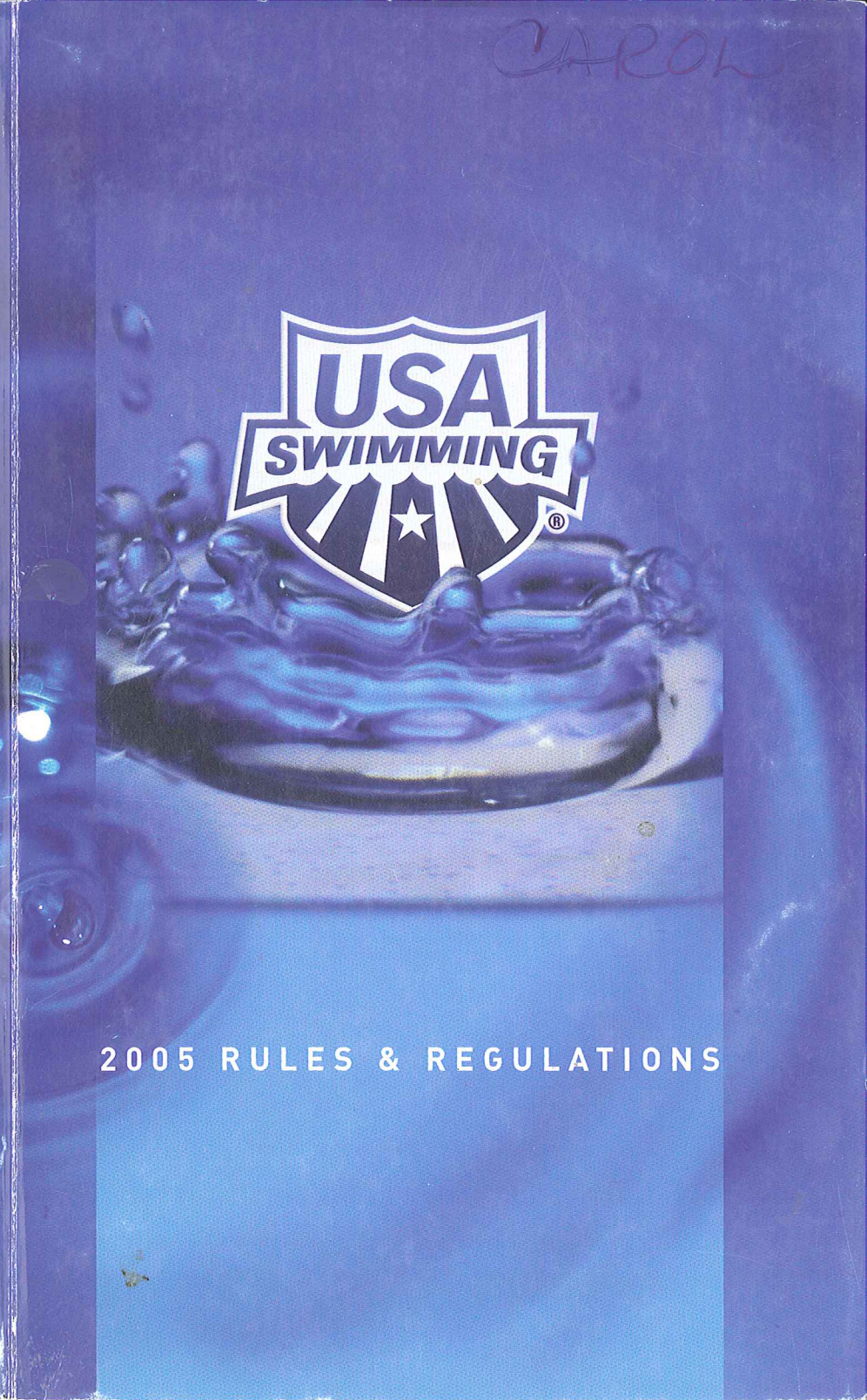


2005 RULES & REGULATIONS

MAJOR LEGISLATION AND RULE CHANGES FOR 2005

1. Rule 101.6 was modified, effective January 1, 2005, to provide for in-the-water starts.
2. Rule 102.10.10 was modified, effective June 5, 2004, to prohibit a swimmer from wearing any device that will help with pace during a race.
3. Rule 102.16.4 was modified, effective January 1, 2005, to require at least Level 2 timing for National Reportable Times.
4. Rule 207.7.3 was modified to:
   (1) increase the surcharge for spectator passes to $20;
   (2) require that all massage therapists be members of USA Swimming in the Sports Medicine category with a surcharge of $50 to apply if inclusion of the massage therapist exceeds the deck pass formula; and
   (3) revise the formula for deck passes.
5. Rule 207.8 was modified to move the 800 meter freestyle relay to Day Three of the USA Swimming Championships and the 400 meter freestyle relay to Day Four.
6. Rule 304.3.13 was modified to provide a definition of general advertising.
7. Rule 403.1 was modified to provide that in matters involving a violation of the USA Swimming Code of Conduct under Rule 304.3.11 (acts of fraud, dishonesty or deception), any complaint shall be filed with the LSC rather than the National Board of Review.
8. Part Seven, Open Water Swimming, was edited and reorganized.

United States Anti-Doping Agency (USADA)

For the latest in drug information, contact the USADA Drug Reference Line at 1-800-233-0393.

To implement the World Anti-Doping Code, FINA, USOC and USADA have all amended their anti-doping rules. The current rules are available at the offices of USA Swimming or may be found online at the following websites:

FINA	www.fina.org
USOC	www.usoc.org
USADA	www.usantidoping.org

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USA Swimming's Calendar of Events

Year	Date	Event		City
2005				
Jan.	5-9	Junior Pan Pacific Championships	LCM	Maui, Hawaii
Feb.	11-12	FINA World Cup	SCM	East Meadow, N.Y.
April	1-6	World and WUG Selection Meet	LCM	Indianapolis, Ind.
May	20-22	Grand Prix Meet	LCM	Palo Alto, Calif.
June	3, 5, 7	Open Water National Championships	OW	Fort Myers, Fla.
	9-11	Disability Championships	LCM	Minneapolis, Minn.
	10-12	Grand Prix Meet	LCM	Indianapolis, Ind.
	24-26	Grand Prix Meet	LCM	Santa Clara, Calif.
July	15-17	Grand Prix Meet	LCM	Los Angeles, Calif.
	24-31	World Championships (swimming dates)	LCM	Montreal, Canada
Aug.	2	Mutual of Omaha Duel in the Pool-USA vs. Australia	LCM	Irvine, CA
Aug.	3-7	ConocoPhillips National Championships	LCM	Irvine, Calif.
	9-13	Junior Championships	LCM	Irvine, Calif.
	11-21	World University Games	LCM	Izmir, Turkey
Sept.	13-18	USA Swimming's Annual Meetings	—	Greensboro, N.C.
Dec.	1-3	U.S. Open	LCM	Auburn, Ala.
2006				
March	28-			
Apr.	1	Spring Championships	LCM	Federal Way, Wash.
June	2, 4, 6	Open Water National Championships	OW	Fort Myers, Fla.
	TBD	Disability Championships	LCM	
Aug.	1-5	ConocoPhillips National Championships	LCM	Irvine, Calif.
Sept.	12-17	USA Swimming's Annual Meetings	—	Dearborn, Mich.
Dec.	7-9	U.S. Open	LCM	West Lafayette, Ind.

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OFFICIAL GLOSSARY

Swimming Words and Terms

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

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

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

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

APPRECIABLE — sufficient in extent to be recognized.

ATTACHED — an athlete member who represents a member club in competition after having met the requirements of Article 203.

BODY — the torso, including shoulders and hips.

CALM STATE OR SURFACE — normal level surface without turbulence.

CLOSED COMPETITION — competition open only to the members of one organization or group.

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

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

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

CONFORMING TIME — qualifying time standard that corresponds to the meet competition course.

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

COURSE — designated distance over which the competition is conducted.

LONG COURSE — 50 meters (55 yards to be recorded as 50 meters).
SHORT COURSE — 25 yards or 25 meters.

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

DECK SEEDED MEET — meet where all entries are due prior to first day of meet and swimmers must declare availability to swim prior to the scratch deadlines.

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

DRAW — random selection by chance.

DUAL COMPETITION — competition between two clubs.

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

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

EX OFFICIO — a member with full rights of membership unless otherwise limited by USA Swimming; ex officio members cannot be counted to establish a quorum.

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

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

FINALIST — one who swims in a final race.

FIRST DAY OF MEET — day on which first competitive swimming event is conducted.

FOREIGN SWIMMER — an athlete member of a FINA member-country federation, other than USA Swimming, or an athlete member of USA Swimming who is not eligible to represent the United States in international competition due to FINA sports citizenship requirements. (See Sports Citizen).

FORWARD START — a forward entry facing the course.

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

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

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

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

HORIZONTAL — parallel to the surface level of the water.

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

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

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

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

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

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

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

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

LENGTH — extent of the course from end to end.

LSC (LOCAL SWIMMING COMMITTEE) — an administrative division of USA Swimming with supervisory responsibilities within certain geographic boundaries designated by USA Swimming.

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

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

MARK — (take your) starting position.

MAY — permissive, not mandatory.

MEET — a series of events held in one program.

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

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

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

NATIONAL TIME VERIFICATION — certification of a national qualifying time made by a swimmer and issued by a verification official of the area in which the meet was held. National Time Verifications (NTVs) shall be issued for any time that equals or betters a national time standard or international trials time standard.

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

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

OPEN COMPETITION — competition which any qualified club, organization or individual may enter.

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

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

POSTAL MEET – a swimming competition conducted in multiple pool locations with results compiled in a central location.

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

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

PROPULSIVE — having power to propel.

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

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

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

REINSTATEMENT — return of all or limited rights of membership in USA Swimming.

REPORTABLE TIMES — times achieved in conformance with applicable USA Swimming rules which may be submitted to USA Swimming for recognition.

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

SCRATCH (from an event) Å\ withdraw an entry from competition.

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

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

SEEDING — EVENTS SEEDED ON THE DECK — swimmers are called to report to the clerk of course for their event on the day of the meet. After scratches are determined they are then seeded in the proper heats. **PRE-SEEDED HEATS** — swimmers are arranged in heats in events according to submitted times and heat sheets are prepared prior to the day of competition.

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

SHALL — mandatory.

SIMULTANEOUSLY — occurring at the same time.

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

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

STILL WATER — water contained within four walls, or landlocked, and has no perceptible current or movement other than that caused by wind or by other swimmers. (Circulatory systems should be off during competition.)

SUBMITTED TIMES — those filed with an entry, as having been previously achieved.

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

SUSPENSION — deprivation of all rights of membership in USA Swimming.

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 a swimmer must have previously achieved in order to compete in that event at any designated competition.

TOUCH — Contact with the end of the course.

UNATTACHED — a member who competes but does not represent a USA Swimming member club or another FINA member Federation.

USA SWIMMING — United States Swimming, Inc., an Ohio corporation.

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

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

WARNING SIGNAL — a starting pistol, bell, whistle, air horn, or other appropriate audible device.

WEBSITE — the official site maintained by USA Swimming on the internet.

OFFICIAL GLOSSARY

Open Water Swimming Words and Terms

CHECK POINT — A point along the course where a swimmer's progress is noted.

COUNTDOWN — The announcement at regular intervals of the time remaining before the start of the race.

DRAFTING OR SLIPSTREAMING — Swimming behind or next to another swimmer or support craft for the purpose of taking advantage of the reduced water resistance created by the former's wake.

ESCORT CRAFT — Boats or paddle boards used for the swimmers' safety and logistical support.

FINISH POINT — The physical location where the race terminates.

GREASE — Substance used by the swimmers to reduce friction or reduce the loss of body heat during a swim.

INDIVIDUAL SWIM — An individual unpaced and uncontested swim for time and/or distance, not normally considered to be part of a competitive race. Equivalent to a time trial or a record attempt against time in pool swimming.

LEAD BOAT — The boat used as a course guide for the swimmers, usually following the course a short distance in front of the leading swimmer.

NAVIGATIONAL AID — A device used to accurately measure and establish a course to be swum.

OPEN WATER SWIMMING — any competition that takes place in rivers, lakes or oceans.

PACING — An attempt by a person not participating in the race to enter water with the intent of providing moral support or otherwise assisting a swimmer in setting the tempo of the race.

PADDLER — A person on a paddle board or manually propelled craft who supports a swimmer or group of swimmers.

MEDICAL EVACUATION PLANS — Written plans for the procedures to be followed in the event of an emergency or need for medical intervention.

SUPPORT PERSONNEL — Persons in the swimmer's escort craft who provide for feeding, navigating, coaching and other supporting activities for a swimmer.

TURN — A point on the course where the swimmers reverse or change direction of the swim.

VENUE — Geographical area and environs where the swim is conducted.

WAVE — The second or subsequent start used if the start area cannot accommodate all contestants at the same time.

PART ONE

TECHNICAL RULES

Except as otherwise noted, all provisions under Part One, the Technical Rules, are effective beginning May 15, 2005, and until changed. Rules in effect on the first day of a meet shall govern throughout that meet.

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

It is recommended that the LSC and regional short course and long course championships be held annually and that they be conducted under the rules governing national championships (Article 207), subject to available facilities and personnel. Events other than such championships may use Article 207 as a guide, subject to local conditions and preferences.

It is not the purpose of the Rules and Regulations of USA Swimming (the national governing body) contained herein to set standards of care for the safety of the swimmer. The swimmer, the swim coach, the swim club and the local public entity or pool owner should address safety considerations where events are held.

ARTICLE 101
INDIVIDUAL STROKES AND RELAYS

101.1 BREASTSTROKE

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

.2 **Stroke** — From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast. The arms shall move simultaneously and in the same horizontal plane without any alternating movement. The hands shall be pushed forward together from the breast, on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and the last stroke at the finish of the prescribed distance. The hands shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hipline, except during the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

.3 **Kick** — All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outward during the propulsive part of the kick movement. A scissors, flutter, or downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.

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

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

101.2 BUTTERFLY

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

.2 **Stroke** — After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.

.3 **Kick** — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.

.4 **Turns** — At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

.5 **Finish** — At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

101.3 BACKSTROKE

.1 **Start** — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Prior to the starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water, where they shall remain until the starting signal. Standing in or on the gutter or bending the toes over the lip of the gutter before or after the start is prohibited.

.2 **Stroke** — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.

.3 **Turns** — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall.

.4 **Finish** — Upon the finish of the race, the swimmer must touch the wall while on the back. The body may be submerged at the touch.

101.4 FREESTYLE

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

.2 **Stroke** — In an event designated freestyle the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

.3 **Turns** — Upon completion of each length the swimmer must touch the wall.

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

101.5 INDIVIDUAL MEDLEY — The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

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

.2 **Stroke** — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.

.3 **Turns**

A Intermediate turns within each stroke shall conform to the turn rules for that stroke.

B The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

(1) **Butterfly to backstroke** — The swimmer must touch as described in 101.2.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.

(2) **Backstroke to breaststroke** — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

(3) **Breaststroke to freestyle** — The swimmer must touch as described in 101.1.5. Once a legal touch has been made, the swimmer may turn in any manner.

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

101.6 RELAYS

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

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

.3 **Rules Pertaining to Relay Races**

A No swimmer shall swim more than one leg in any relay event.

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

C In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.

D Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.

E Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.

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

G In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.

ARTICLE 102
CONDUCT AND OFFICIATING OF ALL SWIMMING COMPETITION

102.1 EVENTS — Meets should be planned to terminate within a maximum period of eight (8) hours of competitive events for any group of swimmers in any one day and to provide adequate meal, rest breaks and properly supervised sheltered rest areas. Refer to 205.3.1 F for additional provisions.

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

Short Course Events

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

Long Course Events

50-meter freestyle
100-meter freestyle
200-meter freestyle
400-meter freestyle
800-meter freestyle
1500-meter freestyle
100-meter backstroke
200-meter backstroke
100-meter butterfly
200-meter butterfly
100-meter breaststroke
200-meter breaststroke
200-meter individual medley
400-meter individual medley
400-meter freestyle relay
800-meter freestyle relay
400-meter medley relay

.2 **AGE GROUP EVENTS** — Competitions may be composed of events selected from the following recognized list of events or other such events/meet types as may be sanctioned by the LSC.

10 Years and Younger
50, 100, 200, 400/500 freestyle
50, 100 backstroke
50, 100 breaststroke
50, 100 butterfly
100, 200 individual medley
200 medley relay
200 freestyle relay

11, 12 Years
50, 100, 200, 400/500, 800/1000, 1500/1650 freestyle
50, 100, 200 backstroke
50, 100, 200 breaststroke
50, 100, 200 butterfly
100, 200, 400 individual medley
200, 400 medley relay
200, 400 freestyle relay

13, 14, 15, 16, 17, 18 Years
50-100-200-400/500, 800/1000, 1500/1650 freestyle
100, 200 backstroke
100, 200 breaststroke
100, 200 butterfly
200, 400 individual medley
200, 400 medley relay
200, 400, 800 freestyle relay

.3 **OPEN WATER AND LONG DISTANCE POOL EVENTS** — The following events are recommended for Sectional, Zone, and LSC competitions. Competitions my be composed of events selected from the following list of events or other such events/meet types as may be sanctioned by the LSC. *See Open Water Meet Manager's Guide for additional options.*

10 Years and Younger
1 kilometer open water
800/1000—pool

11, 12 Years
1, 3, 5 kilometer open water
1600/2000—pool

13, 14, 15, 16, 17, 18 Years
1, 3, 5, 10 kilometer open water
2400/3000—pool

Senior
5, 10, 25 kilometer open water
4000/5000—pool

.4 **CONSOLIDATED EVENTS** — As a local option, an LSC may sanction freestyle events 400 meters/500 yards and longer, 200-yard/meter backstroke, breaststroke and butterfly and the 400 individual medley seeded as a single event, without regard to swimmers' ages or gender, in the order of submitted entry times. Places, awards, and published results for these events may be separate for each age group and gender.

102.2 ENTRIES - GENERAL RULES

.1 In order to compete in a meet a swimmer must be entered in compliance with the event entry requirements stated in the meet announcement.

.2 In a preliminaries and finals meet a swimmer may compete in not more than three (3) individual events per day.

.3 In a timed finals meet a swimmer may compete in not more than five (5) individual events per day.

.4 If, due to conditions beyond the meet officials' control (e.g., a thunderstorm), an event or events are postponed to a subsequent day of the meet, such postponed events shall not be included in the above events-per-day limitations.

.5 In a meet where a combination of preliminary and final events and timed finals are scheduled, a swimmer may compete in not more than three (3) individual events per day, unless entered exclusively in timed final events that day.

.6 The above limitations on individual events apply regardless of the classification mixture or if separate meets or time trials are being conducted. These, and additional limitations on entries which may be established by the LSC's sanction or approval, shall be clearly stated in the meet announcement.

.7 In a mixed classification meet a swimmer may enter the same stroke and distance individual event in an age group and any other classification, provided the limit of events per day for the type of meet is not exceeded. The same entry time must be used for all repetitive entries.

.8 If a meet or an event has no qualifying time standards, a swimmer who has no official time for an event may enter that event with no submitted time.

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

102.4 RELAYS

.1 Relay teams shall not compete unattached. In all cases relay teams must be composed of USA Swimming members of the same club, school or organization which is a member of USA Swimming. This requirement does not apply to relay teams representing an LSC at a Zone meet, or teams competing at the Olympic Festival and similar USA Swimming sanctioned or approved meets.

.2 Relays may be conducted on a timed final basis or with preliminaries and finals.

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

.4 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.

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

.6 The composition of a relay team may be changed between preliminaries and finals, except that all members competing on a relay team disqualified during preliminaries shall be barred from further competition in that event.

.7 First and last names of eligible relay swimmers, their ages, and order of swimming shall be submitted on a Relay Entry form to the clerk of course (if used) or to the head lane timer. Any

changes in names of the competing swimmers or their order of swimming must be declared to the Head Lane Timer prior to the start of the heat in which such relay team is entered. 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.

102.5 LANE ASSIGNMENTS — SEEDING — COUNTERS — ORDER OF HEATS

.1 **Preliminary Heats When Finals are Scheduled** — In order to assure seeded positions, the best competitive times of all entries must be submitted. These times shall be assembled (listed) by the meet committee with the fastest swimmer first and the slowest swimmer last. Swimmers whose submitted times are identical should be assigned places in the list by draw. Swimmers with no submitted times shall be considered the slowest and shall be placed at the end of the list by draw. Swimmers shall be seeded in lanes under the procedure outlined for finals seeding in 102.5.3. Swimmers shall be seeded in heats according to submitted times in the following manner:

A **Fewer than three heats**

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

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

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

C **Four heats or more** — The last three heats of an event shall be seeded in accordance with B above. The heat preceding the last three heats shall consist of the next fastest swimmers; the heat preceding the last four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in 102.5.3.

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

.2 **Swim-Offs** — A swim-off is considered to be part of the total preliminary process of qualifying for the finals. In no case may a swimmer with a faster time displace another who placed ahead of him within a heat as the result of a decision by the referee or place judges in accordance with Section 102.16.6. If this situation results in disputed qualifications, all swimmers having times tied or within the disputed times shall swim-off to qualify for the disputed place or places in the final. The swim-off shall be timed and judged in the same manner as the original event unless a subsequent timing system malfunction requires that an adjustment be made. The official time for the swimmers involved shall be the time set in the original preliminary heat. This elimination may be held at any time set by the Referee, but not more than 45 minutes after the last heat of any event in which any one of these swimmers is competing in that session. In the case of a disqualification in a swim-off the swimmer so disqualified is rel-

egated to the lowest qualifying position for which he/she is competing. Disqualification in a swim-off for a qualifying position in the A (championship) finals shall not eliminate a swimmer from eligibility to compete in the accompanying B (consolation) finals. If disqualifications leave a vacancy for the full complement of finalists, swim-offs shall be continued among the disqualified swimmers until a full complement of finalists is assured.

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

.3 **Finals** — In finals, the times to be considered are those times made in preliminary heats. If any qualifying swimmers have the same time their respective lanes shall be determined by draw. Lane assignments shall be made in descending order of qualifying times by placing the fastest swimmer or team in the center lane in a pool with an odd number of lanes, or in lanes 3, 4, or 5 respectively in pools having 6, 8, or 10 lanes. The swimmer having the next fastest time is to be placed in the lane to the left, then alternating the other swimmer(s) to the right and left in accordance with the submitted times. *(see chart below.)*

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

.4 **Timed Finals**

A **Heats** — In order to assure seeded positions, the best competitive times of all entries must be submitted. The last heat shall be composed of the swimmers with the fastest submitted times, the next to last heat composed of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in .3 above. When there are two or more heats there shall be a minimum of three swimmers or relay teams seeded into the first heat. The last heat should be a full heat, but the requirement of seeding three swimmers or relay teams into the first heat may result in failure to fill the last heat.

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

.5 **Seeding of 50 meter events in a 50 meter course** — 50 meter events swum in a 50 meter course shall be seeded as provided above. If the event is started at the turning end of the course, no change in the lane numbering shall be made, i.e., the lanes shall be numbered the same on both ends of the course.

.6 **Counters**

A A swimmer in any individual freestyle event 16 lengths or more may appoint one counter to call lengths or indicate lengths by visual sign.

B Verbal counters shall be limited to one per swimmer and shall be stationed at the end of the course opposite the starting end. They may use watches and signal intermediate times to the swimmer.

C If visual counters are used, they may be stationed at the end or either side of the pool, beyond the halfway point toward the end of the course opposite the starting end. Visual counters may be lowered into the water at the end of the swimmer's lane, provided that, in the opinion of the Referee, they neither physically aid the swimmer or interfere with another competitor or present any safety hazard.

D The count may be in ascending or descending order.

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

.7 **Order of Heats**

A Preliminary Heats and Timed Finals — The normal order of heats may be reversed by swimming the fastest heats first. Women's and men's heats may be alternated.

B Finals — The order of heats during the finals of a preliminaries and finals meet may be reversed, with the B and C (consolation and bonus) heats, if any, swum following the A (final) heat. In the event of scratches, the empty lanes may be filled by moving the swimmers up in order from the slower heats and by using the available alternates in the slowest heat without reseeding the heats.

C All above changes in the order of heats shall be stated in the meet information.

