parker, Debbie Zimic, Cathy Fallon)

### TEN KILOMETER SWIM

#### Men

1 Hr 54 Min 05.08 Sec ..... Dave Swenson ..... Nashville Aquatic Club ..... 1982

#### Women

2 Hrs 00 Min 48.60 Sec ..... Libby Pruden ..... Nashville Aquatic Club ..... 1982

## NOTES:

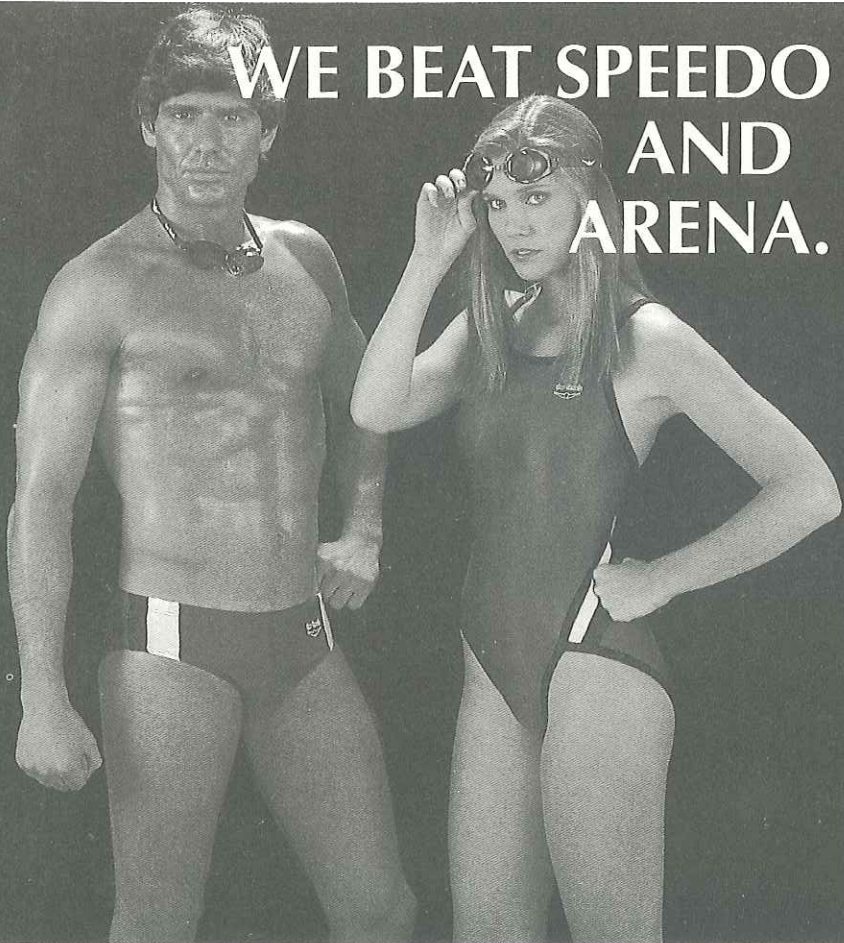
## NOTES:



## NOTES:

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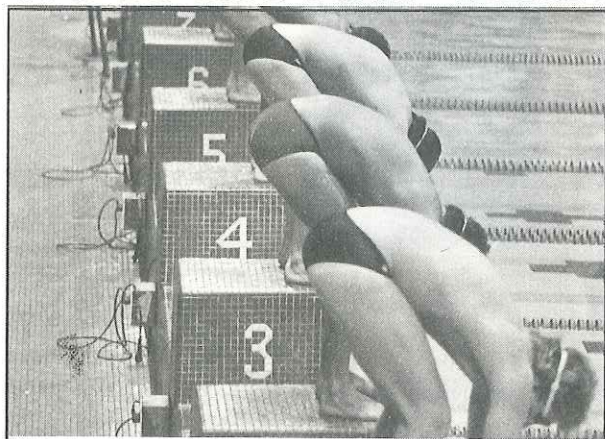
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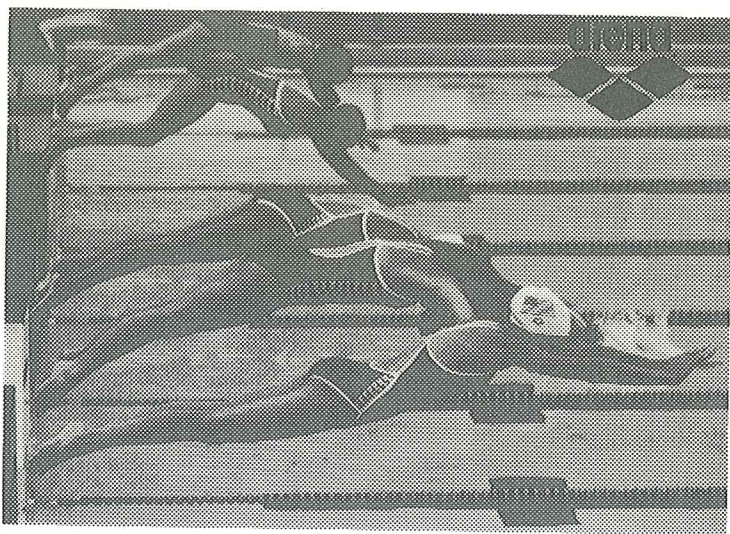
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