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

102.7 SCORING

.1 **Dual Meets**

Individual events: 5-3-1-0 Relays: 7-0

.2 **Triangular meets**

Individual events: 6-4-3-2-1-0 Relays: 8-4-0

.3 **All other meets** — Individual events (Individual point values shall be doubled for relays):

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

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

6-lane pools: (12 places):
A (final): 16-13-12-11-10-9
B (consolation): 7-5-4-3-2-1

9-lane pools (18 places):
A (final): 22-19-18-17-16-15-14-13-12
B (consolation): 10-8-7-6-5-4-3-2-1

7-lane pools (14 places):
A (final): 18-15-14-13-12-11-10
B (consolation): 8-6-5-4-3-2-1

8-lane pools (16 places):
A (final): 20-17-16-15-14-13-12-11
B (consolation): 9-7-6-5-4-3-2-1

10-lane pools (20 places):
A (final): 24-21-20-19-18-17-16-15-14-13
B (consolation): 11-9-8-7-6-5-4-3-2-1

.4 **LSC Options** — For mixed classification meets, non-standard events, or when an additional (bonus) heat or only a single championship final heat is swum in some or all of the events, the LSC sanctioning the meet shall establish the scoring point values to suit the format of the meet. These point values shall be stated in the meet information.

.5 **Ties** — Where two or more swimmers tie for any place in any event the points credited to such place or places, if any, next in order shall be equally divided between such swimmers; i.e., if two tie for first place, the points to be credited to first place and the points to be credited to second place shall be added and divided one-half and one-half. If three tie for first place, the points credited to first, second and third places shall be added and divided one-third, one-third and one-third, and so on for four or more tying for first place. The same is true for those tying for second place, third place, and whatever places there may be.

.6 **Disqualifications** — When a relay team or individual swimmer is disqualified, the subsequent places will move up accordingly and points shall be awarded to conform to the new places. Consolation finalists shall not receive championship final placing. Alternates shall not receive consolation final placing.

102.8 CHANGE OF PROGRAM AND POSTPONEMENT

.1 The order of events, as stated in the meet announcement, shall not be changed. The announced arrangement of heats in any event shall not be added to or altered, except by the authority of the Referee, to the extent of consolidating the heats.

.2 At the Meet Referee's discretion, events may be combined by age, gender, distance, and/or stroke provided there is at least one empty lane between such combined events.

.3 The entry provisions and starting time of any event, meet or portion thereof shall stand as stated in the meet announcement (except as permitted under .4 below) and may not be changed to an earlier time or date unless written notice of such change is delivered to each affected swimmer or his/her coach. If mailed, such notice must be postmarked no later than the entry deadline date stated on the meet announcement, and if lack of time prohibits mail notification, each affected swimmer must voluntarily agree in writing that they has been notified and is in accord with such change. Any affected swimmer or their coach may and should file a written protest with the Referee prior to running of event or meet if they do not agree to such change in time or date.

.4 **Postponement or Cancellation**

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

B Should a meet or event have actually commenced, and in the judgment of the Referee cannot safely and effectively continue because of weather conditions, or for some other compelling reason, the Referee, in his/her sole discretion, may suspend the meet or event until conditions warrant continuance. If circumstances do not warrant continuance,

the Referee may cancel the meet or event, or postpone it to a future date or time, with the approval of the meet committee.

C A decision to cancel or postpone shall be final.

D Should an event have actually commenced but is terminated prior to an official finish, and is postponed to another time or date, it shall then be conducted between the swimmers who were officially competing in the event at the time of the termination.

E Entry fees for teams or swimmers may be refunded, in whole or part, at the discretion of the meet committee, upon cancellation of a meet or particular event. The decision of the meet committee on refunding may be appealed to the LSC Review Section for hearing under the provisions of Article 401.

102.9 SWIMWEAR

.1 **Design** — The swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate. The Referee shall have authority to bar offenders from competition until they comply with this rule.

.2 **Insignia** — Swimmers may wear the insignia and/or name of the club or organization they represent or of which they are a member and the insignia of their FINA National Federation or Organizing Committees for Olympic, World, Continental or Regional Championships, except as otherwise provided in 202.6.3 for international competition and in FINA rules GR6 and GR7. Swimmers shall not be allowed to wear the insignia and/or name of any club or organization which they are not entitled to represent in open competition, if such action is objectionable to that club or organization.

.3 **Advertising**

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

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

102.10 DISQUALIFICATIONS

.1 A disqualification can be made only by the official within whose jurisdiction the infraction has been committed. Except for the relay take-off judges when dual confirmation relay take-off judging, as provided in 102.15.6B, is used, the Referee, stroke, turn, or relay take-off judge upon observing an infraction, shall immediately raise one hand overhead. If the official does not do so, there shall be no disqualification unless the Program Operations Vice President has directed that the meet be conducted under FINA procedures.

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

.3 Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee.

.4 A swimmer must start and finish the race in the same lane.

.5 Standing on the bottom during a freestyle race shall not disqualify a swimmer, but a swimmer must not leave the pool, or walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification.

.6 Obstructing another swimmer by swimming across or otherwise interfering shall disqualify the offender, subject to the discretion of the Referee.

.7 Any swimmer not entered in a race who enters the pool or course in the area in which said race is being conducted before all swimmers therein have completed the race shall be barred from the next individual event in which that swimmer is entered on that day or the next meet day, whichever is first.

.8 Dipping goggles in the water or splashing water on the competitor's face or body prior to an event shall not be considered as entering the pool unless the Referee finds that such action is interfering with the competition.

.9 Should a foul endanger the chance of success of a swimmer(s), the Referee may allow the affected competitor(s) to reswim the event. In case of collusion to foul another swimmer, the Referee may, at his/her discretion, disqualify the swimmer for whose aid the foul was committed, as well as the swimmer doing the fouling.

.10 No swimmer is permitted to wear or use any device or substance to help his/her speed, pace or buoyancy during a race. Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee.

.11 Grasping lane dividers to assist forward motion is not permitted.

.12 For relay disqualifications, refer to 101.6.3.

.13 The time and/or place of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event. If awards have been made prior to the decision to disqualify they shall be returned and made to the proper recipient(s) and if points have been scored by those disqualified the event shall be rescored.

.14 Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.

102.11 PROTESTS

.1 Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decision shall be final.

.2 For consideration of all other protests lodged at the meet, the Referee may appoint a meet jury. The jury shall consist of not fewer than three (3) and not more than five (5) persons, at least one of whom shall be a coach and one an athlete.

.3 Protests made prior to the race contesting the eligibility of a swimmer to compete or to represent an organization shall be made to the Referee in writing. If a protest is not resolved, the Referee or the meet jury shall allow the swimmer to compete under protest and it shall be so announced before the race.

.4 All other competition-related protests, including protests concerning eligibility and representa-

tion, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred.

.5 Except as provided in 102.11.1, the Referee's or the meet jury's ruling may be appealed as follows:

A. Protests concerning interpretation of the rules in Part One and Part Seven of the USA Swimming Rules and Regulations shall be submitted in writing within ten (10) days to the Chairman of the USA Swimming Rules & Regulations Committee who shall issue a ruling within five (5) days from the date of the receipt of such protest. This ruling shall be final and binding on all parties.

B. All other protests, together with the Referee's or the jury's written decision, shall be submitted to the General Chairman, or designee, of the sanctioning LSC or, in the case of a national championship or trials class meet, to the National Board of Review, in accordance with the Hearings and Appeals Section of the USA Swimming Rules and Regulations.

.6 The official results of any protested race shall not be announced, the affected awards shall not be given, and points scored shall not be allocated until the protest is resolved or is withdrawn in writing.

102.12 OFFICIALS

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

.2 All officials acting in the capacity of Referee, Starter, or Stroke and/or Turn Judge at a swimming meet shall be certified in such position by their LSC prior to being assigned to officiate in that capacity. Uncertified trainees may perform the duties of such positions when they are under the direct supervision of a certified official. See 202.3.3 for USA Swimming membership requirements.

.3 For all swimming meets or time trials except dual meets there should not be fewer than the following officiating positions filled or approved by the LSC in authority. Officials other than the Referee may act in more than one officiating capacity only when sufficient qualified officials are not available, but no one may simultaneously time and judge the order of finish.

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

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

1 Referee, who may also act as a stroke and turn judge.
1 Starter
1 Other stroke and turn judge (may be the Starter)
2 Recorders — one from each team.
1 Announcer.

(continued on next page)

3 Timers for each lane (one minimum if automatic timing equipment with touchpads is used)
1 Timing Judge
2 Place judges (optional if automatic or semi-automatic timing equipment is used)
Relay take-off judges (if applicable)
Timing Equipment Operators (as needed)
Marshal(s) (number determined by the LSC)
The visiting team may furnish officials as a courtesy, not a requirement.

.5 Officials For USA Swimming Championships

A Officials for USA Swimming championship meets shall be assigned by the National Officials Chairman with the approval of the Program Operations Vice President.

B The following officials shall be required and assigned for all USA Swimming championship and team selection trials competitions:

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

C In addition to the officials listed above, assistant referees, assistant chief judges, one additional stroke judge per each side of the pool and relief personnel may be assigned. In the event of insufficient officials, the Referee may modify or combine assignments, subject to the provisions of 102.12.3.

D Additional Required Meet Personnel

1 Clerk of Course
1 Announcer
2 Timing Equipment Operators
1 Computer Operator

102.13 REFEREE

.1 Shall have full authority over all officials and shall assign and instruct them; shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules; can overrule any meet official on a point of rule interpretation, or on a judgment decision pertaining to an action which the Referee has personally observed.

.2 The Referee has the authority to disqualify a swimmer(s) for any violation of the rules that the Referee personally observes and, except for false starts, shall at the same time raise one hand overhead. If the Referee does not make such a signal there shall be no penalty.

.3 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.

.4 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.

.5 For LSC and local records only, may assign three (3) additional official timers on request to record a record attempt at initial distances in accordance with 102.16 and 104.2.1 D.

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

.7 May prohibit the use of any device that disrupts or interferes with the meet, such as a laser pointing device or artificial noisemaker.

.8 May modify any rule for a competitive swimmer who has a disability. Such modification shall be in accordance with Article 105 of the USA Swimming Rules and Regulations.

.9 When the meet sanction allows conducting the events by starting them from the alternate ends of a 50-meter course, the Referee shall establish the necessary administrative and officiating procedures to conform to Part One of the rules and local conditions.

.10 Refer to 102.11 concerning protests.

102.14 STARTER

.1 **Equipment** — Loudspeaker start system conforming to 103.15, with or without an underwater recall device, and an electronic strobe signal as provided in 105.3 shall be the preferred starting device. A .22 caliber starting pistol may be used.

.2 **Preparation** — The Starter shall stand within ten feet of the starting end of the pool and upon signal from Referee, shall assume control of swimmers until a fair start has been achieved.

.3 **Optional Instructions** — The Starter may:

A Announce the event;

B Advise the heat when a swimmer will be attempting to achieve a time at an initial distance.

C For backstroke event starts, give the command, "Place your feet."

.4 **The Start**

A At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take and maintain their positions on the starting platform, the deck, or in the water. In backstroke and medley relay events, at the Referee's first long whistle the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position (101.3.1).

B When the swimmers and officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control.

C On the Starter's command "take your mark", the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or on the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal.

D When a swimmer does not respond promptly to the command "take your mark", the

Starter shall immediately release all swimmers with the command "Stand up" upon which the swimmers may stand up or step off the blocks.

.5 **False Starts**

A Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "Stand up" command and may step off the blocks. The Starter shall restart the race upon signal by the Referee.

B If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Referee independently observes and confirms the starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be notified of the disqualification upon completion of the race.

C If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.

D Declared false start: swimmers reporting to the Referee prior to the start of their race and declaring their intent not to compete will be disqualified except as noted in 207.7.9D.

.6 **Warning Signal** — With the exception of relays, in events 500 yards or longer the Starter or a designee shall sound a warning signal over the water at the finish end of the lane of the lead-ing swimmer when that swimmer has two lengths plus five yards or five meters to swim. As an alternative, a bell warning signal may be given over each lane by a lane judge or timer in that lane.

.7 **Deliberate Delay or Misconduct**

A Any swimmer, who delays the start by entering water or by willfully or deliberately disobeying a command to step on the blocks or to take a starting position, or for any other misconduct taking place at the start, may be disqualified from the event by the Starter with concurrence of the Referee.

B The Referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of his/her heat.

C Such disqualifications shall not be charged as a false start.

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

.1 **Chief** — An overall "Chief Judge" may assign and supervise the activities of all stroke, turn, place and take-off judges and may report their decisions, or if desired any judging category may have a designated "Chief". Any "Chief" may act as liaison for the judges and may serve simultaneously in one of the judging positions and shall assign those judges within the "Chief's" category.

.2 **Place Judge** — At the discretion of the Referee, two place judges — one on each side of the course — shall be stationed near the finish and each shall judge the order of finish of all swimmers. A place judge shall record a tie if a place distinction cannot be made. Judging results shall be used only in accordance with 102.16.6C in determining the order of finish.

.3 **Stroke Judge** — Shall operate on both sides of the pool, preferably walking abreast of the swimmers during all strokes except freestyle, during which events they may leave poolside, at

the Referee's discretion; shall ensure that the rules relating to the style of swimming designated for the event are being observed; and shall report any violations to the Referee on signed slips detailing the event, the heat number, the lane number, the swimmer's name and the infraction.

.4 **Turn Judge** — Shall operate on both ends of the pool; shall ensure that when turning or finishing the swimmer complies with the turning and finishing rules applicable to the stroke used; and shall report any violations to the Referee on signed slips detailing the event, the heat number, lane number, the swimmer's name and infraction observed.

.5 **Jurisdiction of Stroke and Turn Judges** — Before the competition begins the Referee shall determine the respective areas of stroke and turn responsibility and jurisdiction, which may include joint, concurrent, and coordinated responsibility and jurisdiction. The Referee shall insure that all swimmers shall have fair, equitable, and uniform conditions of judging.

.6 **Relay Take-Off Judges** —

A. Relay take-off judges shall be assigned by the Referee and shall stand so that they can clearly see both the touch of the incoming swimmer(s) and the feet of the departing swimmer(s) as they leave the starting platform, and shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.

B. If dual relay take-off judging is used, the lane and side take-off judges shall independently report infractions in writing without the use of the infraction hand signal. A relay will be disqualified only if the lane take-off judge has reported an infraction and the assigned side take-off judge has confirmed the same infraction.

C. When automatic relay exchange judging equipment is in use, the system printout will provide the information to judge relay exchanges. Integrated back-up timing cameras may be reviewed by the Referee to confirm the automatic system's results. When back-up timing cameras are not available, the Referee will determine the confirmation process.

.7 **Infraction Signal** — See 102.10.1 DISQUALIFICATIONS for the infraction signal.

102.16 TIMING

.1 **Timing Systems** — Every race in a swimming competition shall be timed with one or more of the following systems, listed in their preferred order of use:

A **Automatic** — A timing system that is started by an electric impulse generated by a starting device or a transducer capable of detecting a gun report and stopped at the finish by the swimmer touching the touchpad.

B **Semi-Automatic** — A timing system that is started by an electric impulse generated by a starting device or transducer capable of detecting a gun report and stopped by buttons pushed by timers at the finish touch of the swimmer.

C **Manual** — A timing system consisting of individual lane timers, each operating a manual watch that is both started and stopped by the timer as described in 102.16.3C. Only hand-held, battery powered, digital read-out type watches designed for timing pur-poses shall be used.

.2 **Timing System Designation** — Timing systems shall be designated in the order in which results are used as follows:

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

(1) Automatic Timing.

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

(3) Manual, with three (3) or two (2) watches per lane, each operated by a separate timer.

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

(1) Back-up timing cameras recording a minimum of 100 images per second. The cameras must be fully integrated with the timing system.

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

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

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

.3 **Timing Personnel and Their Duties** —

A **Chief Timer** — The Chief Timer shall:

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

(2) On the starting signal, start a watch(es) on every race. The time of this watch shall be used if a Lane Timer's watch fails.

(3) Be responsible for delivering all manual watch times, including those of disqualified swimmers, to the Timing Judge.

B **Head Lane Timer** — The Head Lane Timer shall:

(1) Determine whether the swimmer or relay team is present and in the correct lane, heat and event, and that relay swimmers are swimming in the order listed.

(2) Determine and record manual watch times or the absence of a swimmer or the relay team seeded in that lane.

(3) Assign one timer to time relay splits and initial distance times if requested by the Chief Timer.

(4) Report if the swimmer has delayed in touching or has missed the touch pad at the finish, or if there is reason to believe the semi-automatic or manual times may be inaccurate.

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

(1) Be in position at the start to have an unobstructed view and shall start the watch at the instant of observing the visual starting signal. If the visual starting signal is not observed, the watch shall be started upon hearing the sound of the starting signal.

(2) Stand directly over the assigned lane at the finish to observe a touch above, at, or below the surface of the water and stop the watch and/or push the semi-automatic system button when any part of the swimmer's body touches the wall.

(3) Report the watch time to the Head Lane Timer or the designated recorder, report if a late or missed pad touch is observed; and, if requested, present the watch for inspection. Lane Timers shall not clear their watches until a command to "clear watches" is given or the Referee signals that the next heat is ready to start.

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

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

(1) Receive and review the automatic and/or semi-automatic timing results from the Timing Equipment Operator and compare primary timing results with the back-up timing results to determine their validity.

(2) Receive the times recorded by the Head Lane Timers from the Chief Timer and use those times to the extent needed to determine the official time for each swimmer.

(3) Notify the Referee whenever a time obtained by the primary timing system cannot be used as the Official Time.

(4) Record disqualifications approved by the Referee. A written record of all disqualifications signed by the Referee shall be given to the Recorder.

F **Recorder** — The Recorder shall:

(1) Record the Official Times and disqualifications;

(2) Determine the official Order of Finish;

(3) Publish the results; and

(4) May also determine the score of the meet.

.4 **Requirements for Official Time**

A **Performance Requirements**

(1) An official time can be achieved only in USA Swimming sanctioned or USA Swim-

ming approved competition, or in an observed swim in accordance with all applicable rules. It may be achieved in:

(a) A preliminary or final heat.

(b) A swim-off held to determine qualifiers or alternates for consolation or final heats.

(c) A lead-off leg in a relay.

(d) A split time recorded from the official start to the completion of an initial distance with a legal finish within a longer event, provided the swimmer completes the event or the lead-off portion of the relay in compliance with applicable rules.

(e) A time trial or a record attempt.

(2) An official time for an event or a stroke can be achieved only in that event or stroke, or in an initial distance of such event or stroke (e.g. a backstroke time must be achieved in a backstroke event or the backstroke leg of a medley relay). Regardless of the stroke(s) used, times achieved in freestyle events can be recorded only as freestyle times.

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

PRIMARY TIMING SYSTEM	USE OF OFFICIAL TIME
LEVEL 1 Automatic Timing for all purposes.	- World, American and U.S. Open Records; - Initial distance splits and relay lead-off times
LEVEL 2 Semi-Automatic with 3 buttons	- NTVs for 50m distances in a 50m pool; - National age group records; - National reportable times
LEVEL 3 Semi-Automatic with 2 buttons, or Manual with 3 watches	- NTVs, except for 50m distances in a 50m pool; - LSC and other local records, unless prohibited by the LSC; - Initial distance splits and relay lead-off times for age group time standards (A, B, C times, etc.)
LEVEL 4 Manual with 2 watches	- Zone, Regional, or LSC sponsored meet time standards, unless Timing System Level 3 is specified; - Age group time standards (A, B, C times, etc.)

C **System Requirements for Specific Purposes**

(1) The official time may be used for the purpose listed only if timed by a timing system of at least the level required for that use.

(2) World records can be established only when timed by an automatic timing system, or a semi-automatic system if the automatic system malfunctions.

(3) A backup time adjusted for timing system differences as described in Section 102.16.5 may be used as an official time equal to the level of the timing system for which it has been adjusted.

D **Backup Timing System Requirement** — Except when the primary system consists of watches, backup timing shall be provided for all competitors. No swimmer shall be required to reswim a race due to equipment failure which results in unrecorded or inaccurate time or place. It is the meet director's responsibility to provide the proper timing systems so that swimmers can expect to achieve official times that will satisfy the requirements of 102.16.4C.

E **Use of Secondary and Tertiary Times** — Secondary and tertiary times shall be recorded but shall not be used except to corroborate or correct missing or inaccurate primary/secondary results.

.5 **Determination of Official Time**

A **Automatic Timing** — When recorded by properly operating automatic timing equipment, the pad time shall be the official time.

B **Semi-Automatic and Manual Timing** — Whenever semi-automatic or manual timing is used, the times shall be determined as follows:

(1) If two of the three button or watch times agree, that shall be the time for that timing system.

(2) If all three buttons or watches disagree, the time of the intermediate button or watch shall be the time for that timing system.

(3) If only two button or watch times are available, the time shall be the average of those two button or watch times. The digits representing thousandths of a second shall be dropped with no rounding.

(4) If only one button or watch time is available, the time of that button or watch shall be the time for that timing system.

C **Primary Timing System Malfunction** — May have occurred if:

(1) The difference between the time obtained by the primary system and the back-up system(s) is .30 seconds or more.

(2) A late or missed touch is reported by an official observing the finish.

D **Adjustment for the Timing System Difference** — When the Referee determines that there is a malfunction of the primary timing system, the back-up time(s) shall be adjusted for the timing system difference prior to integrating them with accurate primary times in establishing the official times and determining the order of finish. The adjustment for timing system difference may be incorporated into the automatic or semi-automatic system by design or may be determined by calculating the consistent average difference between the primary and back-up systems used at that meet.

E **Adjustment for Malfunction on a Lane** — When a malfunction is confirmed on a lane, the back-up times for that lane shall be adjusted by calculating the average difference between valid primary and valid back-up times of the other lanes in that heat, or if necessary, using times from heats immediately preceding and/or following the heat. This

(continued on page 41)

Table 1 — EXAMPLE (LANE MALFUNCTION):

Primary - Automatic;
Secondary - Semi-automatic, three buttons (intermediate button time shown **bold**)
Tertiary - Manual, one watch.

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

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

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

Table 2 — EXAMPLE (HEAT MALFUNCTION):

Primary - Automatic (Late manual start confirmed);
Secondary - Semi-automatic, three buttons (button time not valid);
Tertiary - Manual, one

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

*Adjustment calculation:

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

shall be done by adding, or subtracting when appropriate, that average difference to the valid back-up time of the lane where the malfunction occurred. *(see Table 1 on page 40)*

F **Adjustment for Malfunction Equally Affecting an Entire Heat** — When, because of an early or late start, or other equipment or operator malfunction, the time of the automatic or semi-automatic primary timing system is equally incorrect for all the lanes in a heat, but the order of finish and thus the absolute difference of time between the swimmers is accurate, the times of the primary system shall be adjusted by calculating the average difference between the primary times and the valid back-up times and adding, or subtracting when appropriate, that difference to the primary times of every lane in that heat. *(see Table 2 on page 40)*

.6 **Determining Order of Finish** —

A **Place and Ranking** — The order of finish shall be by integration of official times including those times adjusted in accordance with 102.16.5.

B **Ties** — official times identical to the hundredths shall be ties, with swim-offs as required to determine qualifiers or alternates for consolation or final heats.

C **Judging** — Judging shall only be used to change the order of finish produced by ranking the Official Times if:

(1) the swimmers competed in the same heat,

(2) times obtained from properly operating automatic timing equipment are not available, and

(3) both Place Judges observed a different relative order of finish and made a written record of their observation immediately following the conclusion of that heat.

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

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

(1) In timed finals meets and the finals of preliminaries and finals meets, such placement by judges decision (JD) shall be indicated in the meet results and shall determine the order of finish.

(2) In the preliminaries of preliminaries and finals meets, in no case may a swimmer with a faster time displace a swimmer who was judged to have placed ahead of him within a heat according to 102.16.6.C. If this should result in disputed qualifications, all swimmers having times tied or within the disputed times shall swim-off for the disputed places in accordance with 102.5.2.

102.17 CLERK OF COURSE —

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

.2 The clerk of course shall be provided with a list of the names of all swimmers in all events including relay swimmers in the order in which they will swim.

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

102.19 SCORERS — In a scored meet, shall receive from the recorder(s) the order of finish in timed finals, or consolation finals and championship finals for each event. They shall compile team and high-point scores as applicable. The Recorder may also serve as the Scorer. (See 102.16.3F)

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

102.21 RECORDER OF RECORDS — Shall obtain from the official recorders all times made in each event, including preliminaries and finals, shall have proper application forms and shall duly process all record claims as set forth in Article 104.

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

102.23 MEET DIRECTOR — Shall be appointed by the meet host. The Meet Director's responsibilities include, but are not limited to: procuring the awards; obtaining a sanction; preparing the facility; arranging for personnel, equipment (including appropriate timing equipment as specified in 102.16), and supplies necessary for meet operation; processing of entries; printing of programs; arranging for publicity and media coverage; preparing and distributing meet results and filing the LSC report.

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

.1 Meet name, date, location, sanction number, and the pool length (25Y, 25M or 50M) must appear on every page and the pages must be numbered.

.2 Any scores, team or individual, if kept.

.3 For each individual event, the order of finish in preliminaries, finals and swim-offs, when applicable, listing the swimmer's first and last name, age, club affiliation and official time; disqualified swimmers shall be listed last and indicated "DQ", with no times listed. Time Trial results shall be provided in the above format, when applicable. If the meet is computerized and connected directly to or interfaced with the automatic timing system then all available initial distance times listed in 102.16.4A shall be provided upon request.

.4 For relays, in addition to the order of finish, affiliation, and official time, the swimmers' first and last names, ages, the order in which they swam, and, if available, lead-off swimmer's time, shall be included.

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

102.25 TOBACCO PRODUCTS — Smoking and use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas, and in all areas used by swimmers, during the meet or during the warmup periods in connection with the meet.

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

ARTICLE 103
FACILITIES STANDARDS

103.1 DEFINITIONS

.1 /M/ = Indicates mandatory requirement for all competition.

.2 /NC/ = Except as noted otherwise, indicates mandatory requirement for USA Swimming Championships and International Competition.

.3 /LSC/ = Predicated on facility availability, LSC's may waive strict compliance with these requirements in sanctioning local competition.

.4 Where dimensions are given, the dimension listed first shall govern and dimensions given in parenthesis are for reference only.

103.2 WATER DEPTH —

.1 /NC/ 2 meters (6 feet 7 inches) deep throughout the course.

.2. /M/ **Teaching Racing Starts** – Minimum water depth for teaching racing starts in any setting from any height starting blocks or the deck shall be 5 feet (1.53 meters) measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall.

.3 /M// **Racing Starts** – Minimum water depth for racing starts during practice and competition shall be measured for a distance 3' 3½" (1.0 meter) to 16'5" (5.0 meters) from the end wall. Starting requirements and height of starting block shall be:

A In pools with water depth less than 4' (1.22 meter) at the starting end, the swimmer must start from within the water;

B In pools with water depth 4' (1.22 meter) or more at the starting end, starting platforms shall meet the height requirements of 103.12.1.

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

103.3 RACING COURSE DIMENSIONS —

.1 **/M/ Length.**

A Long Course: 50.00 meters (164 feet and 1/2 inch).

B Short Course: 25.00 yards or 25.00 meters (82 feet and 1/4 inch).

C Dimensional Tolerance: Against the required length, a tolerance of plus (+) 0.03 meters (1 and 3/16ths of an inch) in a vertical plane extending 0.3 meters (12 inches) above

and 0.8 meters (2 feet, 7 and 1/2 inches) below the surface of the water at all points of both end walls.

D When automatic officiating equipment touch pads are used at one or both ends, the course shall be of such length that ensures the required distance between the two touch pads or between either pad and the opposite end of the course.

E When the racing course is fixed by the use of movable bulkheads, such bulkheads shall be designed to resist lateral deflection due to tension exerted by the attachment of the lane dividers to ensure the required course distance in all lanes.

F See Article 104, *Rules for Swimming Records*, for course measurements certification requirements.

.2 **Width.**

A /NC/ Eight lanes, minimum width of 2.5 meters (8 feet 2½ inches), from center line to center line of the lane dividers, with approximately 0.45 meters (1 foot 6 inches) of additional open water outside lanes 1 and 8. Program Operations may waive this requirement for National Championships.

B /M/ Minimum lane width for competitive swimming shall be 7 feet (2.13 meters). /LSC/

103.4 /M/ RACING COURSE WALLS —

.1 **Permanent Course Walls** — Walls enclosing the racing course shall be parallel and vertical. The end walls shall be at a right angle to the water surface and shall be constructed of solid material with non-slip surface that extends no less than 0.8 meters (2 feet 7 and 1/2 inches) below the water surface.

.2 **Movable Bulkhead Course Walls** — If a continuous recessed hand grip is provided at or near the water surface in a movable bulkhead, the horizontal dimension of the recess perpendicular to the bulkhead should be not less than six inches (.15 meters) and designed in a manner to prevent the swimmer's fingers from contacting the back surface of the recess.

103.5 /M/ POOL AND BULKHEAD MARKINGS —

.1 **Pool bottom lane markers:** Minimum 10 inch (25 centimeter) wide lines of a dark contrasting color (preferably black) shall be provided in the middle of each racing lane on the bottom of the pool. The lines should be uninterrupted the length of the course and shall end with a distinctive cross line 1.0 meters (3 feet 4 inches) long and the same width as the bottom marker. The line, including the cross line, shall terminate 2.00 meters (6 feet 7 inches) from each end wall. /LSC/

.2 **End wall targets:** Flush, non-slip targets in a shape of a "T" or a cross and the same width as the lane bottom markers shall be provided in the center of each lane on each end wall of the course and shall extend at least 3 feet 4 inches (1.0 meters) below the level of the water surface. It is recommended that the top edge of the deck be of a contrasting color to provide a visual target above water at the end of the course. /LSC/

.3 A The lanes shall be numbered from right to left as the swimmers stand facing the course. /LSC/

B Lane numbers shall clearly identify the lanes to officials stationed on each side of the course.

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

103.7 WATER AND AIR TEMPERATURE —

.1 /M/ Water temperature between 78 and 80 degrees Fahrenheit shall be maintained for competition.

.2 Air temperature within 8 feet above deck level in indoor facilities shall be not lower than 76 degrees Fahrenheit, with relative humidity maintained at about 60% and air velocity at about 25 feet per minute.

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

103.9 OTHER DECK EQUIPMENT —

.1 Use of portable lifeguard chair stands and other deck fixtures is recommended and they should be removed from the competition area to allow free passage and unobstructed view for competitors and officials along all sides of the course. /LSC/

.2 /M/ 1 meter diving boards which overhang the racing course shall be hinged out of the way or removed during competition.

103.10 /M/ LIGHTING —

.1 A minimum of one hundred (100) foot candle illumination level is required at the water surface over the entire course. Overhead light fixtures shall be located to avoid the casting of shadows by the pool walls over the racing course. /LSC/

.2 /NC/ At National Championships the same type and level of illumination that will be used for finals must be provided and maintained during the warmup period and preliminaries.

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

103.12 /M/ STARTING PLATFORMS —

.1 **Height.**

A **Long course and short course meters:** The front edge of the starting platform shall be no less than 0.50 meters (1 foot 8 inches) nor more than 0.75 meters (2 feet 5 and 1/2 inches) above the surface of the water.

B **Short Course yards:** The front edge of the starting platform shall be not higher than 2 feet 6 inches (0.762 meters) above the surface of the water.

.2 The front edge of the starting platform shall be flush with the face of the end walls.

.3 The top surface of the starting platform shall be not less than 0.50 by 0.50 meters (1 foot 8 inches square) and shall slope not more than 10 degrees from the horizontal. The entire surface of the platform shall be faced with permanent non-slip material.

.4 Backstroke starting grips: Starting platforms shall be equipped with firm starting grips located between 0.3 meters (12 inches) and 0.6 meters (24 inches) above water surface. The front edge of the grips shall be parallel to and flush with the face of the end wall.

.5 Starting platforms shall be clearly marked with lane numbers visible to competitors and officials. (See 103.5.3)

.6 Starting platforms shall be anchored to the deck or bulkhead to remain stable at all times.

103.13 /M/ FLOATING LANE DIVIDERS —

.1 Floating lane dividers shall extend the full length of the course and shall be attached at each end wall with recessed anchors so located that the center line of the cable securing the dividers shall be on the surface of the water with the bottom half uniformly submerged for its entire length. They shall:

A Separate the racing lanes. /M/

B Be outside the outermost lanes being used. /LSC/

.2 Dividers shall consist of contiguous floats having a minimum diameter of 5 centimeters (2 inches) to a maximum diameter of 15 centimeters (6 inches). The color of the floats extending from the walls the distance of 5 meters for long course and 15 feet for short course shall be distinct from the rest of the floats. Distinctive colored floats, or markers extending around the full circumference of the floats, shall be placed at 15-meters (49' 2½") from each end wall in both short course and long course pools. Additionally, in long course pools, a distinctive warning line or lane markers may be placed at a distance of 13 meters from each end wall. There shall be no exposed cables accessible to swimmers within the length of the racing course and the cable take-up spools and ratchet mechanisms shall be completely concealed with durable flexible covers. Damaged or broken floats shall be removed and replaced.

.3 A single line of dividers between racing lanes shall be used in long course and short course meters competition. Multiple lines may be installed for short course yards competition, provided the width of water between dividers is not reduced to less than 7 feet. /LSC/

.4 /NC/ Minimum 11 centimeter diameter floats shall be required for National Championships.

103.14 /M/ BACKSTROKE FLAGS AND LINES —

.1 **Design:** At least three triangular pennants six (6) to twelve (12) inches in width at the base and twelve (12) to eighteen (18) inches in vertical length, of two or more alternating and contrasting colors shall be suspended on a firmly stretched line over each lane during all warm-up periods and during competition for all backstroke, individual medley and medley relay events.

.2 **Location:**

A Long course and short course meters: 5 meters (16 feet 5 inches) from each end of the course, a minimum of 1.8 meters (5 feet 11 inches) to a maximum of 2.5 meters (8 feet 3 inches) above the water surface.

B Short course yards: 15 feet (4.57 meters) from each end of the course, 7 feet (2.13 meters) above the water surface.

C Height shall be measured to the horizontal line from which the pennants are suspended.

.3 For long course backstroke, individual medley, and medley relay events a firmly stretched 1/4 inch line without flags or pennants shall be suspended at midpoint of the course. /LSC/

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

103.16 /M/ RECALL DEVICE — A device to recall swimmers shall be provided. If a recall rope is used, it shall be placed at the mid-point of the course in long course facilities and at the turn end backstroke flags in short course facilities.

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

103.18 AUTOMATIC OFFICIATING EQUIPMENT —

.1 /NC/ See Section 102.16 for Automatic and Semi-Automatic Timing equipment types and performance requirements. Equipment powered directly from the utility line electrical service shall have the capability to automatically switch to stand-by battery power source in case of line power failure without affecting the continuity and accuracy of the timing system.

.2 /M/ Installation and safety: Equipment shall be installed so that it will not interfere with swimmers' start, turns, or finish and the normal overflow functions of the pool water recirculation system. All deck-level wiring shall carry no more than 12 volts.

.3 /NC/ Touch Pads:

A Size and thickness: Recommended pad size shall be 6 feet 6 inches (2 meters) wide and not less than 2 feet (0.60 meters) deep. Minimum width of pads shall be 5 feet (1.52 meters). Thickness shall not exceed 3/8 of an inch (1 centimeter).

B Markings: Panel face markings shall conform and superimpose on pool end wall markings as closely as possible. Perimeter edges of the panel shall have a one-inch wide black border.

C Sensitivity: Panels shall stop the timing system instantaneously by a light hand touch anywhere on the flat surface facing the racing course and the upper edge but shall not be activated by water turbulence.

D Panels shall be installed and firmly anchored in the center of each lane and shall have no sharp edges, corners, or other protrusions on any exposed surfaces.

E At the facilities in which competition to select USA Swimming National Teams for the Olympic Games and World Championships is held, the touch pads must be minimum 0.9 meters (2 feet, 11 and 7/16 inches) high, 2.4 meters (7 feet, 10 1/2 inches) wide and maximum one centimeter (3/8 of an inch) in thickness. Such pads shall be installed at

end of the course and shall extend 0.3 meters each (11 and 13/16 inches) above and 0.6 meters (1 foot, 11 5/8 inches) below the water surface. The Program Operations Vice President may waive this requirement for National Championships.

.4 Optional Accessories: Automatic officiating equipment may provide relay judging capability, automatic lap counting, split times' readouts for all lanes, correction of erroneous touch, and television equipment tie-in. Any corrections or impulses generated by the equipment operators shall be clearly identified on the results printout.

.5 Time display board (optional):

A An automatic display board visible to all swimmers shall give a digital time read-out to two decimal places, displaying split times, final times, and places for all lanes. In the event of a tie, the place shall be displayed as a tie.

B /NC/ A separate line of display for each lane meeting the above requirements shall be provided for National Championships.

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

ARTICLE 104
RULES FOR SWIMMING RECORDS

104.1 WORLD RECORDS

.1 May be established only in 25 meter and 50 meter pools and shall conform to the recognized distance, stroke and other current effective governing regulations of the Federation Internationale de Natation Amateur (FINA).

.2 All claims shall be sent by facsimile transmission immediately following performance to the national headquarters. Supporting evidence must be filed on official USA Swimming record application forms, which must be in the national headquarters within 21 days following performance, with copy also sent to the National Records Coordinator. Responsibility for this filing shall rest with the meet recorder of records, official scorer, or LSC records chairman.

104.2 USA SWIMMING RECORDS

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

A The official time for establishing specific records must be achieved and determined in accordance with 102.16.

B Record times registered by automatic equipment shall be submitted in hundredths of a second (two decimal places). If first place times are tied to a hundredth of a second, the

results shall be declared to be a tie and the record shall be shared by each swimmer.

C No record shall be considered which is applied for by or through a conference, league, LSC, allied member, or organizational member whose rules governing performance do not conform to Parts 1 and 2 of USA Swimming Rules and Regulations.

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

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

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

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

Note: Performances in this category require the swimmer(s) to complete the full distance of the scheduled event in compliance with applicable rules including a legal finish at the initial distance.

E Should the first swimmer on a relay team complete his/her leg in a record time for that stroke/distance, his/her performance shall not be nullified by any disqualification of his/her team members.

F To be eligible for a record a swimmer must have won his/her heat. Only the time of the winner is recognized for record purposes even though another swimmer may have a faster time but is displaced by judge's or ballot decision. If the judge's or ballot decision results in a tie, all tied swimmers shall share the faster time of such finish. The requirement to win the heat does not apply:

(1) When age or representation is a condition for setting LSC or Age Group records;

(2) To a U.S. citizen setting an American record in competition with non-U.S. citizens;

(3) When achieved as the lead-off leg in a relay race or at an initial distance; or

(4) When swimmers with mixed disability classifications compete together or with other swimmers.

G When established in a course utilizing one or more movable bulkheads for endwalls, the length of each lane must be measured in accordance with 104.2.2C(4)(c).

H **Record Attempts Against Time**

(1) Must be sanctioned by the LSC and conducted by the LSC Chairman or his/her duly appointed representative in accordance with all pertinent rules, and all information relative to such attempt must be public and available to any interested person for at least three (3) days before the event. Programs, schedules, facility and other relevant fixtures may not be changed thereafter except as provided in 102.8.

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

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

.2 **American and United States Open Records**

A **Classification**

(1) American — May be established only by United States citizens eligible to compete under and achieving an official time in accordance with USA Swimming rules.

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

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

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

Freestyle	50, 100, 200, 500, 1000, and 1650 yards
Backstroke	100, 200 yards
Breaststroke	100, 200 yards
Butterfly	100, 200 yards
Ind. Medley	150*, 200, 400 yards
Medley Relay	200, 400 yards
Freestyle Relay	200, 400, 800 yards

(2) **Short Course Meters** — Made only over courses 25 meters long

Freestyle	50, 100, 200, 400, 800, and 1500 meters
Backstroke	50, 100, 200 meters
Breaststroke	50, 100, 200 meters
Butterfly	50, 100, 200 meters
Individual Medley	100, 150*, 200, 400 meters
Freestyle Relay	200, 400, 800 meters
Medley Relay	200, 400 meters

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

Freestyle	50, 100, 200, 400, 800, 1500 meters
Backstroke	50, 100, 200 meters
Breaststroke	50, 100, 200 meters
Butterfly	50, 100, 200 meters
Ind. Medley	150*, 200, 400 meters
Medley Relay	200, 400 meters
Freestyle Relay	200, 400, 800 meters

Note: Distances with an * are applicable only to certain functional classifications of swimmers with a disability.

C **Special Requirements and Conditions**

(1) Records established outside of the United States shall be applied for on official record application forms. When an American record results from a world record performance outside the United States, it shall be accepted as such upon formal approval by the FINA without further certification.

(2) When a record is claimed, an official record application form shall be filled out, signed by the designated officials, and transmitted immediately following performance, with all supporting data, including official meet results and the primary printout tape from the automatic officiating equipment, to the appropriate Records

Coordinator. Forms must be forwarded to the appropriate Records Coordinator within 14 days after the performance.

(3) **Pool Certification**

(a) Record applications will not be accepted unless certification of course length accompanies them or is on file with USA Swimming.

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

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

(4) **Pool Measurement**

(a) The exact length of the course, measured by a steel tape or other acceptable measuring device in feet and inches and fractions of an inch, or in meters and centimeters, must be attested to by an accredited surveyor or engineer.

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

(c) Where a moveable bulkhead is used, course measurement of each lane must be confirmed at the conclusion of the session during which the time was achieved.

(5) Pending record claims properly documented and approved by the National Records Coordinator may be approved and declared effective immediately.

(6) American and United States Open records established at the USA Swimming National Championships, the US Open, any World Cup event sponsored by USA Swimming, and at events conducted by the FINA, shall, upon receipt of final results, proper completion of pool certification, and approval by the National Records Coordinator, be declared effective immediately unless a faster claim is pending.

(7) Record claims not previously accepted and declared effective under (5) or (6) above shall be considered by the National Records Coordinator for recommendation and acceptance. Applications ruled incomplete may be reconsidered by the National Records Coordinator and final action recommended to the Board of Directors.

(8) Swimmers who establish a record shall be presented with a certificate signed by the President of USA Swimming and the National Records Coordinator.

.3 **American Records for Swimmers with a Disability**

A **Requirements** — all provisions of 104.2.1 and 104.2.2 shall apply.

B **Meet Status** — The meet must be either a USA Swimming sanctioned meet, and comply with all USA Swimming rules and regulations including Level I timing equipment; or a USA Swimming approved championship meet and comply with all conditions for approval as well as the conditions for observed swims in 202.5 and Level I timing.

C **Athlete Classifications** — Swimmers shall be required to submit proof of their Func-

tional Classifications. Records will be considered as pending until classification is verified.

D **Submission** — Application forms shall be requested in advance from USA Swimming. The forms must be completed and the required inclusions attached and sent to the Records Coordinator for Swimmers with a Disability.

.4 **National Age Group Records**

A **Requirements**

(1) Only USA Swimming members, who are U.S. citizens representing a USA swimming club or competing unattached, are eligible to establish national Age Group records.

(2) Times submitted for Age Group records must comply with all the requirements for the 16 Best Times tabulation as listed in 205.8.

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

C **Recognition**

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

(2) A certificate of achievement will be sent to all swimmers and members of relays whose time meets or betters the National Age Group record published in the current USA Swimming Rules and Regulations.

.5 **Zone Age Group Records**

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

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

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

.6 **All Star Times**

A **Requirements** — All Star Records are relay times achieved in USA Swimming competition by swimmers from more than one USA Swimming Club but representing the same LSC. These times may be achieved in inter-LSC competition such as LSC dual meets and Zone competition. These times are not eligible for Top 10 relay consideration.

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

C **Recognition** — A certificate of achievement will be sent to all members of a relay team

whose time meets or betters the age group relay record published in the current USA Swimming Rules and Regulations.

.7 **LSC Records**

A **Requirements**

(1) LSC Records must be achieved by LSC member swimmers in USA Swimming or FINA sanctioned competition. This competition can be at any level including Senior and international competition.

(2) LSCs may elect to recognize times achieved by member swimmers in approved competition or in USA Swimming observed swims.

(3) An LSC may establish All-Star records which would include All-Star relay performances achieved by swimmers representing the LSC in Zone, Regional, or dual meets involving All-Star teams. Individual times including lead-off splits should be recognized by the LSC with the swimmer's LSC club of record (or unattached if appropriate) for any LSC records, National records or Top 16 times of record.

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

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

ARTICLE 105
GUIDELINES FOR OFFICIATING SWIMMERS WITH A DISABILITY IN USA SWIMMING MEETS

105.1 GENERAL —

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

.2 **Responsibilities —**

A Athlete — The athlete (or the athlete's coach) is responsible for notifying the Referee, prior to the competition, of any disability of the athlete. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.

B Referee — The Referee's responsibilities include:

(1) Inquiring regarding the athlete's needs and determining what modifications will be required.

(2) Instructing the Starter and Stroke & Turn officials as to the accommodations to be made for that swimmer.

.3 **Modifications** — Some of the modifications which the Referee may make to accommodate the athlete with a disability are:

(1) A change in starting position.

(2) Reassignment of lanes within a heat, e.g., exchanging Lanes 2 and 7.

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

.3 **Turn/Finishes** — Touches shall be judged in the same manner as strokes and kicks, i.e., on the basis of the arm(s) and/or hand(s) that the swimmer can use. In breaststroke and butterfly events, the competitor must reach forward as if attempting a simultaneous two-hand touch. When a swimmer has a different arm length, only the longer arm must touch the wall, but both arms must be stretched forward simultaneously. Swimmers with no arms or with upper limbs too short to stretch above the head may touch the wall with any part of the upper body.

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

PART TWO

ADMINISTRATIVE REGULATIONS OF COMPETITION

ARTICLE 201
CLASSES OF COMPETITION

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

.1 ***Senior*** — All athlete members of USA Swimming are eligible for the Senior Class.

.2 ***Age Group/Junior Olympic*** — All athlete members of USA Swimming 18 years old and younger grouped by ages. Where a program for swimmers ages 8 and under is conducted, it shall be for developmental purposes only and shall be subject to LSC procedures.

.3 ***Post Age Group*** — All athlete members of USA Swimming older than 18 years of age whom an LSC elects to include in its Age Group program.

.4 ***Open Water*** — All athlete members of USA Swimming are eligible for Open Water Swimming.

ARTICLE 202
SANCTIONS AND APPROVALS

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

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

.1 Sanctions may only be issued to USA Swimming group members or LSCs and their subdivisions.

.2 No sanction for domestic competition will be issued to any organization or person whose interest in amateur athletic competition is purely commercial, or where the event is to be

promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from sanctioned events must be used for the further promotion of swimming, for an approved charity, or for the general welfare of the promoting organization as a whole.

.3 Sanctions issued to one organization cannot be transferred to another. Any sanction so transferred shall be void for all purposes, and the LSC is empowered to deny further sanctions to any organization violating this provision.

.4 No further sanction shall be given to any organization which has failed to satisfy expense obligations to athletes or to award prizes as stated on its entry blank until the obligations are satisfied or the prizes awarded.

.5 No sanction will be granted for any event for which the word "Olympic," or any derivative thereof, is used in any manner in connection with said event unless consent is obtained from USA Swimming.

.6 All sanctions must be signed by a designated member of the LSC, and a record thereof must be retained.

.7 The following clause will appear on all sanction application forms and on all forms upon which official sanctions are granted: "In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

.8 Application for sanction must be accompanied by a copy of complete meet information, including a statement of the nature of prizes to be awarded.

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

.10 The issuing LSC shall receive the following information regarding finances from every organization receiving a sanction (not applicable to events sponsored by USA Swimming):

A The LSC shall also require the organization to which a sanction has been granted to file, within 45 days after the event, a financial statement setting forth all receipts and disbursements in connection with the sanctioned event.

B The LSC may at any time require the organization to furnish, within 15 days after written request, all receipts and vouchers relating to the sanctioned event.

C No sanction to hold any athletic event of any kind shall thereafter be issued to an organization who has failed or refused to file with the LSC any statement or affidavit required under any subdivision of this section, until the statement or affidavit is filed, or until such time as the LSC may determine.

.11 The sanction fee shall be as established by the LSC; those for national and international meets shall be established by the USA Swimming Board of Directors.

.12 For the sole purpose of improving competitive swimming, and with the written approval of the USA Swimming Rules & Regulations Committee, an LSC may sanction events or meets

for which waivers of specific provisions of Parts One or Two of USA Swimming Rules and Regulations have been granted for limited periods and under specified conditions.

.13 LSCs may develop special administrative standards and conditions to encourage athletes with disabilities to participate in their meets. Such conditions shall be included in the meet information.

.14 If an event is to be contested in more than one LSC's or country's jurisdiction, the application for sanction shall be submitted to the LSC in which the event begins. The sanctioning LSC shall notify the other LSC(s) and/or the governing body of the other country in which the event is being contested of details of the event.

202.3. CONDITIONS OF SANCTION — Any event for which a sanction is required according to 202.1 is subject to the following conditions:

.1 No swimmer who is not a member as provided in Article 302 will be allowed to compete or participate.

.2 At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

.3 All meet directors, referees, starters, marshals, and stroke and turn judges, serving in an official capacity in a sanctioned event, must be members of USA Swimming, and all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming.

.4 Announcements and entry blanks of sanctioned events must state that no entrant will be permitted to compete unless the entrant is a member as provided in Article 302. The announcements and entry blanks must state whether on-deck registration will be permitted and under what conditions.

.5 The membership (registration) number of each participant must be presented prior to or at the time of the event, and his/her affiliation must be printed before or after his/her name on the program.

.6 Entry blanks, advertising and the program must bear conspicuously the statement: "Held under the sanction of USA Swimming."

.7 Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

.8 All organizations which have received a sanction for any meet where prizes are stated on entry blanks shall be required to send to the LSC, before the date of the meet, a copy of the entry blank, and must state the value of the prizes to be given for each event.

202.4. REQUIREMENTS FOR APPROVAL — Approval of competition may be issued, withheld or withdrawn by an LSC in accordance with the following regulations:

.1 Approvals may be issued to either USA Swimming member clubs and LSCs or non-member clubs or organizations for meets conducted in accordance with USA Swimming technical rules.

.2 Both USA Swimming athlete members and non-USA Swimming athlete participants may compete in an approved meet.

.3 Written application for approval shall be made not later than the period established by the LSC prior to the competition. The LSC may establish a fee for processing such applications. Application for approval shall be accompanied by complete meet or event information and a statement of the nature and value of prizes to be awarded. Payment of a fee or expenses to the assigned USA Swimming officials shall not be a requirement for approval.

.4 No competition shall be approved unless a sufficient number of USA Swimming officials, certified by the LSC at a minimum of Stroke and Turn level, are present to observe and certify that the conduct of competition and all times achieved in such competition were in conformance with all applicable USA Swimming technical rules including, but not limited to, the following:

A	Article 101 (all) or Article 701 (Open Water)	Individual stroke and relay rules
B	102.2.2 & 3	Entry limit per day
C	102.14.5	False start rule
D	102.16.4 A (1) & (2)	Requirements for official time/performance
E	102.16.4 B & C	Timing Resolution (including table)
F	103.2.3, 103.3.1, 103.4 103.12.1 & 2 and 103.14 or Article 702 (Open Water)	Minimum standards for facilities

.5 The organization requesting approval shall permit USA Swimming officials to be on the deck at both ends of the course where they can properly view strokes and turns.

.6 No approval for domestic competition will be issued to any organization or person whose interest in amateur athletic competition is purely commercial, or where the event is to be promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from approved events must be used for the further promotion of swimming, for an approved charity, or for the general welfare of the promoting organization as a whole.

.7 Approvals issued to one organization cannot be transferred to another. Any approval so transferred shall be void for all purposes, and the LSC may deny further approval to any organization violating this provision.

.8 No further approval shall be given to any organization which has failed to satisfy expense obligations to athletes or to award prizes as stated on its entry blank or event information until the obligations are satisfied or the prizes awarded.

.9 No approval will be granted for any competition if the word "Olympic," "World," "National," "United States of America" or any derivative thereof is used in any manner in connection with such competition unless consent for such usage is obtained from USA Swimming.

.10 The following clause will appear on all approval application forms and on all forms upon which official approvals are granted: "In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

.11 Complete meet results shall be submitted to the LSC within a period of time established by the LSC.

.12 All approvals must be signed by an authorized representative of the LSC and a record thereof kept by the LSC.

.13 Approval may be withheld or withdrawn by the LSC if the competition was not conducted in accordance with the above requirements.

.14 If an event is to be contested in more than one LSC's or country's jurisdiction, the application for approval shall be submitted to the LSC in which the event begins. The LSC granting the approval shall notify the other LSC(s) and/or the governing body of the other country in which the event is being contested of details of the event.

202.5 REQUIREMENTS FOR OBSERVED SWIMS — Official times achieved as observed swims in collegiate, high school, YMCA, Masters, etc., meets, held under other than USA Swimming rules, will be acceptable for National Time Verification (NTV) purposes. Swims may be observed by assigned USA Swimming officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules if all of the following conditions are met:

.1 The meet must be a season-culminating Championship, e.g., League, Conference, District, Sectional, State, Regional, or be specifically approved by the USA Swimming Program Operations Vice President through application to the National Times Coordinator. A time trial held in conjunction with the season-culminating championship meet that is officiated in accordance with the same standard as the championship meet may also be observed.

.2 Request for USA Swimming observers for certification of times must be made to the LSC in accordance with LSC procedures at least 10 days prior to the meet. Applications to the USA Swimming Program Operations Vice President shall be submitted at least 28 days prior to the meet.

.3 USA Swimming observers shall be assigned or approved by the LSC and must be certified stroke and turn judges.

.4 The USA Swimming observers present at the meet must be notified, prior to the start of competition, of the individual swims for which certification will be requested if the meet is not receiving blanket observation (all swims observed).

.5 At least one USA Swimming observer must be present on the deck at each end of the course to verify compliance of the swim with the USA Swimming technical rules specified in 202.4.4.

.6 If a meet is receiving blanket observation (all swims observed), a time for any swim in compliance with USA Swimming rules as stated in 202.4.4 will be considered an official time for the swimmer.

202.6 INTERNATIONAL EVENTS

.1 **Within the United States**

A Sanctions for competitions within the United States that will include athletes with a foreign sport nationality as defined by FINA rule GR2.6, who will be competing representing their sport nationality or other FINA Continental Organization, must be reported to

the USA Swimming national office. All invitations to foreign athletes to compete in the United States must be extended by USA Swimming.

B Any international amateur athletic competition within the United States as defined in Ted Stevens Olympic and Amateur Sports Act (Act) which is sponsored by a sports organization or person other than USA Swimming must be sanctioned by USA Swimming's national office and such sanction must be granted unless there is clear and convincing evidence that holding or sponsoring the event would be detrimental to the best interest of swimming.

(1) Factors to be considered in the determination of whether sponsoring the event would be detrimental to the best interest of swimming shall include, but not be limited to, the following:

(a) Review of audited or notarized financial reports of similar events, if any, conducted by the organization or person, including:

(i) Financial guarantees of athlete expenses, both U.S. and foreign;

(ii) Financial guarantees of any appearance money or prize money for athletes;

(iii) Financial guarantees of acceptable accommodations and travel for athletes.

(b) Absence of substantial conflict with: (i) USA Swimming National Team programs, (ii) major USA Swimming competitions, (iii) major international swimming competitions such as the Olympic Games, World Championships, Pan Pacific Championships, Pan American Games and World University Games and (iv) FINA rules and events.

(2) Upon determination by clear and convincing evidence that sponsoring the event would not be detrimental to the best interest of swimming, the sanction will be issued by USA Swimming upon full compliance by the organization with all the requirements of the Act, as it may be amended from time to time.

C Sanction fees for international events established by the Board of Directors of USA Swimming shall be paid to USA Swimming prior to the issuance of a sanction.

.2 **Outside the United States**

A All invitations for individual swimmers to compete abroad must be extended by the recognized FINA member of the inviting country through USA Swimming.

B All invitations for individual swimmers or teams who are members of USA Swimming must be through USA Swimming and in compliance with procedures established by the Olympic International Operations Committee.

C Approval for teams sponsored by an amateur sports organization or person other than USA Swimming is the responsibility of USA Swimming and must be granted unless there is clear and convincing evidence that holding or sponsoring the event would be detrimen-tal to the best interest of swimming. USA Swimming shall advise any such organization or person requesting such foreign travel of the requirements for approval in accordance with Federal Law and the USOC Constitution.

.3 No team, individual or organization competing inside or outside the United States may use the letters "U.S.A.," or any other designation that may indicate it as a team or individual representing the United States, on uniforms or competitive equipment or in any other manner, without the express written approval of USA Swimming issued through the office of the Executive Director. (See FINA GR2.4)

202.7 SWIM-A-THONS — All Swim-a-thon events are held under the exclusive jurisdiction of USA Swimming and must conform to rules and regulations established by USA Swimming. The participants may or may not be members of USA Swimming. Each LSC is responsible for the monitoring of each Swim-a-thon event held within its geographical boundaries, including the taking of that action pursuant to the provisions of Article 401 as may be necessary to discipline any violation of USA Swimming Rules and Regulations.

ARTICLE 203
REPRESENTATION

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

203.2 A swimmer need not reside within the geographical boundaries of the LSC in which the USA Swimming club he/she represents is located, but he/she must be registered in that LSC; a swimmer who has been released by his/her club pursuant to 203.4 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.

203.3 For a swimmer to represent a USA Swimming club in a competitive event, one hundred twenty (120) consecutive days must have elapsed without the swimmer having represented any other USA Swimming club in USA Swimming competition. This 120-day rule does not apply to representation in closed competition if it is sanctioned or approved by the LSC.

203.4 A swimmer registered with a USA Swimming non-school club who wishes to compete for a secondary school, college or university shall be automatically released without notice by his/her club upon commencement of his/her season to compete for that school in school competition, and upon termination of such school swimming season he/she shall be immediately eligible to represent the USA Swimming non-school club of his/her choice (subject to the 120-day rule in 203.3.). It is the swimmer's responsiblity to ascertain his/her compliance with scholastic governing bodies' rules and regulations.

203.5 When transferring between LSCs or clubs the swimmer shall present a written transfer in accordance with USA Swimming and LSC procedures. When transferring from one club to another within the same LSC, the procedural requirements established by the LSC Registration Committee shall be followed.

203.6 If a member club of an LSC has secured a court judgment against an athlete member (or his/her parents or custodians) for non-payment of club membership dues and fees which entitle the athlete to compete attached to the club that athlete shall be ineligible to represent any USA Swimming member club until the judgment is paid.

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

203.8 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.

203.9

.1 A swimmer who is a member of another Federation may compete in USA Swimming sanctioned competition with written permission of his/her Federation to do so. Except as provided in Sections 207.11.11 and 207.11.12, the swimmer may swim for a USA Swimming club or team with the consent of the swimmer's Federation, in which event the swimmer shall remain a member of the swimmer's Federation, under its control and supervision. The swimmer shall register with USA Swimming, and be subject to the Rules and Regulations of USA Swimming (including specifically Article 303 of the Rules and Regulations).

.2 An athlete who has competed for an organization within a foreign federation must provide official documentation from that federation confirming his/her last day representing that organization in competition. One hundred and twenty (120) consecutive days must elapse after a swimmer represents any organization before he/she can represent a USA Swimming club. If documentation is not provided at the time of registration, the one hundred and twenty (120) days will commence from the date of registration. Foreign athletes who are competing for a secondary school, college or university shall be automatically released to represent, in accordance with 203.4.

ARTICLE 204
SENIOR PROGRAM

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

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

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

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

204.4 DUAL MEETS — Dual meets are encouraged between clubs and LSCs. Suggested Events in Senior Dual Meets:

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

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

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

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

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

204.9 SECTIONAL CHAMPIONSHIPS

.1 Each Zone shall designate its Sections.

.2 Dates of Sectional Championships shall be determined by each Section in accordance with the following:

A Spring Sectionals: Begin no earlier than February 1; end no later than two days before the entry deadline for the spring championships.

B Summer Sectionals: Begin no earlier than July 1; end no later than August 31.

.3 USA Swimming shall provide a bid form, financial and operating agreements and all other documents related to the responsibilities of the meet host and conduct of the event. Each Section shall notify the Zone Directors of bid winners for the following year's meets by the close of the annual meeting of USA Swimming's House of Delegates.

.4 There shall be at least two (2) Spring and one (1) Summer Sectional meets in each Zone.

.5 There shall be not more than sixteen (16) Spring and sixteen (16) Summer meets.

.6 Sectional Championship sites shall be selected by the Sections and approved by the respective Zone Directors.

.7 The meet format shall be determined by the Section.

.8 Sectional Championships shall be scored.

.9 Time standards for Sectional meets shall be established by each Section, to accommodate no fewer than 400 participants.

ARTICLE 205
AGE GROUP PROGRAM

205.1 AGE GROUP SWIMMING OBJECTIVES — Age Group swimming is the program through which USA Swimming provides fair and open competition for its registered swimmers ages 18 years and younger. It is designed to encourage maximum participation, provide an educational

experience, enhance physical and mental conditioning, and develop a rich base of swimming talent.

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

205.2 ELIGIBILITY

.1 Eligibility to compete in a particular age group shall be determined by the swimmer's date (not hour) of birth.

.2 Age on the first day of the meet shall determine the swimmer's age for the entire meet except as follows:

A In a preliminaries and finals meet, when the preliminaries are separated from the finals by more than two days, swimmers shall compete at the age they are on the first day of the finals.

B In a timed finals meet that covers more than one weekend, swimmers shall compete at the age they are on the first day of each continuous session of the meet.

.3 When an Age Group Meet is scheduled over two weekends the younger age groups must compete on the first weekend.

.4 A swimmer must compete in the age group events corresponding to the swimmer's age, except when competing in consolidated events (102.1.4), mixed classification meets (102.2.7), and in events combined by the Referee (102.8.2).

.5 USA Swimming Group Members may establish their own age group eligibility requirements for seasonal closed competition. Times achieved in competition conducted under different age group eligibility rules shall be recognized as official USA Swimming times only if achieved in conformance with 205.2.1 and .2.

205.3 PROGRAM AND EVENTS

.1 In order to promote maximum achievement and recognition, competition may be separated by age, gender and level of ability. Meets and/or events shall be structured by the LSC to assure fair competition.

A Age Group swimming competition shall be conducted in conformance with the USA Swimming Technical Rules.

B USA Swimming shall establish and publish national motivational times for the recognized events in 102.1.2.

C An LSC may establish its own age group time standards for use within its jurisdiction or may sanction competition without any entry time requirements.

D Only swimmers whose best times correspond to the event's time standard for their age shall be eligible to participate in the particular event.

E Age Group meets may be designated by ability classifications.

F With the exception of championship meets the program in all other age group competition shall be planned to allow the events for swimmers 12 years and younger to be completed in four (4) hours or less for a timed finals session or in a total of eight (8) hours or less per day for a preliminaries and finals meet.

.2 Programs for Age Group meets and/or those of mixed classification may be tailored to meet local requirements and conditions. Recommended events are those listed in 102.1.2. An LSC, at its option, may open its oldest Age Group at any competition to Post Age Group swimmers. Dual meets between clubs and LSCs are encouraged.

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

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

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

.1 The meet shall be restricted to age group competition.

.2 Those events in 102.1.2 are recommended for use for zone meets. Each zone shall select their events from the list of events in 102.1.2. A zone, at its option, may open its oldest age group at any competition to Post Age Group swimmers, or may include events specifically for those swimmers.

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

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

.5 Awards: Shall be provided at least 1st through 8th place, and any other as designated by the national sponsor if any.

205.7 LSC AGE GROUP CHAMPIONSHIP MEETS

.1 LSC Age Group/Junior Olympic meets shall be in conformance with the contractual obligations of USA Swimming, including the time periods, format and number, sponsorship identification and publicity requirements that may be in effect at the time, and about which the LSC shall be notified.

.2 Two meets shall be conducted annually, short course and long course (where such facilities are available).

.3 Age group championship meet events shall be selected from the recognized events in 102.1.2.

.4 An LSC, at its option, may open its oldest age group to Post Age Group swimmers.

.5 An LSC, at its option, may conduct an Open Water Age Group Championship in accordance with Part Seven / Open Water Swimming.

205.8 NATIONAL TOP 16 TIMES REPORTING AND RECOGNITION

.1 Times submitted for recognition to the National Top 16 Times Coordinator shall be achieved in the recognized events in 102.1.2 and in accordance with 102.16.4C in any USA Swimming Sanctioned or Approved competition or USA Swimming Observed Swims conducted between September 1 of one calendar year and August 31 of the next calendar year.

.2 A swimmer must be a USA Swimming athlete member at the time of the reportable swim in order to be ranked in the National Top 16 Times.

.3 The National Top 16 Times Coordinator shall establish and distribute the reporting procedures to the LSC Top 16 Tabulators before the start of the subsequent reporting period. These procedures shall include the reporting period, method of submission, deadlines, and the expected publication date.

.4 If the reportable times are achieved in a meet conducted in a continuous session overlapping the start of a reporting period, the last day of the meet shall be the last day of the reporting period for that meet.

.5 Each LSC shall be responsible for submitting all reportable official times achieved within its boundaries.

.6 The Top 16 Times tabulation shall be published for short and long course competition.

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

.8 Each swimmer achieving the fastest reported time in each individual event and each member of the relay team achieving the fastest time in a relay event shall be awarded an appropriate certificate and an emblem, pin or similar memento by USA Swimming. Those ranked second through 16th will be awarded a certificate with their name and ranking. At the option of the LSC, a swimmer achieving a Top 16 reportable time, but not listed in the final tabulation, as an individual or as a member of a relay, will receive a certificate of recognition.

ARTICLE 206
AWARDING USA SWIMMING CHAMPIONSHIPS AND INTERNATIONAL COMPETITIONS

206.1 GENERAL — USA Swimming Championships shall be conducted annually.

.1 A long course meet shall be conducted in the spring, except that in the year of the Summer Olympic Games or when a national team selection meet is held, the format, type and dates of the meet shall be determined by the National Team Director.

.2 A long course National Championship meet shall be conducted every summer.

.3 USA Swimming Open Water Individual and Team Championships shall be held in the 5 kilometer, 10 kilometer, and 25 kilometer distances.

206.2 FACILITIES

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

Facilities where competition to select USA Swimming National Teams for certain international competition is held shall also conform to the requirements stated in 103.18.3E.

.2 Facilities with movable bulkheads shall be required to demonstrate to the Program Operations Vice President, or his/her designee, prior to submitting a bid for a USA Swimming Championship, the ability to meet all measurements and tolerances as specified in 103.3, 103.4 and 103.5. Written confirmation of this demonstration shall accompany the championship meet bid.

.3 Open water venues must meet the mandatory standards of Article 702.

206.3 AWARD OF EVENTS

.1 USA Swimming spring championships, nationals, Trials class, U.S. Open, Open Water Championships and Disability Championships shall be contracted for by the USA Swimming Executive Director or his/her designee in accordance with Article 206 and Article 207, after approval of the contract by the Board of Directors.

.2 In an Olympic or Pan American year Program Operations may elect not to conduct one or more USA Swimming Championships. Such decision must be made at the annual meeting of USA Swimming 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.

206.4 DATES — Unless otherwise determined and announced by the National Team Director at the previous year's convention, the dates shall be as follows:

.1 Spring Championships — To start the Tuesday following the fourth Thursday of March;

.2 Summer National Championships — To end no later than the second Saturday in August;

.3 Disability Championships — To be scheduled annually by Program Operations.

.4 Open Water Championships—Each event to be scheduled annually by Program Operations in conjunction with the Open Water Domestic and International Committees.

206.5 METHOD OF GRANTING AWARD

.1 A USA Swimming Championship may be awarded either to an LSC in good standing or to an organization approved by the Board of Directors of the LSC for the purpose of assuming full responsibility to conduct the USA Swimming Championship as agreed to in writing. The LSC may also assign the contract to conduct the championship to a member in good standing of that LSC who shall then assume the full responsibility for the championship as agreed to in writing.

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

.3 A USA Swimming spring championship, National, Trials class, U.S. Open, and Disability Championship bids shall be returned to the Executive Director by June 1. Acceptance or rejection of the bid will be determined by July 1. At this time, all bids will be categorized by the Executive Director and the bidding parties shall be notified.

B Bids for Open Water Championships shall be returned to the Executive Director by June 1 of the year preceding the event. Acceptance or rejection of the bids shall be determined by the Executive Director in cooperation with the Open Water Domestic and International Committees at the annual meeting.

C The bids shall be presented to the Board of Directors for acceptance. The contract shall be executed by all involved parties, including but not limited to the bidder, the President or Secretary of USA Swimming, the Program Operations Vice President, the LSC chairman and such other entity as may be designated.

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

206.7 INTERNATIONAL COMPETITIONS

.1 An LSC may apply for an award of international competition only if it is currently fully paid in dues and fees owed to USA Swimming.

.2 The applicant shall be provided by the Executive Director with financial and operating agreements and all other documents relating to the conduct of the meet.

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

ARTICLE 207
USA SWIMMING CHAMPIONSHIPS

207.1 GENERAL — USA Swimming shall conduct USA Swimming spring championships, National Championships, Trials class meets, Open Water Championships and USA Swimming Disability Championships. The designation of each of these championships shall include the name of the national sponsor, if any, for that meet.

207.2 USA SWIMMING SPRING CHAMPIONSHIPS — The USA Swimming spring championships shall be governed by the Senior Swimming Committee and conducted by Program Operations. All USA Swimming member athletes who are members of a USA Swimming member club (attached or unattached), and who have achieved the qualifying time standards for one or more specific events are eligible to participate.

207.3 USA SWIMMING NATIONAL CHAMPIONSHIPS AND OPEN WATER CHAMPIONSHIPS The USA Swimming National Championship meets and Open Water Championship meets shall be governed and conducted by Program Operations. All USA Swimming member-athletes who have achieved the qualifying time standards for one or more specific events are eligible to participate.

If the following USA Swimming team selection trials are held in conjunction with the USA Swimming National Championships, only United States citizens eligible to make such teams will be

allowed to compete in the A (championship) finals from which team selections are chosen: Pan American Games Trials, and Pan Pacific Championship Trials. Foreign swimmers may compete in all relays, but in individual preliminary events and B and C (consolation and bonus) finals only. When the selection of more than one of the above teams necessitates picking athletes from beyond eighth (8) place in a specific event, this rule also applies to the B and C (consolation and bonus) final in that event. Finals will be seeded accordingly.

207.4 USA SWIMMING JUNIOR CHAMPIONSHIPS — The USA Swimming Junior Championship meet shall be governed and conducted by Program Operations.

.1 The Junior Championships will be swum long course during the summer season. The dates and place of competition will be determined by the Senior Swimming Committee. The meet should be scheduled to be held after the summer National Championships.

.2 All registered swimmers 18 years of age and under who have met the qualifying time standard for a specific event, are eligible to participate.

.3 The Junior Championships program will be determined annually by the Senior Swimming Committee.

207.5 USA SWIMMING DISABILITY CHAMPIONSHIPS — The USA Swimming Disability Championship meet shall be governed and conducted by Program Operations. Program Operations shall request International Paralympic Swimming Committee approval of the competition. All USA Swimming member athletes with a disability who have achieved the qualifying time standards for one or more specific events are eligible to participate.

207.6 TRIALS CLASS — Trials Class shall be the selection meets for the Long Course World Championship and Olympic Games USA teams and may be held in conjunction with the USA Swimming National Championships. The Trials class meets shall be governed and conducted by Program Operations. The event format may emulate the Olympic Games or Long Course World Championship program. The men's 800-meter freestyle and women's 1500-meter freestyle will be conducted on the day following the completion of the event program if the Trials are held in conjunction with the National Championships. There shall be no relays or scoring in the Olympic Team Selection Meet. Touch pads shall conform to 103.18.3E. Only United States citizens eligible to represent the United States on the Olympic or Long Course World Championship teams may compete in these Trials. Trials Class meets shall not be subject to Article 207.8 and .9.

207.7 ADMINISTRATIVE CONDUCT OF USA SWIMMING CHAMPIONSHIPS — The administrative rules for the conduct of the national championships and Open Water Championships are specified herein. Additional rules for Open Water Championships are listed in Article 704. A general meeting of Program Operations, coaches, and meet officials shall be held prior to the first day's competition. The meeting date, time and location shall be included in the official meet information or entry form. Only business pertinent to the administrative conduct of that championship meet and its events shall be considered and finalized at this meeting by the vote of the members of Program Operations only and no changes shall be made thereafter. Only material contained in Article 207 may be changed. It is the obligation of every entered athlete or the athlete's representative to be present at the meeting and to become acquainted with the changes and decisions made at this meeting.

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

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

.3 **Credentials** — Credentials for national championships will be provided at no charge for participating athletes and officials who are members of USA Swimming. Credentials for coaches, managers and chaperones to serve as admittance passes to national championships shall be issued to those persons listed on the submitted team roster forms and according to the following schedule and is based upon the total size of the team. There shall be a surcharge of $20.00 per person for spectator passes, which money shall become the property of the meet host. For clubs that wish to bring one certified massage therapist with their teams, a $50.00 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be members of USA Swimming in the Sports Medicine category.

A 1-3 swimmers in individual events, or 1-only relay team with any number of alternates: 1 deck pass; 1 spectator pass.

B 4-6 swimmers in individual events: 2 deck passes; 1 spectator pass.

C 7-9 swimmers in individual events: 3 deck passes; 1 spectator pass.

D 10-20 swimmers in individual events: 4 deck passes; 2 spectator passes.

E 21-30 swimmers in individual events: 5 deck passes; 2 spectator passes.

F 31-40 swimmers in individual events: 6 deck passes; 3 spectator passes.

G 41-50 swimmers in individual events: 7 deck passes, 3 spectator passes.

H 51 or more swimmers in individual events: 8 deck passes; 5 spectator passes.

I Unattached swimmers with a team shall be included in above schedule even if listed on separate entry blank.

J Unattached swimmers not with a team: 1 deck pass; 1 spectator pass.

.4 **Heat Sheets** — Heat sheets for each preliminary and finals session shall be made available to coaches and/or team representatives no less than one hour before the beginning of each session. Complete results from each session shall be made available one hour prior to the next session.

.5 **Schedule** —

A Except as otherwise stated in 207.8.2D(5), a minimum of two (2) hours must elapse between the end of the last preliminary heat and the start of the first race in the finals on any one day, during which time the pool must be available for warm-up. Starting times of the preliminary and final sessions must be the same on all days of the meet. At the general meeting a schedule shall be made available for the first day's competition, including starting times for the first race in each preliminary event and for each race in the finals. Each day a schedule shall be made available for the following day's competition including all the same information. No event shall start prior to the time established for that event or race.

B At the discretion of the Program Operations Vice President, the preliminary sessions may be conducted in two courses.

.6 **Warm-up Schedule** — A schedule of lanes, times and warm-up procedures which must be adhered to shall be established and must be distributed during the general meeting.

.7 **Eligibility Protests**

A There shall be an Eligibility Jury of three persons appointed by the Program Operations Vice President or designee prior to the start of the meet, in attendance at every national championship to determine protests affecting the eligibility of any swimmer to compete or to represent an organization. The Eligibility Jury shall consist of an athlete, a coach and an official.

B All protests made prior to or during the championship shall be submitted to the Eligibility Jury on a form prescribed by USA Swimming and accompanied by a $50 fee, which shall be returned if the protest is upheld. The $50 fee shall not be required for protests submitted by the registration committee or LSC registration chairpersons.

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

D Until Eligibility Jury renders a decision, the swimmer may compete under protest. An announcement to this effect shall be made prior to the race. The results of any race conducted under protest shall not be announced, nor prizes awarded, nor points scored until the jury has determined if and how their decision may affect the final scoring or awards.

E The decision of the jury may be appealed by either party to the National Board of Review, pursuant to Article 401. Protests submitted after the last day of the championships shall be submitted directly to the National Board of Review.

F Any such decision of the National Board of Review shall be published in the next issue of Splash. If such decision requires any adjustment to the results of the championships, the adjusted results shall also be published.

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

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

.9 **Scratch Procedures**

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 (15) minutes after the general meeting is adjourned. The scratch deadline for all subsequent days' events shall be thirty (30) minutes after the time established for the start of the finals' sessions.

C In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which they are entered and have not been scratched in accordance with sub-paragraphs A and B above will be barred from all further individual and relay events of that day. Additionally that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.

D Scratching from finals:

(1) Any swimmer qualifying for a C, B or A (bonus and consolation final or) final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph E. A declared false start under 102.14.5D or deliberate delay of meet under 102.14.7A is not permitted and will be regarded as a failure to compete.

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

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

(4) If a C and B (bonus and consolation) final has already been contested, the (championship) final shall be swum without reseeding for the empty lane(s).

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

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

(2) A swimmer qualifying for a C, B or A (bonus or consolation final or) final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.

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

.10 **Seeding**

A Entrants in the 1000yd/800m and 1650yd/1500m freestyle must check in and confirm their intention to compete prior to the scratch deadline in order to be seeded. Seeded heat sheets shall be published at the conclusion of the finals the evening before, except that in the five-day format, seeded heat sheets for the 800m freestyle shall be published two hours prior to the scheduled starting time for that event. The swimmers shall be listed in the meet program in the order of submitted times, beginning with the fastest.

B Seeding individual events when using non-conforming and bonus times shall be as follows:

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

(2) In a long course championship meet, non-conforming short course meter times will be arranged in time order followed by non-conforming yard times; in a short course meet, non-conforming long course times shall precede non-conforming short course times.

(3) Conforming bonus times, if permitted, will be arranged in time order after the times that meet the qualifying standards, in the precedence specified in (2) above.

(4) Non-conforming bonus times, if permitted, will be arranged in time order after the times that meet the qualifying standard and after conforming bonus times, in the precedence specified in (2) above.

(5) After arranging the times as provided above, the event will be seeded in normal fashion.

.11 **Finals** — Except for the relay events, the 1000 and 1650-yard and 800 and 1500-meter freestyle events, there shall be C, B, and A (bonus, consolation and championship) final heats, with the consolation heats preceding the championship heat, in both short course and long course National Championships. The order of final heats for each meet shall be approved by Program Operations.long course National Championships. The order of final heats for each meet shall be approved by Program Operations.

.12 **Scoring** — Except for Trials Class meets, scoring at the USA Swimming spring championships and National Championships shall be mandatory.

A Foreign national teams will not be permitted in the USA Swimming spring championships. Foreign national teams entered in the National Championships will not be scored for team awards.

B Foreign swimmers may score points for a USA Swimming registered club at the USA Swimming spring championships, but must be a member of that club. Foreign swimmers may not score points for a USA Swimming team at the USA Swimming National Championships, but, subject to USA Swimming representation requirements, may represent that team and receive awards.

C Scoring at the USA Swimming spring championships and National Championships will be on a sixteen (16) place basis. Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Relay events receive double these point values.

D To be eligible for Combined Men's and Women's Team Awards, a team must have scored points in both the Men's Team and Women's Team Categories.

E. Eighteen (18) & under combined team scoring will be conducted only at the USA Swimming National Championships, and will be calculated on the basis of the top 16 athletes, eighteen (18) & under, competing in each individual event. College or university teams competing at the Nationals shall not be eligible for this eighteen (18) and under team scoring.

.13 **Final Results** — Within two weeks following the event, the meet host shall send gratis copies of the final results to the coaches registered at the event, the National Times Coordinator, the National Top 16 Times Coordinator, the National Age Group Records Coordinator and one of the following recipients for each LSC represented by athletes at the event: the permanent office, the Top 16 Tabulator, or the Records Chair. These copies shall be mailed or provided by electronic media (e-mail or computer disk) at the recipient's choice. The meet host shall also make copies of the results available to others on request at a nominal charge. The final results shall include split times, the age of each swimmer in each event, the competing relay teams with first and last names and ages of relay members, all men's and women's teams listed by point standings, and all combined teams (men and women) listed by point standings.

207.8 PROGRAMS

.1 **Three-Day Program**

Day One

Preliminaries	**Finals**
100-yard/meter breaststroke	1000-yard/800-meter freestyle
200-yard/meter freestyle	100-yard/meter breaststroke
100-yard/meter butterfly	200-yard/meter freestyle
200-yard/meter individual medley	100-yard/meter butterfly
800-yard/meter freestyle relay	200-yard/meter individual medley
1000-yard/800-meter freestyle	800-yard/meter freestyle relay

Day Two

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

Day Three

Preliminaries	**Finals**
200-yard/meter backstroke	1650-yard/1500-meter freestyle
100-yard/meter freestyle	200-yard/meter backstroke
200-yard/meter butterfly	100-yard/meter freestyle
400-yard/meter freestyle relay	200-yard/meter butterfly
1650-yard/1500-meter freestyle	400-yard/meter freestyle relay

.2 **Five Day Program**

Day One	Women's	800-meter freestyle
	Men's	800-meter freestyle
Day Two	Women's	100-meter freestyle
	Men's	100-meter freestyle
	Women's	200-meter breaststroke
	Men's	200-meter breaststroke
	Women's	200-meter backstroke
	Men's	200-meter backstroke

	Women's	200-meter butterfly
	Men's	200-meter butterfly
Day Three	Women's	200-meter freestyle
	Men's	200-meter freestyle
	Women's	400-meter individual medley
	Men's	400-meter individual medley
	Women's	800-meter freestyle relay
	Men's	800-meter freestyle relay
Day Four	Women's	100-meter backstroke
	Men's	100-meter backstroke
	Women's	400-meter freestyle
	Men's	400-meter freestyle
	Women's	100-meter breaststroke
	Men's	100-meter breaststroke
	Women's	100-meter butterfly
	Men's	100-meter butterfly
	Women's	400-meter freestyle relay
	Men's	400-meter freestyle relay
Day Five	Women's	200-meter individual medley
	Men's	200-meter individual medley
	Women's	1500-meter freestyle
	Women's	50-meter freestyle
	Men's	50-meter freestyle
	Men's	1500-meter freestyle
	Women's	400-meter medley relay
	Men's	400-meter medley relay

A Women's events shall precede men's except as indicated.

B All relays shall be conducted on a timed final basis with the two fastest heats swum in the final session. Others to be held during the preliminary heats.

C The 800 meter freestyle on day one shall be conducted on a timed final basis. In facilities where women's and men's events are conducted in the same course they shall be swum as follows:

(1) Women's heats — slowest-to-fastest.

(2) Men's heats — slowest-to-fastest.

D The 1500 meter freestyle events on Day 5 shall be conducted during the preliminaries on a timed final basis, the heats swum slowest to fastest, with the single fastest heat swum in the final session. In facilities where women's and men's events are conducted in the same course all heats during the preliminaries shall be swum alternately women/men as follows:

(1) Second-fastest men's heat last.

(2) Second-fastest women's heat next-to-last.

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

(4) Third-fastest women's heat fourth-from-last and continuing until all heats are swum.

(5) In the event of an unequal number of women's and men's heats, the excess slow heats will be swum first, then the remaining heats will be swum as indicated in (1) through (4) above.

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

.3 **Time Trials** — At all USA Swimming spring championships, National Championships and Trials Class meets, Time Trials will be conducted on a time available basis for swimmers participating in the meet. These Time Trials shall be held under a separate sanction of the LSC where the meet is held and shall conform to the following conditions and format, subject to the time limitations specified in 207.7 and 207.8:

A A swimmer is limited to a maximum of two Time Trials during the course of the championships.

B At the USA Swimming spring championships, National Championships and Trials Class meets, a swimmer must be entered in the meet with a proved time (individual event or relay) to be eligible to participate in the Time Trials.

C Except as noted in (4) below, Time Trials shall be swum in the order listed under the meet program as follows:

(1) First Day: that day's events, followed by the remaining events in the meet, except on the first day of the Modified Four-Day Program, when only that day's events will be swum.

(2) Second and all subsequent days except the final day: that day's events, followed by the events of the remaining day(s) of the meet, followed by the events of the previous days.

(3) Final Day: that day's events; that day's 1500 meter/1650 yard freestyle events may be swum, followed by events of the previous days if time permits.

(4) Exception: For long course championships, on the day the 50-meter freestyle is contested, the 50-meter freestyle Time Trials will be the first event in the Time Trial program. On all other days, the 50-meter freestyle will be the last event of the Time Trial program.

D Entry fees for Time Trials shall be the same as those established for the corresponding national championships.

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

207.9 AWARDS

.1 **Team Awards**

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

USA Swimming National Championship only:

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

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

.2 **Individual and Relay Awards**

A Medals shall be awarded to all place winners in the A (championship) final and to the top eight (8) place winners in timed final events of any USA Swimming championship.

B First-place medal to be awarded to the 18 & under swimmer placing highest in each individual event at each USA Swimming National Championship. If no 18-and-under swimmer scores in the A, B, or C finals, the highest placing 18-and-under swimmer from preliminaries will be recognized as the National 18-and-under Champion for that event.

C In each national championship meet a championship gold medal and/or appropriate award shall be awarded to the man and woman swimmer scoring the greatest number of points in individual events. If two or more are tied duplicate awards shall be provided. If this occurs, the original award is given to the swimmer scoring the most first and second places and the duplicate award, if not then available, shall be sent within thirty days to the proper swimmer.

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

E Each member of an award-winning relay team shall receive identical awards.

207.10 ENTRY FORMS AND OFFICIAL MEET INFORMATION

.1 The entry forms and information shall be prepared under joint direction of the Program Operations Vice President, the Rules Chairman, the Meet Director, and the Executive Director. Printing, distribution and mailing and posting to the USA Swimming Web Site of the entry forms and meet information will be the responsibility of USA Swimming. All data shall be approved in writing by the Program Operations Vice President prior to printing and distribution.

.2 The entry blanks shall conform exactly to the standard format agreed upon by Program Operations, and no other shall be used.

.3 One set of the entry forms and meet information shall be sent by first class mail at least 90 days prior to the meet entry closing date to all LSC General Chairmen, LSC Senior Chairmen, LSC Coaches Representatives, LSC Registration Chairmen, and permanent LSC offices. At the same time, the entry forms and meet information shall be posted on the USA Swimming Web Site. Entry forms and meet information may be requested from the USA Swimming National Events Department.

.4 The meet information shall state qualifying times and procedures necessary for proof of entry times. (See 207.11) For a USA Swimming Championship meet, Program Operations may permit bonus events. For each qualifying time achieved in an individual event, additional bonus events may be allowed. Requirements for bonus events will be specified in the meet information.

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

.6 The meet director's telephone number shall be included in the information book.

.7 Entry fees shall be $10.00 for individual events and $25.00 for relay teams.

.8 Program Operations shall establish a closing date for entries in all USA Swimming championship events which shall be at least one week before the first day of competition. For USA Swimming spring championships and National Championships, a later fax entry deadline of 11:59 p.m. (local time at the host site) two (2) days prior to the start of the meet may be established and published in the meet information book for qualifying times that are first achieved after the entry deadline and prior to the fax entry deadline.

.9 It shall be the responsibility of the meet host/local organizing committee to ship the submitted entry forms to the Executive Director immediately following the championships. Those entry forms will be retained for a period of one year.

207.11 ENTRIES

.1 Entry blanks properly filled out and received prior to the meet entry deadline will declare the swimmer and/or relay team officially entered.

.2 An unattached swimmer shall be identified in competition with the LSC in which the swimmer is registered.

.3 In national championships a swimmer may enter and compete, except as provided in 102.2.2, in any number of individual events in which he/she has met the qualifying time standards.

.4 Entry times for individual and relay events shall:

A Be achieved in accordance with 102.16.4, Requirements for Official Time.

B Be submitted to hundredths of a second.

C Be achieved during the following qualification periods —

(1) Qualifying entry times for the USA Swimming spring championship shall be

achieved from February 1 of the prior year until the entry deadline for the USA Swimming spring championship.

(2) Qualifying entry times for the USA Swimming National Championship shall be achieved from July 1 of the year prior to the Nationals until the entry deadline for the USA Swimming National Championship.

D A qualifying time achieved while participating in Trials Class meets, or while representing the United States as a National Team member in international competition since July 1 of the previous summer, shall also be eligible to enter the USA Swimming spring championship and USA Swimming National Championships.

E Athletes who have qualified for the Olympic Trials within the current quadrennium in a specific event may swim that event in all USA Swimming spring championship, National Championships and U.S. Open events preceding the next Olympic Trials, even if they have not re-qualified for the USA Swimming spring championship, Nationals or US Open in that specific event.

.5 Times achieved at an altitude of 3,000 feet or above may be adjusted as follows:

Time Adjustment

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

(1) Subtract the time indicated above from the actual time achieved at altitude. This is the time to be used on the entry form and seeding will be based on that time. Information relative to the adjustment accompanying the entry form must include name of swimmer, event, date of performance, elevation location, actual time, corrected time and signature of coach.

(2) A swimmer or relay may use the above adjustments to meet the national qualifying time standard and seeding will be based upon that time.

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

.7 Only swimmers and relay teams listed on the entry form shall be eligible to compete and no changes in submitted times, corrections or changes of events entered, or additional entries shall be allowed. Typographical or transcription errors which can be readily verified by entry data or National Times Data Base data may be corrected if attested to by the swimmer, coach, or the swimmer's representative prior to the scratch deadline.

.8 Any swimmer who qualifies for the 1000 or 1650 yard freestyle or the 800 or 1500-meter freestyle may enter at his/her fastest time or at the time standard, if entered in two or more events on the day of the distance freestyle.

.9 In USA Swimming spring championships and National Championships, swimmers entered in the 800/1000 and 1500/1650 freestyle do not need to enter their best times, but may enter themselves at the time performed at the meet distance (SC-SC, LC-LC) at the previous USA Swimming spring championships or National Championships, provided they have made the short course yard, short course meter, or long course meter standard during the appropriate qualifying period. Swimmers will be seeded at their entered times.

.10 Program Operations reserves the right to challenge any submitted time.

.11 Foreign swimmers, who are not members of USA Swimming, may enter national championships provided they have met all qualifying requirements including submission of proof of entered times. These foreign athletes must meet the time standards. Foreign swimmers must be members of USA Swimming, and must be members of a USA Swimming registered club to compete in the USA Swimming spring championships. (See also 207.13.3)

.12 All swimmers entered in the USA Swimming spring championships are eligible for scoring. In order to score at USA Swimming National Championships, a swimmer must be eligible to represent the United States in international competition.

.13 **Relay Entries**

A A club may enter no more than two relay teams in each relay event.

B Only swimmers listed on the entry form for an organization shall be eligible to compete for that organization in relay events.

C Relay teams shall indicate on the entry form whether they elect to be entered at their provable time or at the lowest priority non-conforming time standard. The time for each relay may be submitted as a composite or aggregate time. Aggregate times must be equivalent (i.e. all short course or all long course).

D Each coach shall pick up relay entry forms from the clerk of course on which he/she shall list the competing relay swimmers, their first and last names, ages, and order of swimming, for each entered relay. Upon reporting to the starting blocks, immediately prior to the start of the relay heat in which such team is entered, the completed relay entry form shall be handed to the head lane timer. No change will be permitted thereafter and failure to present the head lane timer with written list of relay swimmers shall prevent such team from competing. A runner shall be furnished to distribute copies of the listed relay swimmers to the announcer, press and T.V.

E A fine of $100 will be imposed on the organization obtaining deck credentials for each relay-only swimmer who does not compete in a USA Swimming spring championship or National Championship relay. No penalty shall apply if the Referee is notified prior to the event and accepts proof that failure to compete was due to the relay-only swimmer's illness or injury, or to circumstances beyond the swimmer's control.

207.12 QUALIFYING TIME STANDARDS

.1 USA Swimming spring championship and National Championship qualifying time standards will be determined from performances at the respective spring and summer championship meets for all swimmers and may be based on world rankings so that they will be of comparable quality for all events. The time standard formulas shall be established by the Championship Time Standards Committee in consultation with the National Team Director. Time standards shall be designed to allow 900-1000 swimmers in individual events at the USA Swimming spring championship and the National Championship.

.2 Time standards for foreign swimmers who are representing a foreign team or country shall be the National Championships time standards.

.3 Program Operations shall approve at each annual meeting the qualifying time standards for all National Championships, and US Open meets one (1) year in advance. Qualifying time

standards shall be specified in hundredths of a second, with nine one-hundredths being the constant. At the first meeting of the House of Delegates, the Program Operations Vice President shall submit the written report of these time standards.

.4 The Senior Swimming Committee shall approve at each annual meeting the qualifying time standards for the spring championships one (1) year in advance. Qualifying time standards shall be specified in hundredths of a second, with nine one-hundredths being the constant. At the first meeting of the House of Delegates, the Technical Vice President shall submit the written report of these time standards.

207.13 PROOF OF ENTERED TIME — Procedures for obtaining proof of time shall conform to the current edition of the USA Swimming National Times Database Handbook. Verifications shall be issued only for official times achieved in accordance with the requirements of 102.16.4.

.1 **Individual Events** — All individual entry times must be made during the correct qualifying period specified in 207.11.4C and must be proven prior to the scratch deadline for that event through the National Times Verification division of STARS (Swimming Tracking and Recognition System).

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

The time of any swimmer recorded while legally representing a USA Swimming club, secondary school, college or university within the appropriate time frame may be used in proving an aggregate relay-entry time and that swimmer does not need to be entered in the championship in question.

.3 Foreign swimmers, who are representing a foreign team or country, must meet the established National Championships time standards and provide official meet results with the entry form.

.4 The above requirements shall be made a part of the official entry form for all USA Swimming championships and other meets at which proof-of-time is required through the National Times Database system.

.5 **Responsibility Clause**

A The coach, swimmer, or swimmer representative who signs a USA Swimming championship entry form thereby attests that all times stated in said entry form are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times or times which are unacceptable under USA Swimming rules and shall be assessed a $100 penalty payable to USA Swimming for each such time entered, unless absolved of the fine by the National Times Coordinator or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming.

B Such penalty shall also be levied against any USA Swimming verification officer who entered such a false or incorrect time(s) into the National Times Database.

C Appeal of fines are to be made to the National Times Coordinator and/or Board of Review. Any appeal of the decision of the National Times Coordinator shall be in accordance with the provisions of Part Four, specifically 406.1.

APPENDIX 2-A

"Stars"
Swimming Tracking and Recognition System

Purpose / To provide an equitable system for verifying entry times for USA Swimming Trials, Nationals, World Cup, U.S. Open Championships, spring championships and USA junior championships and for recognizing swims through the National Top 16 program (See 205.8). All entry times for the above meets and Top 16 recognition must be proved through STARS. Verification of swims for meet entry and Top 16 recognition must be entered in the National Times Database by tabulators appointed by each Local Swimming Committee (LSC). This appendix is intended to answer some of the most common questions regarding the National Times Database for meet entry purposes. Use the resource list at the end of the appendix to obtain additional information. If you have any questions, please call your LSC Verification officer or the National Times Coordinator.

Times automatically entered into database / Qualifying times achieved in competition or time trials at any of the above mentioned meets, plus the Olympic Games, World Championships, Pan Pacific Championships, Pan American Games, World University Games, National Junior Team meets, NCAA Division I Championships (observed swims conforming to USA Swimming Technical rules and performed by athletes with current USA Swimming ID numbers) and certain other national and international meets are automatically entered into the National Times Database or results will be available at the meet for the purpose of proving times. Each LSC shall be responsible for loading times from all sanctioned meets held in the LSC into the SWIMS data management program. The LSC NTV chairperson or the Top 16 tabulator is responsible for insuring that the designated sanctioned meets are properly loaded into STAR database.

Times which must be requested / Times achieved at any other competition, including observed swims at non-USA Swimming competitions, and any relay lead-off splits or intermediate distance splits from sanctioned meets which achieve an applicable qualifying time, or which may be used as relay-only times, must be requested through a Verification officer from the LSC in which the swim took place. NOTE: The referee must be notified prior to the swim when an intermediate distance split is requested for the back-stroke to insure that the initial split distance is completed with a legal finish touch [See 102.16.4A (d)].

Obtaining Verification of a National Time or Top 16 Time / It is the responsibility of the coach and/or athlete to consult with the Meet Host, Meet Director, Meet Referee or LSC Verification officer to determine if the meet will be conducted in a manner which will qualify the swims for recognition of Top 16 or National Reportable Times. For non-USA Swimming championship meets, such as high school, YMCA, or collegiate season-ending competitions, requests for observation shall be submitted to the LSC in writing or online a minimum of 10 days in advance of the competition. (See Article 202.5.) Other meets, such as invitationals and other multiple team meets hosted by the above organizations require approval by USA Swimming Program Operations, through the National Times Coordinator, a minimum of 28 days in advance of the meet. The Request for Observation shall be submitted to the LSC Verification Chairman in writing or online. The LSC will approve or disapprove and forward to the National Times Coordinator. At the meet, the coach or swimmer may be asked to complete a request form prior to the event. Some meets may receive blanket observation (all swims observed). Check with the Meet Referee or LSC Verification Officer to determine what the meet

observation will include. Any time swum in compliance with USA Swimming Technical Rules (202.4.4) in a meet with blanket observation will be an official time for verification purposes. When completing the request form, print legibly and use the athlete's USA Swimming registration name and ID number, LSC and team code. Following the event, the local verification officer will enter data into the National Times Database for swims meeting an applicable USA Swimming championship standard or Top 16 standard. Verification for an event at any competition, whether sanctioned, approved, or authorized for observation, is sub-ject to final approval by the Referee, Verification officer and/or observer, dependent on conformance to USA Swimming technical rules and procedures. Data from observed college conference championships, major college invitationals and high school and YMCA/YWCA meets in the championship progression, if approved, will be loaded into the SWIMS data management program. The use of USA Swimming ID numbers or complete names with middle initials and birth dates will facilitate the addition of times from compliant swims into the database. There is no guarantee of data entry for meets in which USA Swimming ID numbers are not used. Coaches should check the STAR database and request individual times from such meets that do not appear in the database. Relay lead-off splits and intermediate distance splits from these meets must always be individually requested from the NTV chairman in the LSC where the meet was held.

Relays / Relay entry times can be proved two ways:

(1) A team relay time is one which is achieved by four swimmers who swim a qualifying time in a relay event. The four swimmers must be attached members of the same USA Swimming club, and meet any applicable age requirement. For entry into National championships, this time belongs to the club, and may be used to enter a meet, regardless of which four attached swimmers from the club actually compete.

(2) An aggregate relay time consists of times from four separate individual event swims which are summed /totaled to achieve a qualifying time. The four swimmers whose individual entry times are used to qualify an aggregate relay, shall be attached to the same club at the time the offi-cial championship meet entry form is submitted. As in the case of the "team" relay time, it is not required to use any of the athletes who actually swam the time. Any four swimmers attached to your club and entered on the team entry form may participate on the relay at the championship competition..

Bonus events / Some USA Swimming Championships may permit bonus events. For each qualifying time achieved in an individual event, additional bonus events may be allowed. Requirements for bonus events will be specified in the meet information.

Validity / Typically, a verification of a time is good for approximately one year. For example, the qualifying period for a given summer USA Swimming Nationals begins on July 1 of the year prior to the Nationals. However, for certain Trials class meets, the qualifying period may be extended. Details of such special qualifying periods will be published in Rules & Regulations, and in the applicable meet information. For Top 16 times, see 205.8 for validity guidelines.

Coaches Responsibilities / Never assume that any of the above steps are automatically in place. Check with a responsible person well in advance of a competition for which you wish verification of times. If you do not see times posted in the National Times Database on the USA Swimming website within 2 weeks of the end of the competition, contact the LSC Verification Officer.

If you enter a USA Swimming championship online, your swimmers' names and times will be automatically offered to you for entry in the meet. If you are entering on hardcopy entry forms, before list-

ing a time for entry, check the National Times Database for the times verified for your swimmers. If a time you wish to use is not in the database, contact the LSC Verification officer where the swim took place to ensure the time is added to the database.

Upon arrival at a USA Swimming championship in which you have athletes entered, you must check the copy of the psych sheet posted in the Proof of Times area to see if there are any asterisks (*) by the times of any of your swimmers. An asterisk (*) indicates that the time has not been proved. See the Verification officer at the meet to insure that any swim with a star is proven before the scratch deadline for that event. Times appearing on the master entry form which cannot be proved by the scratch deadline for that specific event will result in the swimmer being scratched from the event, and are subject to a $100.00 fine per unproved time (207.13.5).

References / For more information on STARS or the verification of times for National Top 16 recognition or entry into USA Swimming National championships, consult any of the following resources: USA Swimming Rules & Regulations, Articles 202, 205.8, and 207; USA Swimming Meet Information or Online Entry Program; the National Times Database lookup; USA Swimming National Times Handbook, available from the National Times Coordinator, (see page 4); or your LSC National Times Verification officer.

APPENDIX 2-B

2005 CHAMPIONSHIP MEETS SITES AND DATES

World Championship Trials
April 1-6
IUPUI Natatorium
Indianapolis, IN

5-10-25K Open Water Championships
June 3, 5, 7
Fort Myers, FL

Disability Championships
June 9-11
University of Minnesota Aquatic Center
Minneapolis, MN

ConocoPhillips National Championships
August 3-7
William Woollett Jr. Aquatic Center
Irvine, CA

USA Swimming Junior Championships
August 9-13
William Woollett Jr. Aquatic Center
Irvine, CA

U.S. Open Championships
December 1-3
James E. Martin Aquatic Center
Auburn, AL

2005 TIME STANDARDS

2005 WORLD CHAMPIONSHIP TRIALS TIME STANDARDS
April 1-6
Indianapolis, IN

WOMEN					MEN		
SCY	SCM	LCM		EVENT	SCY	SCM	LCM
23.29	25.99	26.79	50	Freestyle	20.49	22.69	23.79
50.59	55.69	57.69	100	Freestyle	44.89	49.59	52.19
1:49.09	2:00.19	2:04.49	200	Freestyle	1:38.89	1:49.49	1:54.09
4:49.49	4:09.99	4:20.89	400/500	Freestyle	4:27.19	3:51.29	4:02.99
10:01.09	8:43.39	8:56.29	800	Freestyle	9:20.99	8:10.89	8:24.29
16:46.89	16:35.19	17:06.69	1500	Freestyle	15:34.99	15:17.79	16:06.49
56.09	1:01.59	1:05.39	100	Backstroke	49.99	55.69	58.69
2:00.99	2:14.09	2:19.99	200	Backstroke	1:48.79	2:00.89	2:07.19
1:03.59	1:10.99	1:13.29	100	Breaststroke	56.29	1:02.59	1:05.59
2:17.49	2:33.79	2:38.09	200	Breaststroke	2:02.59	2:17.49	2:22.79
55.39	1:00.89	1:03.09	100	Butterfly	49.19	53.89	56.19
2:01.49	2:13.49	2:17.29	200	Butterfly	1:49.69	2:00.09	2:05.09
2:02.89	2:15.59	2:21.49	200	IM	1:50.49	2:02.09	2:08.79
4:21.39	4:48.29	4:57.79	400	IM	3:56.59	4:21.99	4:34.29

Qualifying period is February 1, 2004 through the entry deadline

2005 CONOCOPHILLIPS NATIONAL CHAMPIONSHIPS TIME STANDARDS
August 3-7
Irvine, CA

WOMEN					MEN		
SCY	SCM	LCM		EVENT	SCY	SCM	LCM
23.29	25.99	26.79	50	Freestyle	20.49	22.69	23.79
50.59	55.69	57.69	100	Freestyle	44.89	49.59	52.19
1:49.09	2:00.19	2:04.49	200	Freestyle	1:38.89	1:49.49	1:54.09
4:49.49	4:09.99	4:20.89	400/500	Freestyle	4:27.19	3:51.29	4:02.99
10:01.09	8:43.39	8:56.29	800	Freestyle	9:20.99	8:10.89	8:24.29
16:46.89	16:35.19	17:06.69	1500	Freestyle	15:34.99	15:17.79	16:06.49
56.09	1:01.59	1:05.39	100	Backstroke	49.99	55.69	58.69
2:00.99	2:14.09	2:19.99	200	Backstroke	1:48.79	2:00.89	2:07.19
1:03.59	1:10.99	1:13.29	100	Breaststroke	56.29	1:02.59	1:05.59
2:17.49	2:33.79	2:38.09	200	Breaststroke	2:02.59	2:17.49	2:22.79
55.39	1:00.89	1:03.09	100	Butterfly	49.19	53.89	56.19
2:01.49	2:13.49	2:17.29	200	Butterfly	1:49.69	2:00.09	2:05.09
2:02.89	2:15.59	2:21.49	200	IM	1:50.49	2:02.09	2:08.79
4:21.39	4:48.29	4:57.79	400	IM	3:56.59	4:21.99	4:34.29
3:31.99	3:57.19	3:58.39	400	Free Relay	3:05.89	3:26.59	3:33.59
7:33.69	8:27.05	8:34.09	800	Free Relay	6:53.59	7:39.89	7:51.59
3:56.49	4:24.39	4:25.49	400	Medley Relay	3:27.29	3:51.59	3:55.69

Qualifying period is July 1, 2004 through the entry deadline

2005 USA SWIMMING JUNIOR CHAMPIONSHIPS TIME STANDARDS
August 9-13
Irvine, CA

WOMEN					MEN		
SCY	SCM	LCM		EVENT	SCY	SCM	LCM
23.69	26.39	27.19	50	Freestyle	21.19	23.49	24.59
51.39	56.59	58.49	100	Freestyle	46.09	50.89	53.49
1:50.49	2:01.79	2:05.99	200	Freestyle	1:40.89	1:51.69	1:56.49
4:53.29	4:13.29	4:23.39	400	Freestyle	4:32.79	3:56.19	4:06.99
10:06.99	8:48.49	9:03.49	800	Freestyle	9:28.69	8:17.59	8:34.09
16:53.19	16:42.29	17:26.49	1500	Freestyle	15:50.09	15:50.19	16:25.39
56.99	1:02.59	1:06.09	100	Backstroke	51.39	57.19	1:00.19
2:02.59	2:15.89	2:21.99	200	Backstroke	1:51.49	2:03.79	2:10.69
1:04.49	1:11.99	1:14.49	100	Breaststroke	57.89	1:04.29	1:07.99
2:18.99	2:35.49	2:40.59	200	Breaststroke	2:06.29	2:21.69	2:27.39
56.09	1:01.69	1:03.99	100	Butterfly	50.39	55.29	57.79
2:03.29	2:15.49	2:20.39	200	Butterfly	1:52.39	2:02.94	2:08.99
2:04.49	2:17.29	2:22.89	200	IM	1:52.99	2:04.89	2:11.59
4:23.69	4:50.79	5:02.09	400	IM	4:00.89	4:26.69	4:39.99
3:36.99	4:02.79	4:06.99	400	Free Relay	3:12.79	3:34.29	3:41.89
7:49.79	8:45.09	8:53.89	800	Free Relay	7:05.69	7:53.29	8:07.49
4:01.29	4:28.89	4:36.39	400	Medley Relay	3:36.09	4:01.49	4:08.89

Qualifying period is July 1, 2004 through the entry deadline

2005 U.S. OPEN CHAMPIONSHIPS TIME STANDARDS
December 1-3
Auburn, AL

WOMEN					MEN		
SCY	SCM	LCM		EVENT	SCY	SCM	LCM
23.89	26.59	27.29	50	Freestyle	20.99	23.29	24.19
51.89	57.09	58.89	100	Freestyle	45.99	50.79	52.99
1:51.69	2:03.09	2:06.99	200	Freestyle	1:40.69	1:51.49	1:55.69
4:55.89	4:15.49	4:25.59	400/500	Freestyle	4:32.29	3:55.69	4:05.89
10:07.99	8:49.39	9:04.09	800	Freestyle	9:27.39	8:16.49	8:29.79
16:58.29	16:47.39	17:21.39	1500	Freestyle	15:47.79	15:30.39	16:18.59
57.69	1:03.39	1:06.69	100	Backstroke	51.29	57.09	59.79
2:03.59	2:16.99	2:22.29	200	Backstroke	1:50.99	2:03.29	2:09.09
1:05.19	1:12.79	1:14.99	100	Breaststroke	57.59	1:03.99	1:06.79
2:20.69	2:37.29	2:41.59	200	Breaststroke	2:04.99	2:20.19	2:25.29
57.09	1:02.79	1:04.39	100	Butterfly	50.49	55.29	57.19
2:05.09	2:17.49	2:20.29	200	Butterfly	1:51.79	2:02.29	2:06.99
2:06.09	2:19.19	2:24.29	200	IM	1:52.99	2:04.79	2:10.59
4:27.79	4:55.29	5:03.39	400	IM	4:00.99	4:26.79	4:37.39
3:33.49	3:58.89	4:01.49	400	Free Relay	3:09.39	3:30.49	3:37.69
7:43.39	8:37.99	8:45.29	800	Free Relay	7:00.49	7:47.49	7:59.89
3:58.19	4:25.49	4:30.49	400	Medley Relay	3:31.09	3:55.79	4:01.19

Qualifying period is November 1, 2004 through the entry deadline

APPENDIX 2-C

2004-2005 NATIONAL AGE GROUP REPORTABLE TIMES

GIRLS — LONG COURSE - METERS

EVENT	10-under	11-12	13-14	15-16	17-18	15-18
50 Freestyle	31.09	28.49	27.49	27.09	27.09	x
100 Freestyle	1:08.19	1:01.99	59.49	58.39	58.29	x
200 Freestyle	2:27.69	2:13.79	2:08.19	2:05.69	2:04.99	x
400 Freestyle	5:13.69	4:41.49	4:27.79	4:22.39	4:21.29	x
800 Freestyle	x	9:50.49	9:11.09	8:58.59	8:56.69	x
1500 Freestyle	x	18:53.09	17:38.09	17:13.99	17:09.99	x
50 Backstroke	36.19	32.99	x	x	x	x
100 Backstroke	1:18.19	1:10.79	1:07.19	1:05.69	1:05.59	x
200 Backstroke	x	2:33.99	2:24.19	2:20.49	2:20.09	x
50 Breaststroke	40.09	36.19	x	x	x	x
100 Breaststroke	1:27.89	1:18.99	1:15.19	1:13.99	1:13.89	x
200 Breaststroke	x	2:52.59	2:41.89	2:39.19	2:38.99	x
50 Butterfly	33.99	30.79	x	x	x	x
100 Butterfly	1:16.59	1:08.49	1:04.99	1:03.69	1:02.99	x
200 Butterfly	x	2:35.39	2:23.09	2:19.39	2:17.89	x
200 I.M.	2:47.29	2:31.79	2:25.19	2:22.69	2:21.79	x
400 I.M.	x	5:25.19	5:05.49	5:00.29	4:57.99	x
200 Free Relay	2:16.39	2:01.69	1:57.09	x	x	1:52.29
400 Free Relay	x	4:27.19	4:13.89	x	x	3:57.99
800 Free Relay	x	x	9:10.59	x	x	8:36.19
200 Medley Relay	2:34.19	2:16.39	2:10.59	x	x	2:04.69
400 Medley Relay	x	5:00.69	4:43.49	x	x	4:25.69

BOYS — LONG COURSE - METERS

EVENT	10-under	11-12	13-14	15-16	17-18	15-18
50 Freestyle	30.99	27.69	25.69	24.79	24.19	x
100 Freestyle	1:07.99	1:00.29	55.99	53.99	52.69	x
200 Freestyle	2:27.29	2:12.29	2:01.59	1:56.49	1:54.50	x
400 Freestyle	5:10.29	4:36.79	4:17.09	4:06.69	4:02.99	x
800 Freestyle	x	9:51.09	8:53.19	8:30.69	8:25.19	x
1500 Freestyle	x	18:59.99	16:58.19	16:19.99	16:07.99	x
50 Backstroke	36.39	32.19	x	x	x	x
100 Backstroke	1:18.59	1:08.99	1:03.29	1:00.09	58.99	x
200 Backstroke	x	2:32.59	2:16.39	2:09.89	2:07.49	x
50 Breaststroke	40.79	35.59	x	x	x	x
100 Breaststroke	1:29.69	1:18.09	1:11.39	1:08.39	1:06.09	x
200 Breaststroke	x	2:53.79	2:34.29	2:27.69	2:23.49	x
50 Butterfly	33.99	29.99	x	x	x	x
100 Butterfly	1:16.39	1:07.19	1:01.69	57.99	56.69	x
200 Butterfly	x	2:32.49	2;14.79	2:08.99	2:05.99	x
200 I.M.	2:47.29	2:29.79	2:16.89	2:12.09	2:08.89	x
400 I.M.	x	5:26.09	4:51.09	4:39.09	4:34.19	x
200 Free Relay	2:16.59	2:00.29	1:49.29	x	x	1:39.89
400 Free Relay	x	4:27.39	3:58.89	x	x	3:38.09
800 Free Relay	x	x	8:50.09	x	x	7:57.69
200 Medley Relay	2:35.29	2:15.99	2:01.99	x	x	1:52.19
400 Medley Relay	x	5:02.59	4:27.59	x	x	4:02.79

GIRLS — SHORT COURSE - YARDS

EVENT	10-under	11-12	13-14	15-16	17-18	15-18
50 Freestyle	27.49	25.19	24.19	23.69	23.69	x
100 Freestyle	59.79	54.49	52.29	51.29	51.09	x
200 Freestyle	2:10.29	1:57.69	1:52.49	1:50.19	1:49.59	x
500 Freestyle	5:46.99	5:13.09	4:58.09	4:52.19	4:51.19	x
1000 Freestyle	x	10:52.59	10:14.99	10:01.59	10:02.99	x
1650 Freestyle	x	18:24.79	17:07.69	16:49.99	16:43.99	x
50 Backstroke	31.69	28.79	x	x	x	x
100 Backstroke	1:07.99	1:01.19	57.59	56.89	56.29	x
200 Backstroke	x	2:12.69	2:04.89	2:02.29	2:00.99	x
50 Breaststroke	35.29	31.89	x	x	x	x
100 Breaststroke	1:16.39	1:08.89	1:05.79	1:04.19	1:03.99	x
200 Breaststroke	x	2:30.29	2:21.39	2:18.19	2:18.19	x
50 Butterfly	30.19	27.49	x	x	x	x
100 Butterfly	1:07.69	1:00.39	57.39	55.99	55.69	x
200 Butterfly	x	2:15.69	2:06.59	2:02.79	2:02.19	x
100 I.M.	1:08.49	1:02.19	x	x	x	x
200 I.M.	2:26.69	2:13.09	2:06.89	2:04.59	2:03.49	x
400 I.M.	x	4:44.79	4:27.99	4:22.89	4:21.89	x
200 Free Relay		1:45.59	1:41.29	x	x	1:37.79
400 Free Relay	1:56.99	3:50.69	3:38.39	x	x	3:31.39
800 Free Relay	x	x	7:56.29	x	x	7:39.29
200 Medley Relay	2:12.29	1:57.99	1:52.89	x	x	1:49.29
400 Medley Relay	x	4:18.89	4:02.69	x	x	3:53.69

BOYS — SHORT COURSE - YARDS

EVENT	10-under	11-12	13-14	15-16	17-18	15-18
50 Freestyle	27.29	24.29	22.39	21.29	20.89	x
100 Freestyle	59.69	52.79	48.69	46.59	45.59	x
200 Freestyle	2:09.59	1:54.69	1:45.69	1:41.29	1:39.29	x
500 Freestyle	5:48.69	5:07.69	4:44.49	4:32.79	4:28.59	x
1000 Freestyle	x	10:49.79	9:49.79	9:24.89	9:20.99	x
1650 Freestyle	x	18:11.19	16:24.59	15:46.99	15:37.19	x
50 Backstroke	31.59	27.99	x	x	x	x
100 Backstroke	1:08.19	59.69	54.39	51.59	50.49	x
200 Backstroke	x	2:10.69	1:57.59	1:51.39	1:49.19	x
50 Breaststroke	35.99	31.19	x	x	x	x
100 Breaststroke	1:18.59	1:07.29	1:01.19	58.59	56.89	x
200 Breaststroke	x	2:27.89	2:12.99	2:07.09	2:03.49	x
50 Butterfly	29.99	26.49	x	x	x	x
100 Butterfly	1:07.09	58.79	53.29	50.99	49.59	x
200 Butterfly	x	2:12.89	1:57.99	1:52.99	1:50.39	x
100 I.M.	1:08.99	1:00.59	x	x	x	x
200 I.M.	2:27.59	2:10.49	1:59.09	1:53.89	1:51.39	x
400 I.M.	x	4:43.39	4:13.69	4:02.59	3:57.39	x
200 Free Relay	1:58.29	1:44.79	1:34.49	x	x	1:26.79
400 Free Relay	x	3:50.69	3:26.19	x	x	3:09.69
800 Free Relay	x	x	7:34.59	x	x	6:58.29
200 Medley Relay	2:13.69	1:57.39	1:46.09	x	x	1:36.99
400 Medley Relay	x	4:18.89	3:49.39	x	x	3:30.89

2005-2008 National Age Group Motivational Times - Percentile Based

9/13/04

Long Course Meters -- Boys

		Track I			Track II			Track III			Track IV		
		98%	96.5%	94%	90%	85%	80%	75%	65%	55%	45%	30%	15%
10 & Under	50 M Free	32.49	33.09	33.79	34.69	35.59	36.39	37.19	38.69	40.49	42.39	46.39	53.19
10 & Under	100 M Free	1:10.69	1:12.19	1:13.79	1:15.89	1:17.99	1:19.99	1:21.69	1:25.39	1:29.49	1:33.49	1:41.19	1:53.89
10 & Under	200 M Free	2:30.09	2:32.59	2:35.89	2:39.39	2:42.89	2:45.99	2:48.79	2:54.59	3:00.49	3:06.69	3:18.09	3:34.99
10 & Under	400 M Free	5:02.69	5:09.69	5:15.69	5:22.09	5:27.69	5:32.89	5:37.99	5:46.29	5:54.39	6:04.79	6:22.19	6:49.89
10 & Under	50 M Back	38.49	39.29	40.19	41.39	42.59	43.79	44.79	46.99	49.09	51.59	56.09	1:03.19
10 & Under	100 M Back	1:21.49	1:22.89	1:24.79	1:26.89	1:28.99	1:30.99	1:32.69	1:36.29	1:39.79	1:43.49	1:50.79	2:02.99
10 & Under	50 M Breast	43.29	44.29	45.59	46.89	48.49	49.69	50.89	52.99	55.19	57.49	1:01.69	1:08.69
10 & Under	100 M Breast	1:32.99	1:34.79	1:37.09	1:39.69	1:42.39	1:44.59	1:46.69	1:50.59	1:54.29	1:58.29	2:05.09	2:15.99
10 & Under	50 M Fly	35.39	36.19	37.09	38.29	39.59	40.79	41.99	44.49	47.09	50.09	55.49	1:03.59
10 & Under	100 M Fly	1:17.49	1:19.09	1:21.29	1:23.89	1:26.29	1:28.49	1:30.39	1:33.99	1:38.09	1:42.29	1:49.59	2:01.09
10 & Under	200 M IM	2:49.99	2:53.29	2:56.69	3:00.59	3:04.49	3:07.99	3:10.79	3:16.39	3:22.29	3:28.69	3:39.39	3:56.19
11-12	50 M Free	28.89	29.29	29.79	30.49	31.09	31.69	32.19	32.99	33.89	34.89	36.69	39.49
11-12	100 M Free	1:02.59	1:03.89	1:05.19	1:06.59	1:08.09	1:09.39	1:10.39	1:12.49	1:14.49	1:16.89	1:21.39	1:28.89
11-12	200 M Free	2:15.59	2:17.49	2:19.79	2:22.59	2:25.49	2:28.09	2:30.19	2:34.39	2:38.39	2:42.89	2:51.09	3:04.89
11-12	400 M Free	4:41.79	4:45.39	4:49.69	4:54.69	4:59.79	5:04.29	5:08.19	5:15.59	5:22.49	5:29.99	5:43.19	6:05.29
11-12	800 M Free	9:28.19	9:32.69	9:40.09	9:49.99	9:59.09	10:08.79	10:15.59	10:27.39	10:40.09	10:53.79	11:19.19	11:53.19
11-12	1500 M Free	17:56.49	18:11.69	18:24.29	18:41.89	19:08.59	19:21.99	19:35.09	20:03.09	20:23.49	20:46.89	21:27.39	22:34.69
11-12	50 M Back	33.69	34.39	35.19	36.09	36.89	37.59	38.29	39.59	40.89	42.29	44.99	49.19
11-12	100 M Back	1:11.89	1:13.39	1:14.99	1:16.89	1:18.69	1:20.29	1:21.59	1:23.99	1:26.39	1:29.09	1:34.09	1:42.19
11-12	200 M Back	2:28.89	2:31.49	2:34.49	2:37.99	2:40.89	2:43.09	2:45.39	2:49.09	2:52.69	2:56.39	3:02.59	3:11.89
11-12	50 M Breast	37.09	37.89	38.99	40.09	41.19	42.19	43.09	44.69	46.29	47.99	50.99	55.29
11-12	100 M Breast	1:20.69	1:22.49	1:24.59	1:26.99	1:29.19	1:31.19	1:32.79	1:35.99	1:39.19	1:42.29	1:48.09	1:56.39
11-12	200 M Breast	2:49.29	2:51.89	2:55.19	2:58.79	3:02.39	3:05.29	3:08.19	3:13.19	3:17.69	3:22.49	3:31.49	3:42.79
11-12	50 M Fly	31.19	31.69	32.39	33.29	34.09	34.89	35.49	36.69	37.99	39.59	42.69	47.99
11-12	100 M Fly	1:08.99	1:10.09	1:11.69	1:13.49	1:15.19	1:16.79	1:18.19	1:20.99	1:23.79	1:26.69	1:32.29	1:41.69
11-12	200 M Fly	2:27.09	2:29.79	2:32.49	2:35.19	2:38.09	2:41.09	2:43.39	2:48.39	2:53.19	2:57.19	3:06.19	3:19.29
11-12	200 M IM	2:33.39	2:35.89	2:38.69	2:42.39	2:45.69	2:48.29	2:50.79	2:55.19	2:59.39	3:04.19	3:12.99	3:25.89
11-12	400 M IM	5:13.79	5:20.59	5:25.79	5:34.39	5:39.89	5:44.09	5:47.79	5:55.59	6:02.59	6:10.59	6:22.79	6:39.79
13-14	50 M Free	26.49	26.79	27.19	27.59	27.99	28.39	28.69	29.29	29.89	30.59	31.79	33.69
13-14	100 M Free	57.79	58.49	59.29	1:00.29	1:01.19	1:01.99	1:02.79	1:04.29	1:05.79	1:07.39	1:10.29	1:14.89
13-14	200 M Free	2:05.49	2:07.09	2:08.99	2:10.99	2:12.99	2:14.69	2:16.49	2:19.59	2:22.59	2:25.99	2:32.49	2:42.69
13-14	400 M Free	4:21.69	4:25.29	4:29.29	4:33.29	4:36.99	4:40.19	4:42.99	4:48.89	4:54.29	5:00.39	5:11.09	5:28.89
13-14	800 M Free	8:57.69	9:03.19	9:10.19	9:17.59	9:24.59	9:30.09	9:35.89	9:45.89	9:55.59	10:05.89	10:23.49	10:52.79
13-14	1500 M Free	17:01.49	17:13.29	17:26.99	17:41.69	17:56.89	18:07.59	18:17.79	18:36.09	18:55.79	19:16.19	19:50.89	20:46.29
13-14	100 M Back	1:05.29	1:06.29	1:07.69	1:09.09	1:10.59	1:11.79	1:12.89	1:14.99	1:16.99	1:19.19	1:23.09	1:29.19
13-14	200 M Back	2:19.49	2:21.59	2:24.09	2:26.89	2:29.29	2:31.39	2:33.39	2:37.39	2:40.69	2:44.49	2:51.19	3:01.49
13-14	100 M Breast	1:13.39	1:14.59	1:16.09	1:17.89	1:19.49	1:20.89	1:22.29	1:24.79	1:27.19	1:29.69	1:34.39	1:41.59
13-14	200 M Breast	2:37.09	2:39.79	2:43.19	2:46.59	2:49.89	2:52.59	2:54.89	2:59.19	3:03.29	3:07.79	3:15.99	3:28.49
13-14	100 M Fly	1:02.49	1:03.29	1:04.39	1:05.59	1:06.89	1:07.99	1:08.99	1:10.99	1:13.09	1:15.29	1:19.69	1:26.79
13-14	200 M Fly	2:15.49	2:17.99	2:20.19	2:22.79	2:25.19	2:27.29	2:29.39	2:32.99	2:36.69	2:41.19	2:48.69	2:59.29
13-14	200 M IM	2:21.49	2:23.49	2:25.59	2:28.09	2:30.39	2:32.59	2:34.49	2:37.99	2:41.39	2:45.19	2:51.99	3:02.49
13-14	400 M IM	4:55.19	4:58.29	5:02.19	5:06.79	5:10.89	5:14.69	5:17.69	5:23.49	5:29.49	5:35.49	5:46.09	6:01.69
15-16	50 M Free	25.09	25.49	25.79	26.19	26.49	26.79	27.09	27.49	27.99	28.39	29.19	30.39
15-16	100 M Free	54.59	55.39	56.19	57.09	57.79	58.49	59.09	1:00.19	1:01.29	1:02.39	1:04.39	1:07.49
15-16	200 M Free	1:58.39	1:59.99	2:01.79	2:03.79	2:05.59	2:07.09	2:08.49	2:10.99	2:13.39	2:15.99	2:20.69	2:27.89
15-16	400 M Free	4:09.89	4:12.49	4:15.49	4:19.19	4:22.69	4:25.79	4:28.59	4:33.59	4:38.39	4:43.69	4:52.29	5:05.99
15-16	800 M Free	8:31.39	8:37.89	8:44.29	8:51.29	8:57.39	9:03.49	9:08.09	9:17.79	9:26.89	9:36.49	9:53.09	10:18.69
15-16	1500 M Free	16:16.09	16:26.19	16:37.69	16:52.79	17:07.19	17:17.49	17:26.79	17:44.69	18:01.99	18:21.99	18:52.09	19:41.29
15-16	100 M Back	1:01.29	1:02.29	1:03.39	1:04.59	1:05.79	1:06.79	1:07.69	1:09.39	1:11.09	1:12.79	1:15.79	1:20.19
15-16	200 M Back	2:11.09	2:13.49	2:15.69	2:18.09	2:20.49	2:22.29	2:23.99	2:26.99	2:30.09	2:33.19	2:38.49	2:46.49
15-16	100 M Breast	1:08.89	1:10.19	1:11.39	1:12.69	1:14.09	1:15.29	1:16.39	1:18.29	1:20.19	1:22.19	1:25.69	1:30.99
15-16	200 M Breast	2:27.89	2:30.59	2:33.29	2:36.39	2:39.59	2:41.89	2:44.09	2:47.99	2:51.49	2:54.99	3:01.39	3:10.69
15-16	100 M Fly	58.29	59.29	1:00.39	1:01.59	1:02.59	1:03.39	1:04.19	1:05.69	1:07.19	1:08.79	1:11.79	1:16.69
15-16	200 M Fly	2:07.69	2:10.09	2:12.29	2:14.59	2:16.69	2:18.39	2:19.89	2:23.09	2:26.29	2:29.79	2:35.19	2:43.79
15-16	200 M IM	2:13.79	2:15.89	2:17.99	2:20.29	2:22.29	2:23.89	2:25.49	2:28.29	2:31.09	2:34.09	2:38.99	2:47.19
15-16	400 M IM	4:38.99	4:42.89	4:46.89	4:51.19	4:55.19	4:58.19	5:00.69	5:06.19	5:11.89	5:17.19	5:26.09	5:38.39
17-18	50 M Free	23.99	24.49	24.89	25.19	25.49	25.69	25.89	26.29	26.69	27.09	27.79	28.79
17-18	100 M Free	52.29	53.39	54.09	54.89	55.59	56.19	56.69	57.59	58.49	59.39	1:01.09	1:03.69
17-18	200 M Free	1:53.39	1:55.69	1:57.59	1:59.49	2:01.09	2:02.39	2:03.59	2:05.69	2:07.79	2:10.09	2:14.19	2:20.39
17-18	400 M Free	4:02.49	4:05.49	4:08.59	4:11.79	4:15.49	4:17.99	4:20.39	4:24.79	4:29.29	4:33.89	4:41.89	4:54.79
17-18	800 M Free	8:22.29	8:27.09	8:33.09	8:39.99	8:45.49	8:51.39	8:55.59	9:03.39	9:11.79	9:21.09	9:36.79	9:58.29
17-18	1500 M Free	15:50.19	16:05.59	16:19.09	16:32.69	16:45.19	16:54.29	17:03.19	17:20.19	17:35.69	17:52.59	18:22.99	19:12.89
17-18	100 M Back	58.39	59.49	1:00.59	1:01.79	1:02.89	1:03.79	1:04.59	1:05.99	1:07.59	1:09.19	1:11.89	1:15.89
17-18	200 M Back	2:05.19	2:07.49	2:09.99	2:12.99	2:15.19	2:17.09	2:18.69	2:21.29	2:24.09	2:27.09	2:32.29	2:39.69
17-18	100 M Breast	1:05.29	1:06.49	1:07.59	1:09.09	1:10.29	1:11.29	1:12.39	1:14.19	1:15.79	1:17.69	1:20.69	1:25.29
17-18	200 M Breast	2:20.69	2:23.79	2:26.99	2:29.69	2:32.59	2:34.69	2:36.69	2:40.69	2:44.09	2:47.49	2:53.09	3:01.79
17-18	100 M Fly	56.09	57.09	57.99	58.99	59.99	1:00.69	1:01.39	1:02.59	1:03.89	1:05.19	1:07.49	1:11.29
17-18	200 M Fly	2:03.89	2:05.59	2:07.69	2:09.79	2:11.79	2:13.49	2:14.79	2:17.39	2:20.09	2:23.09	2:28.59	2:36.09
17-18	200 M IM	2:07.69	2:09.99	2:12.49	2:14.89	2:16.79	2:18.49	2:19.89	2:22.49	2:25.09	2:27.89	2:32.49	2:39.59
17-18	400 M IM	4:29.39	4:33.39	4:37.59	4:41.89	4:45.89	4:49.29	4:52.19	4:56.69	5:01.59	5:06.79	5:14.99	5:27.19

2005-2008 National Age Group Motivational Times - Percentile Based
Long Course Meters -- Girls

9/13/04

		Track I			Track II			Track III			Track IV		
		98%	96.5%	94%	90%	85%	80%	75%	65%	55%	45%	30%	15%
10 & Under	50 M Free	32.89	33.59	34.29	35.29	36.19	37.09	37.89	39.49	41.19	43.19	46.99	53.59
10 & Under	100 M Free	1:11.89	1:13.49	1:15.19	1:17.39	1:19.59	1:21.49	1:23.29	1:26.99	1:30.79	1:35.09	1:42.79	1:54.89
10 & Under	200 M Free	2:32.99	2:35.79	2:38.69	2:42.39	2:45.99	2:49.19	2:52.29	2:57.69	3:03.49	3:09.59	3:21.19	3:38.79
10 & Under	400 M Free	5:09.89	5:14.79	5:20.79	5:26.79	5:33.49	5:37.79	5:41.89	5:51.99	6:01.29	6:10.69	6:30.79	6:57.89
10 & Under	50 M Back	38.89	39.79	40.89	42.09	43.49	44.59	45.59	47.59	49.79	52.09	56.29	1:03.09
10 & Under	100 M Back	1:22.59	1:24.29	1:26.29	1:28.49	1:30.69	1:32.79	1:34.59	1:37.99	1:41.59	1:45.59	1:53.29	2:04.99
10 & Under	50 M Breast	43.49	44.59	45.79	47.29	48.69	49.89	51.09	53.39	55.49	57.79	1:01.99	1:08.89
10 & Under	100 M Breast	1:33.09	1:35.09	1:37.39	1:39.99	1:42.79	1:44.99	1:46.99	1:50.79	1:54.69	1:58.69	2:05.69	2:16.59
10 & Under	50 M Fly	35.99	36.79	37.79	39.09	40.59	41.99	43.19	45.59	48.29	51.19	56.19	1:03.79
10 & Under	100 M Fly	1:19.59	1:21.29	1:23.59	1:26.09	1:28.69	1:30.99	1:32.99	1:37.19	1:41.09	1:45.39	1:52.59	2:03.09
10 & Under	200 M IM	2:53.89	2:56.59	2:59.89	3:03.79	3:08.09	3:11.69	3:14.79	3:20.39	3:26.09	3:32.59	3:44.09	4:01.29
11-12	50 M Free	29.79	30.29	30.69	31.19	31.79	32.29	32.69	33.49	34.29	35.09	36.79	39.29
11-12	100 M Free	1:04.69	1:05.49	1:06.59	1:07.89	1:09.29	1:10.39	1:11.39	1:13.39	1:15.29	1:17.49	1:21.59	1:28.09
11-12	200 M Free	2:18.59	2:20.59	2:22.89	2:25.39	2:27.89	2:30.39	2:32.39	2:36.29	2:39.89	2:44.19	2:52.09	3:04.39
11-12	400 M Free	4:47.99	4:51.49	4:55.59	5:00.39	5:05.19	5:09.19	5:13.09	5:19.69	5:25.89	5:32.79	5:45.29	6:05.39
11-12	800 M Free	9:36.19	9:45.29	9:52.89	10:00.99	10:09.69	10:16.59	10:22.49	10:33.29	10:46.59	10:59.59	11:21.29	11:54.39
11-12	1500 M Free	17:55.89	18:21.99	18:47.09	19:07.79	19:24.49	19:36.39	19:48.89	20:11.19	20:32.19	20:54.89	21:41.39	22:44.79
11-12	50 M Back	34.69	35.29	36.09	36.89	37.69	38.49	39.09	40.29	41.49	42.79	45.09	48.79
11-12	100 M Back	1:13.99	1:15.29	1:16.79	1:18.59	1:20.29	1:21.69	1:22.99	1:25.39	1:27.59	1:30.09	1:34.69	1:41.89
11-12	200 M Back	2:33.49	2:35.99	2:38.49	2:41.29	2:43.89	2:46.19	2:48.49	2:52.29	2:55.59	2:59.19	3:04.79	3:13.79
11-12	50 M Breast	38.19	38.89	39.69	40.69	41.79	42.59	43.49	44.89	46.29	47.79	50.29	54.19
11-12	100 M Breast	1:22.69	1:24.19	1:25.99	1:28.09	1:30.19	1:31.99	1:33.39	1:36.29	1:38.99	1:41.89	1:47.09	1:54.79
11-12	200 M Breast	2:51.59	2:54.39	2:57.89	3:01.49	3:04.59	3:07.29	3:09.59	3:14.19	3:18.59	3:22.99	3:30.59	3:41.59
11-12	50 M Fly	32.09	32.59	33.19	33.99	34.79	35.39	36.09	37.29	38.49	39.99	42.79	47.69
11-12	100 M Fly	1:10.99	1:12.09	1:13.29	1:15.09	1:16.79	1:18.49	1:19.89	1:22.69	1:25.49	1:28.29	1:33.79	1:42.19
11-12	200 M Fly	2:30.39	2:32.79	2:35.19	2:38.39	2:41.19	2:43.59	2:46.19	2:50.69	2:54.29	2:59.19	3:08.09	3:18.79
11-12	200 M IM	2:37.39	2:39.49	2:41.99	2:44.99	2:48.19	2:50.79	2:52.99	2:57.19	3:01.39	3:05.79	3:13.89	3:26.79
11-12	400 M IM	5:22.09	5:26.59	5:31.49	5:37.29	5:42.29	5:46.59	5:51.09	5:58.09	6:04.79	6:11.19	6:22.29	6:39.49
13-14	50 M Free	28.49	28.79	29.19	29.69	30.09	30.39	30.79	31.39	31.99	32.59	33.69	35.39
13-14	100 M Free	1:01.69	1:02.49	1:03.39	1:04.39	1:05.39	1:06.19	1:06.99	1:08.49	1:09.79	1:11.39	1:14.09	1:18.39
13-14	200 M Free	2:12.69	2:14.29	2:16.09	2:18.39	2:20.49	2:22.39	2:24.09	2:27.19	2:30.29	2:33.59	2:39.79	2:49.29
13-14	400 M Free	4:34.29	4:37.79	4:41.99	4:46.29	4:50.49	4:53.69	4:56.89	5:02.69	5:08.29	5:14.09	5:25.29	5:42.89
13-14	800 M Free	9:16.29	9:24.69	9:32.29	9:39.39	9:46.89	9:53.89	9:59.79	10:10.89	10:21.19	10:31.29	10:49.59	11:19.59
13-14	1500 M Free	17:45.99	18:02.79	18:15.99	18:29.49	18:45.79	18:58.69	19:08.49	19:29.19	19:50.49	20:10.89	20:47.49	21:41.59
13-14	100 M Back	1:09.89	1:11.09	1:12.59	1:14.09	1:15.49	1:16.79	1:17.99	1:19.89	1:21.79	1:23.79	1:27.49	1:32.89
13-14	200 M Back	2:28.89	2:31.19	2:33.79	2:36.59	2:39.19	2:41.39	2:43.39	2:47.09	2:50.39	2:53.69	2:59.79	3:09.39
13-14	100 M Breast	1:18.39	1:19.89	1:21.49	1:23.29	1:24.89	1:26.39	1:27.69	1:30.09	1:32.29	1:34.69	1:38.99	1:45.19
13-14	200 M Breast	2:46.69	2:49.79	2:52.69	2:56.19	2:59.29	3:01.99	3:04.49	3:08.59	3:12.49	3:16.69	3:24.49	3:35.99
13-14	100 M Fly	1:06.99	1:08.09	1:09.29	1:10.59	1:11.89	1:13.09	1:14.19	1:16.09	1:18.29	1:20.59	1:24.99	1:31.79
13-14	200 M Fly	2:23.99	2:27.09	2:29.39	2:32.29	2:34.99	2:37.49	2:39.59	2:43.39	2:47.09	2:51.19	2:58.39	3:09.69
13-14	200 M IM	2:30.49	2:32.69	2:34.99	2:37.39	2:39.99	2:42.09	2:44.09	2:47.39	2:50.69	2:54.29	3:00.79	3:11.29
13-14	400 M IM	5:10.19	5:14.39	5:19.19	5:23.89	5:28.19	5:32.19	5:35.79	5:42.19	5:47.79	5:53.39	6:03.19	6:17.99
15-16	50 M Free	27.49	27.89	28.29	28.69	29.09	29.49	29.79	30.29	30.79	31.39	32.29	33.69
15-16	100 M Free	59.29	1:00.19	1:01.09	1:02.09	1:02.99	1:03.79	1:04.49	1:05.69	1:06.99	1:08.29	1:10.59	1:13.99
15-16	200 M Free	2:07.29	2:09.19	2:11.09	2:13.29	2:15.29	2:16.99	2:18.49	2:21.29	2:23.99	2:26.69	2:31.79	2:39.69
15-16	400 M Free	4:25.69	4:29.19	4:33.09	4:37.39	4:41.19	4:44.29	4:47.19	4:52.59	4:57.49	5:02.49	5:12.09	5:27.69
15-16	800 M Free	8:59.39	9:06.29	9:13.89	9:23.09	9:30.79	9:36.99	9:42.39	9:52.39	10:01.69	10:11.39	10:27.49	10:53.39
15-16	1500 M Free	17:18.89	17:31.39	17:48.69	18:03.89	18:17.29	18:29.49	18:40.19	18:58.49	19:16.39	19:35.79	20:07.59	20:59.39
15-16	100 M Back	1:06.89	1:07.89	1:09.39	1:10.89	1:12.29	1:13.49	1:14.49	1:16.49	1:18.29	1:20.09	1:23.19	1:27.59
15-16	200 M Back	2:21.49	2:24.59	2:27.19	2:30.49	2:33.49	2:35.79	2:37.89	2:41.19	2:44.29	2:47.39	2:52.89	3:00.89
15-16	100 M Breast	1:14.69	1:16.09	1:17.69	1:19.29	1:20.79	1:22.19	1:23.29	1:25.39	1:27.39	1:29.49	1:33.29	1:38.59
15-16	200 M Breast	2:40.39	2:42.39	2:45.49	2:48.99	2:51.99	2:54.39	2:56.49	3:00.19	3:03.59	3:07.39	3:13.99	3:23.69
15-16	100 M Fly	1:04.29	1:05.29	1:06.39	1:07.69	1:08.99	1:09.89	1:10.69	1:12.49	1:14.09	1:15.99	1:19.29	1:24.69
15-16	200 M Fly	2:19.39	2:21.19	2:23.39	2:26.19	2:28.79	2:30.89	2:32.89	2:36.39	2:39.79	2:43.39	2:49.39	2:58.69
15-16	200 M IM	2:24.39	2:26.69	2:29.09	2:31.69	2:33.89	2:35.79	2:37.59	2:40.89	2:43.89	2:46.99	2:52.29	3:00.29
15-16	400 M IM	4:58.29	5:02.69	5:07.49	5:12.69	5:17.39	5:20.99	5:23.79	5:29.59	5:34.99	5:40.59	5:49.69	6:02.79
17-18	50 M Free	26.89	27.29	27.69	28.09	28.39	28.79	28.99	29.49	29.99	30.49	31.29	32.59
17-18	100 M Free	57.89	58.89	59.79	1:00.69	1:01.59	1:02.29	1:02.89	1:03.89	1:04.99	1:06.09	1:08.09	1:11.09
17-18	200 M Free	2:04.49	2:06.29	2:08.09	2:09.99	2:12.09	2:13.69	2:14.89	2:17.29	2:19.59	2:21.89	2:26.29	2:32.99
17-18	400 M Free	4:21.29	4:23.59	4:26.79	4:30.79	4:34.79	4:37.79	4:40.39	4:45.09	4:49.49	4:54.19	5:02.39	5:14.79
17-18	800 M Free	8:48.79	8:55.49	9:00.59	9:08.69	9:16.89	9:23.79	9:28.99	9:37.49	9:45.99	9:55.49	10:10.39	10:34.99
17-18	1500 M Free	16:57.59	17:12.99	17:25.59	17:42.99	17:55.79	18:04.69	18:15.39	18:31.09	18:50.69	19:09.69	19:40.69	20:31.09
17-18	100 M Back	1:04.99	1:06.19	1:07.49	1:08.79	1:09.99	1:10.89	1:11.79	1:13.39	1:15.09	1:16.79	1:19.79	1:23.89
17-18	200 M Back	2:17.89	2:20.69	2:23.29	2:26.59	2:28.99	2:30.89	2:32.79	2:35.79	2:38.89	2:42.19	2:46.99	2:54.39
17-18	100 M Breast	1:12.79	1:14.09	1:15.39	1:16.89	1:18.29	1:19.59	1:20.59	1:22.59	1:24.39	1:26.29	1:29.39	1:33.89
17-18	200 M Breast	2:36.39	2:38.69	2:41.39	2:44.29	2:47.29	2:49.59	2:51.89	2:55.79	2:59.19	3:02.59	3:08.09	3:16.39
17-18	100 M Fly	1:02.79	1:03.69	1:04.79	1:05.89	1:06.99	1:07.79	1:08.69	1:09.99	1:11.39	1:12.79	1:15.39	1:19.59
17-18	200 M Fly	2:15.89	2:17.89	2:19.99	2:22.49	2:24.89	2:26.59	2:28.29	2:31.19	2:34.09	2:36.99	2:42.79	2:51.69
17-18	200 M IM	2:21.49	2:23.49	2:25.69	2:28.09	2:30.19	2:32.19	2:33.79	2:36.59	2:39.19	2:42.09	2:46.79	2:53.89
17-18	400 M IM	4:55.49	4:59.69	5:03.29	5:07.89	5:11.49	5:14.79	5:17.89	5:22.79	5:27.79	5:32.79	5:41.39	5:52.89

2005-2008 National Age Group Motivational Times - Percentile Based
Short Course Yards -- Boys

9/13/04

		Track I			Track II			Track III			Track IV		
		98%	96.5%	94%	90%	85%	80%	75%	65%	55%	45%	30%	15%
10 & Under	50 Y Free	29.79	30.49	31.29	32.29	33.39	34.29	35.19	36.99	38.79	40.99	44.99	51.59
10 & Under	100 Y Free	1:04.49	1:05.99	1:07.69	1:09.89	1:12.09	1:14.19	1:16.09	1:19.79	1:23.59	1:27.49	1:34.59	1:45.59
10 & Under	200 Y Free	2:15.89	2:18.29	2:21.29	2:24.99	2:28.59	2:31.89	2:34.99	2:40.79	2:46.79	2:52.89	3:04.09	3:20.09
10 & Under	500 Y Free	5:49.49	5:57.09	6:03.79	6:12.09	6:20.89	6:28.09	6:33.99	6:46.69	6:59.39	7:12.79	7:37.29	8:12.19
10 & Under	50 Y Back	34.69	35.59	36.59	37.89	39.19	40.29	41.39	43.39	45.49	47.69	51.79	57.79
10 & Under	100 Y Back	1:12.49	1:13.99	1:15.79	1:17.89	1:19.99	1:21.89	1:23.49	1:27.09	1:30.49	1:33.89	1:40.59	1:50.79
10 & Under	50 Y Breast	39.19	40.19	41.49	42.89	44.39	45.59	46.59	48.59	50.49	52.59	56.29	1:02.09
10 & Under	100 Y Breast	1:23.19	1:24.99	1:27.29	1:29.89	1:32.49	1:34.69	1:36.79	1:40.29	1:43.49	1:47.09	1:53.19	2:02.69
10 & Under	50 Y Fly	32.39	33.19	34.19	35.59	36.89	38.09	39.29	41.49	43.79	46.29	50.69	56.99
10 & Under	100 Y Fly	1:09.99	1:11.69	1:13.59	1:15.89	1:18.29	1:20.19	1:22.09	1:25.69	1:29.09	1:32.99	1:39.69	1:49.39
10 & Under	100 Y IM	1:14.09	1:15.79	1:17.89	1:20.29	1:22.69	1:25.09	1:27.19	1:31.09	1:34.89	1:38.89	1:45.69	1:55.99
10 & Under	200 Y IM	2:33.19	2:35.89	2:38.99	2:42.59	2:46.09	2:49.19	2:51.99	2:57.39	3:02.69	3:08.19	3:17.39	3:31.39
11-12	50 Y Free	25.89	26.39	26.99	27.69	28.39	28.89	29.39	30.29	31.29	32.39	34.29	37.59
11-12	100 Y Free	56.19	57.29	58.59	1:00.09	1:01.59	1:02.99	1:04.19	1:06.39	1:08.69	1:11.39	1:16.19	1:23.79
11-12	200 Y Free	2:00.59	2:02.69	2:05.19	2:08.29	2:11.29	2:13.79	2:16.09	2:20.49	2:24.79	2:29.69	2:38.79	2:52.59
11-12	500 Y Free	5:18.49	5:23.39	5:29.59	5:36.29	5:42.89	5:47.99	5:52.79	6:01.99	6:11.49	6:21.79	6:40.29	7:08.09
11-12	1000 Y Free	10:44.19	10:49.59	10:58.39	11:10.49	11:24.79	11:35.19	11:45.49	12:02.19	12:22.29	12:40.49	13:11.69	13:58.79
11-12	1650 Y Free	17:47.89	17:58.39	18:11.99	18:31.79	18:52.89	19:10.39	19:25.39	19:54.59	20:18.09	20:47.09	21:29.89	22:37.99
11-12	50 Y Back	29.99	30.69	31.49	32.39	33.29	34.09	34.79	36.09	37.49	38.99	41.59	45.79
11-12	100 Y Back	1:03.59	1:04.99	1:06.59	1:08.39	1:10.09	1:11.59	1:12.89	1:15.39	1:18.09	1:20.89	1:26.09	1:34.09
11-12	200 Y Back	2:10.69	2:13.59	2:16.59	2:19.79	2:22.89	2:24.99	2:26.89	2:30.59	2:34.29	2:38.29	2:45.29	2:57.29
11-12	50 Y Breast	33.29	34.19	35.19	36.39	37.49	38.49	39.39	40.99	42.49	44.09	46.79	50.89
11-12	100 Y Breast	1:11.39	1:13.19	1:15.19	1:17.59	1:19.89	1:21.79	1:23.49	1:26.69	1:29.79	1:32.99	1:38.49	1:46.39
11-12	200 Y Breast	2:29.89	2:32.39	2:35.39	2:38.69	2:42.49	2:45.69	2:48.49	2:53.69	2:58.79	3:03.89	3:12.89	3:27.19
11-12	50 Y Fly	28.39	28.99	29.69	30.49	31.39	32.09	32.79	34.09	35.49	37.09	40.19	44.99
11-12	100 Y Fly	1:01.59	1:02.79	1:04.29	1:06.09	1:07.79	1:09.19	1:10.59	1:13.29	1:16.09	1:19.09	1:24.69	1:32.99
11-12	200 Y Fly	2:10.39	2:12.79	2:16.39	2:19.19	2:21.89	2:24.49	2:26.79	2:30.99	2:35.49	2:40.09	2:47.59	3:01.29
11-12	100 Y IM	1:04.39	1:05.69	1:07.29	1:09.19	1:10.99	1:12.49	1:13.79	1:16.39	1:18.99	1:21.69	1:26.39	1:33.69
11-12	200 Y IM	2:15.99	2:18.49	2:21.39	2:24.59	2:27.89	2:30.49	2:32.79	2:37.19	2:41.59	2:46.29	2:54.99	3:07.79
11-12	400 Y IM	4:37.89	4:43.19	4:49.09	4:55.09	5:00.69	5:04.89	5:08.79	5:15.99	5:23.59	5:31.09	5:46.09	6:07.09
13-14	50 Y Free	23.59	23.89	24.19	24.69	25.09	25.49	25.79	26.49	27.09	27.79	29.09	30.99
13-14	100 Y Free	51.19	51.99	52.79	53.79	54.79	55.69	56.49	57.99	59.49	1:01.19	1:04.29	1:09.49
13-14	200 Y Free	1:50.69	1:52.39	1:54.19	1:56.29	1:58.49	2:00.29	2:01.99	2:05.39	2:08.79	2:12.49	2:19.19	2:29.79
13-14	500 Y Free	4:53.39	4:57.29	5:01.69	5:06.99	5:12.19	5:16.39	5:20.49	5:27.99	5:35.49	5:43.29	5:58.19	6:21.99
13-14	1000 Y Free	9:55.69	10:06.49	10:14.09	10:22.59	10:30.39	10:37.69	10:44.89	10:57.79	11:10.09	11:23.29	11:48.99	12:28.49
13-14	1650 Y Free	16:40.69	16:52.59	17:06.69	17:22.19	17:37.89	17:50.09	18:01.79	18:23.49	18:43.99	19:05.19	19:42.69	20:45.99
13-14	100 Y Back	57.39	58.49	59.69	1:00.99	1:02.49	1:03.69	1:04.89	1:06.99	1:09.19	1:11.39	1:15.39	1:21.69
13-14	200 Y Back	2:01.99	2:04.09	2:06.59	2:09.09	2:11.59	2:13.79	2:15.69	2:19.39	2:23.09	2:26.99	2:33.89	2:44.39
13-14	100 Y Breast	1:04.69	1:05.79	1:07.29	1:08.99	1:10.69	1:12.19	1:13.49	1:15.99	1:18.49	1:21.09	1:25.69	1:32.39
13-14	200 Y Breast	2:18.29	2:20.59	2:23.49	2:26.79	2:29.69	2:32.39	2:34.79	2:39.09	2:43.39	2:47.79	2:55.99	3:08.39
13-14	100 Y Fly	55.99	56.89	57.89	59.19	1:00.39	1:01.59	1:02.69	1:04.69	1:06.89	1:09.19	1:13.69	1:20.89
13-14	200 Y Fly	2:01.09	2:02.99	2:05.09	2:07.49	2:09.89	2:11.89	2:13.69	2:17.19	2:20.79	2:24.49	2:31.69	2:42.99
13-14	200 Y IM	2:04.79	2:06.89	2:09.09	2:11.59	2:14.09	2:16.29	2:18.39	2:22.19	2:25.79	2:29.69	2:36.79	2:47.59
13-14	400 Y IM	4:19.39	4:22.89	4:26.79	4:31.09	4:35.19	4:38.59	4:41.79	4:47.69	4:53.29	4:59.59	5:10.19	5:26.39
15-16	50 Y Free	22.19	22.39	22.69	23.09	23.39	23.69	23.99	24.39	24.89	25.29	26.09	27.39
15-16	100 Y Free	48.49	48.99	49.59	50.29	50.99	51.59	52.19	53.29	54.29	55.49	57.39	1:00.39
15-16	200 Y Free	1:44.99	1:46.19	1:47.49	1:48.99	1:50.59	1:52.09	1:53.49	1:55.79	1:58.19	2:00.69	2:05.39	2:12.59
15-16	500 Y Free	4:39.79	4:42.79	4:46.19	4:50.19	4:54.39	4:57.59	5:00.49	5:06.69	5:12.69	5:18.69	5:30.69	5:48.49
15-16	1000 Y Free	9:31.59	9:36.39	9:43.89	9:52.29	9:58.79	10:05.09	10:10.19	10:20.29	10:31.59	10:43.29	11:03.19	11:35.19
15-16	1650 Y Free	15:54.99	16:05.59	16:17.19	16:31.49	16:42.19	16:52.19	17:03.09	17:21.09	17:38.39	17:55.29	18:26.29	19:17.09
15-16	100 Y Back	53.99	54.69	55.59	56.49	57.59	58.49	59.29	1:00.89	1:02.49	1:04.19	1:07.09	1:11.59
15-16	200 Y Back	1:55.49	1:57.09	1:58.79	2:00.69	2:02.59	2:04.19	2:05.59	2:08.59	2:11.49	2:14.49	2:19.79	2:27.89
15-16	100 Y Breast	1:00.69	1:01.59	1:02.59	1:03.79	1:05.09	1:06.19	1:07.19	1:08.99	1:10.79	1:12.69	1:16.09	1:20.89
15-16	200 Y Breast	2:10.79	2:12.69	2:14.79	2:17.19	2:19.59	2:21.69	2:23.59	2:27.09	2:30.39	2:33.49	2:39.69	2:48.99
15-16	100 Y Fly	52.59	53.19	54.09	54.99	55.89	56.79	57.49	58.89	1:00.29	1:01.89	1:04.69	1:09.39
15-16	200 Y Fly	1:55.09	1:56.69	1:58.29	1:59.99	2:01.59	2:02.99	2:04.59	2:07.19	2:09.79	2:12.49	2:17.89	2:26.79
15-16	200 Y IM	1:58.39	1:59.79	2:01.29	2:03.19	2:05.09	2:06.79	2:08.39	2:11.39	2:14.29	2:17.19	2:22.69	2:30.49
15-16	400 Y IM	4:07.89	4:10.39	4:13.09	4:16.49	4:19.79	4:22.59	4:24.99	4:30.09	4:34.79	4:40.09	4:48.79	5:01.79
17-18	50 Y Free	21.49	21.69	21.99	22.29	22.59	22.79	22.99	23.39	23.79	24.19	24.79	25.89
17-18	100 Y Free	47.09	47.59	48.09	48.69	49.29	49.89	50.29	51.19	51.99	52.89	54.49	57.19
17-18	200 Y Free	1:42.49	1:43.49	1:44.69	1:45.99	1:47.19	1:48.39	1:49.39	1:51.49	1:53.39	1:55.69	1:59.59	2:05.29
17-18	500 Y Free	4:34.69	4:37.09	4:39.69	4:43.09	4:46.69	4:49.99	4:52.99	4:58.29	5:03.49	5:09.09	5:19.49	5:34.29
17-18	1000 Y Free	9:25.29	9:29.89	9:34.99	9:40.39	9:48.19	9:53.79	9:57.39	10:06.39	10:15.69	10:25.79	10:45.09	11:12.09
17-18	1650 Y Free	15:43.09	15:51.59	16:01.39	16:11.49	16:24.19	16:34.29	16:43.39	17:00.19	17:14.69	17:30.69	17:59.59	18:56.29
17-18	100 Y Back	52.39	52.99	53.69	54.69	55.59	56.29	56.89	58.29	59.59	1:00.99	1:03.59	1:07.39
17-18	200 Y Back	1:52.29	1:53.69	1:55.29	1:57.09	1:58.69	2:00.09	2:01.29	2:03.79	2:06.59	2:09.19	2:13.99	2:20.79
17-18	100 Y Breast	58.69	59.49	1:00.19	1:01.19	1:02.09	1:02.99	1:03.79	1:05.39	1:06.89	1:08.59	1:11.49	1:15.39
17-18	200 Y Breast	2:06.69	2:08.19	2:10.19	2:12.09	2:14.29	2:16.09	2:17.59	2:20.69	2:23.69	2:26.59	2:31.99	2:39.99
17-18	100 Y Fly	51.09	51.69	52.49	53.19	53.99	54.59	55.19	56.29	57.59	58.69	1:00.99	1:04.29
17-18	200 Y Fly	1:52.49	1:53.69	1:54.89	1:56.09	1:57.59	1:58.99	2:00.09	2:02.39	2:04.59	2:06.99	2:11.69	2:18.49
17-18	200 Y IM	1:55.29	1:56.49	1:57.79	1:59.49	2:01.09	2:02.49	2:03.79	2:06.29	2:08.89	2:11.59	2:16.29	2:22.79
17-18	400 Y IM	4:01.49	4:03.69	4:06.79	4:09.59	4:12.49	4:14.99	4:17.69	4:21.99	4:26.19	4:30.69	4:38.79	4:51.19

2005-2008 National Age Group Motivational Times - Percentile Based
Short Course Yards -- Girls

9/13/04

		Track I			Track II			Track III			Track IV		
		98%	96.5%	94%	90%	85%	80%	75%	65%	55%	45%	30%	15%
10 & Under	50 Y Free	30.19	30.89	31.79	32.89	33.89	34.79	35.79	37.49	39.29	41.29	44.99	51.09
10 & Under	100 Y Free	1:05.49	1:07.09	1:08.89	1:11.09	1:13.39	1:15.49	1:17.49	1:20.99	1:24.69	1:28.49	1:35.19	1:45.59
10 & Under	200 Y Free	2:17.89	2:20.69	2:23.79	2:27.59	2:31.19	2:34.49	2:37.69	2:43.49	2:49.49	2:55.59	3:06.29	3:22.19
10 & Under	500 Y Free	5:56.79	6:02.59	6:10.49	6:19.29	6:27.99	6:35.79	6:42.29	6:54.19	7:06.79	7:19.79	7:43.39	8:15.89
10 & Under	50 Y Back	35.19	36.09	37.19	38.49	39.79	40.89	41.89	43.89	45.89	47.99	51.69	57.29
10 & Under	100 Y Back	1:13.59	1:15.29	1:17.19	1:19.39	1:21.49	1:23.39	1:25.09	1:28.39	1:31.59	1:35.19	1:41.59	1:51.39
10 & Under	50 Y Breast	39.29	40.39	41.59	43.09	44.49	45.69	46.79	48.69	50.59	52.59	56.19	1:01.89
10 & Under	100 Y Breast	1:23.19	1:25.39	1:27.69	1:30.19	1:32.59	1:34.79	1:36.69	1:40.39	1:43.69	1:46.99	1:52.99	2:01.79
10 & Under	50 Y Fly	32.99	33.89	34.99	36.29	37.59	38.89	39.99	42.19	44.29	46.59	50.49	56.39
10 & Under	100 Y Fly	1:11.39	1:13.09	1:15.19	1:17.79	1:20.39	1:22.39	1:24.49	1:27.89	1:31.39	1:35.29	1:41.59	1:50.89
10 & Under	100 Y IM	1:15.29	1:17.19	1:19.29	1:21.89	1:24.49	1:26.79	1:28.79	1:32.59	1:36.39	1:40.29	1:46.99	1:56.89
10 & Under	200 Y IM	2:35.29	2:38.39	2:41.69	2:45.49	2:49.29	2:52.59	2:55.39	3:00.69	3:05.99	3:11.59	3:20.89	3:35.19
11-12	50 Y Free	26.79	27.29	27.79	28.39	28.89	29.39	29.89	30.69	31.59	32.59	34.29	37.29
11-12	100 Y Free	57.99	58.99	1:00.09	1:01.39	1:02.69	1:03.89	1:04.99	1:07.09	1:09.19	1:11.49	1:15.89	1:22.69
11-12	200 Y Free	2:03.79	2:05.79	2:08.19	2:10.99	2:13.69	2:15.99	2:18.09	2:22.09	2:26.19	2:30.59	2:38.89	2:51.39
11-12	500 Y Free	5:25.59	5:30.59	5:36.09	5:42.39	5:48.69	5:53.59	5:58.39	6:07.39	6:16.59	6:26.59	6:43.99	7:11.19
11-12	1000 Y Free	10:53.69	11:03.59	11:11.39	11:27.89	11:40.39	11:50.39	11:59.69	12:17.29	12:32.89	12:50.59	13:25.19	14:10.59
11-12	1650 Y Free	18:07.39	18:27.19	18:43.19	18:59.29	19:16.99	19:35.89	19:49.29	20:16.69	20:46.09	21:14.09	22:05.59	23:19.49
11-12	50 Y Back	30.89	31.59	32.29	33.09	33.99	34.69	35.39	36.59	37.79	39.09	41.39	45.19
11-12	100 Y Back	1:05.29	1:06.49	1:07.99	1:09.69	1:11.39	1:12.69	1:13.99	1:16.39	1:18.79	1:21.29	1:25.89	1:33.49
11-12	200 Y Back	2:15.39	2:17.59	2:20.09	2:22.99	2:25.59	2:27.79	2:29.69	2:33.39	2:36.79	2:40.39	2:47.09	2:56.89
11-12	50 Y Breast	34.29	35.09	35.99	36.99	37.99	38.79	39.59	40.89	42.29	43.59	45.99	49.69
11-12	100 Y Breast	1:13.39	1:14.99	1:16.79	1:18.89	1:20.79	1:22.39	1:23.89	1:26.69	1:29.39	1:32.19	1:37.09	1:44.29
11-12	200 Y Breast	2:32.49	2:35.39	2:38.59	2:42.09	2:45.49	2:48.19	2:50.49	2:54.99	2:59.39	3:03.89	3:11.79	3:23.69
11-12	50 Y Fly	29.29	29.79	30.39	31.19	31.99	32.69	33.29	34.59	35.89	37.29	39.99	44.19
11-12	100 Y Fly	1:03.49	1:04.69	1:05.99	1:07.59	1:09.29	1:10.69	1:12.09	1:14.69	1:17.39	1:20.19	1:25.29	1:32.99
11-12	200 Y Fly	2:14.59	2:16.49	2:18.79	2:21.79	2:24.89	2:27.49	2:29.39	2:33.39	2:37.69	2:42.09	2:50.19	3:02.29
11-12	100 Y IM	1:06.39	1:07.59	1:09.09	1:10.69	1:12.29	1:13.69	1:14.89	1:17.19	1:19.49	1:21.99	1:26.19	1:32.59
11-12	200 Y IM	2:19.69	2:22.09	2:24.59	2:27.69	2:30.59	2:32.99	2:35.29	2:39.49	2:43.59	2:48.09	2:55.89	3:07.69
11-12	400 Y IM	4:46.79	4:50.79	4:55.29	5:01.09	5:05.99	5:10.39	5:14.09	5:21.09	5:27.89	5:35.29	5:47.89	6:06.39
13-14	50 Y Free	25.39	25.79	26.19	26.59	27.09	27.39	27.79	28.39	28.99	29.59	30.79	32.59
13-14	100 Y Free	55.09	55.89	56.79	57.69	58.69	59.49	1:00.29	1:01.69	1:03.19	1:04.89	1:07.79	1:12.49
13-14	200 Y Free	1:58.19	1:59.69	2:01.49	2:03.79	2:05.99	2:07.89	2:09.59	2:12.79	2:15.99	2:19.49	2:25.69	2:35.49
13-14	500 Y Free	5:10.59	5:14.39	5:19.09	5:24.49	5:29.49	5:33.89	5:37.79	5:44.99	5:52.39	5:59.99	6:14.69	6:36.79
13-14	1000 Y Free	10:27.89	10:35.99	10:44.49	10:54.29	11:04.09	11:11.79	11:18.49	11:31.89	11:44.99	11:58.49	12:25.19	13:06.89
13-14	1650 Y Free	17:32.09	17:44.69	17:58.69	18:15.19	18:30.59	18:41.59	18:52.89	19:13.09	19:32.39	19:52.39	20:33.39	21:34.89
13-14	100 Y Back	1:01.59	1:02.69	1:03.99	1:05.49	1:06.99	1:08.09	1:09.19	1:11.19	1:13.19	1:15.19	1:18.89	1:24.49
13-14	200 Y Back	2:11.19	2:13.19	2:15.49	2:17.99	2:20.39	2:22.49	2:24.29	2:27.79	2:31.19	2:34.69	2:40.79	2:50.19
13-14	100 Y Breast	1:09.89	1:11.09	1:12.49	1:14.09	1:15.79	1:17.29	1:18.59	1:20.89	1:23.09	1:25.49	1:29.59	1:35.59
13-14	200 Y Breast	2:28.29	2:30.69	2:33.19	2:36.39	2:39.29	2:41.79	2:43.99	2:47.99	2:51.89	2:55.99	3:03.19	3:14.39
13-14	100 Y Fly	1:00.39	1:01.29	1:02.39	1:03.69	1:05.09	1:06.29	1:07.39	1:09.49	1:11.59	1:13.89	1:18.19	1:24.69
13-14	200 Y Fly	2:10.49	2:12.19	2:14.29	2:16.69	2:19.09	2:21.19	2:22.89	2:26.49	2:29.99	2:33.59	2:40.69	2:51.59
13-14	200 Y IM	2:13.89	2:15.69	2:17.89	2:20.49	2:23.09	2:25.19	2:27.09	2:30.69	2:34.19	2:37.99	2:44.59	2:54.59
13-14	400 Y IM	4:36.19	4:39.89	4:43.39	4:47.79	4:52.09	4:55.89	4:58.99	5:04.59	5:09.99	5:15.59	5:25.09	5:40.59
15-16	50 Y Free	24.69	24.99	25.29	25.69	26.09	26.39	26.69	27.19	27.69	28.19	29.09	30.49
15-16	100 Y Free	53.49	54.19	54.89	55.69	56.49	57.19	57.89	59.09	1:00.19	1:01.39	1:03.59	1:07.09
15-16	200 Y Free	1:54.59	1:55.89	1:57.59	1:59.19	2:00.99	2:02.59	2:03.99	2:06.59	2:09.19	2:11.99	2:17.09	2:24.59
15-16	500 Y Free	5:01.49	5:05.09	5:08.79	5:13.49	5:17.69	5:21.69	5:25.19	5:31.69	5:38.09	5:44.79	5:57.69	6:17.19
15-16	1000 Y Free	10:11.79	10:18.59	10:25.99	10:34.79	10:43.29	10:50.39	10:56.39	11:07.39	11:19.09	11:30.89	11:53.89	12:29.29
15-16	1650 Y Free	17:01.89	17:15.49	17:28.29	17:41.89	17:54.19	18:05.79	18:15.99	18:35.89	18:55.19	19:14.69	19:50.59	20:49.99
15-16	100 Y Back	59.49	1:00.29	1:01.29	1:02.59	1:03.79	1:04.89	1:05.89	1:07.59	1:09.29	1:11.09	1:14.09	1:18.49
15-16	200 Y Back	2:06.99	2:08.89	2:11.09	2:13.29	2:15.39	2:17.19	2:18.79	2:21.89	2:24.79	2:27.89	2:33.49	2:40.89
15-16	100 Y Breast	1:07.29	1:08.29	1:09.39	1:10.69	1:11.99	1:13.19	1:14.29	1:16.39	1:18.39	1:20.39	1:23.79	1:28.89
15-16	200 Y Breast	2:23.49	2:25.59	2:27.79	2:30.19	2:32.69	2:34.69	2:36.39	2:39.99	2:43.39	2:46.99	2:53.19	3:02.29
15-16	100 Y Fly	58.29	59.09	59.99	1:01.09	1:02.09	1:02.89	1:03.69	1:05.39	1:06.99	1:08.89	1:12.19	1:17.39
15-16	200 Y Fly	2:06.09	2:07.69	2:09.49	2:11.59	2:13.69	2:15.29	2:16.79	2:19.59	2:22.49	2:25.79	2:31.29	2:40.49
15-16	200 Y IM	2:09.69	2:11.39	2:13.19	2:15.29	2:17.49	2:19.29	2:20.89	2:23.89	2:26.89	2:30.09	2:35.59	2:43.99
15-16	400 Y IM	4:28.69	4:32.09	4:35.49	4:39.09	4:42.89	4:45.79	4:48.49	4:53.49	4:58.49	5:03.19	5:11.99	5:26.39
17-18	50 Y Free	24.29	24.59	24.89	25.19	25.49	25.79	26.09	26.49	26.99	27.49	28.39	29.69
17-18	100 Y Free	52.69	53.19	53.79	54.49	55.19	55.89	56.39	57.39	58.49	59.59	1:01.49	1:04.49
17-18	200 Y Free	1:52.89	1:54.09	1:55.39	1:56.99	1:58.49	1:59.79	2:00.99	2:03.39	2:05.69	2:07.89	2:12.29	2:19.39
17-18	500 Y Free	4:56.99	5:00.19	5:03.79	5:07.99	5:11.89	5:15.19	5:18.09	5:23.89	5:29.59	5:35.59	5:46.29	6:03.59
17-18	1000 Y Free	10:04.39	10:11.29	10:18.39	10:26.19	10:32.79	10:38.29	10:44.69	10:54.59	11:04.29	11:15.49	11:36.59	12:11.79
17-18	1650 Y Free	16:46.89	16:59.69	17:14.09	17:23.99	17:36.39	17:46.19	17:55.39	18:14.49	18:32.99	18:51.19	19:24.39	20:17.09
17-18	100 Y Back	58.49	59.09	59.89	1:00.79	1:01.89	1:02.79	1:03.79	1:05.29	1:06.89	1:08.59	1:11.19	1:15.39
17-18	200 Y Back	2:04.99	2:06.59	2:07.99	2:09.89	2:11.89	2:13.69	2:15.39	2:18.49	2:21.39	2:23.89	2:28.79	2:36.29
17-18	100 Y Breast	1:05.69	1:06.59	1:07.69	1:08.89	1:10.19	1:11.19	1:11.99	1:13.69	1:15.39	1:17.29	1:20.39	1:25.09
17-18	200 Y Breast	2:21.09	2:22.49	2:24.69	2:26.99	2:29.19	2:31.09	2:32.79	2:35.79	2:38.49	2:41.79	2:47.29	2:55.99
17-18	100 Y Fly	57.49	58.09	58.89	59.89	1:00.69	1:01.39	1:01.99	1:03.19	1:04.59	1:06.09	1:08.69	1:13.19
17-18	200 Y Fly	2:04.59	2:05.99	2:07.69	2:09.59	2:11.09	2:12.39	2:13.69	2:16.39	2:18.69	2:21.49	2:26.49	2:34.19
17-18	200 Y IM	2:07.39	2:08.79	2:10.69	2:12.49	2:14.39	2:15.89	2:17.39	2:19.99	2:22.59	2:25.19	2:30.29	2:37.79
17-18	400 Y IM	4:26.39	4:28.69	4:31.49	4:34.69	4:37.59	4:39.79	4:42.19	4:47.29	4:51.89	4:57.09	5:04.59	5:17.29

2005-2008 National Age Group Motivational Times - Percentile Based
Short Course Meters -- Boys

9/13/04

		Track I			Track II			Track III			Track IV		
		98%	96.5%	94%	90%	85%	80%	75%	65%	55%	45%	30%	15%
10 & Under	50 M Free	32.89	33.69	34.59	35.69	36.89	37.89	38.89	40.89	42.89	45.19	49.69	56.99
10 & Under	100 M Free	1:11.19	1:12.89	1:14.79	1:17.19	1:19.69	1:21.99	1:24.09	1:28.19	1:32.39	1:36.69	1:44.49	1:56.69
10 & Under	200 M Free	2:30.19	2:32.79	2:36.19	2:40.19	2:44.19	2:47.89	2:51.29	2:57.69	3:04.29	3:11.09	3:23.39	3:41.09
10 & Under	400 M Free	5:05.89	5:12.59	5:18.39	5:25.69	5:33.39	5:39.69	5:44.79	5:55.89	6:07.09	6:18.69	6:40.19	7:10.69
10 & Under	50 M Back	38.29	39.29	40.49	41.79	43.29	44.59	45.79	47.99	50.29	52.69	57.19	1:03.89
10 & Under	100 M Back	1:20.09	1:21.79	1:23.69	1:26.09	1:28.39	1:30.39	1:32.29	1:36.19	1:39.99	1:43.79	1:51.09	2:02.39
10 & Under	50 M Breast	43.29	44.39	45.79	47.39	48.99	50.29	51.49	53.69	55.79	58.09	1:02.19	1:08.69
10 & Under	100 M Breast	1:31.89	1:33.99	1:36.39	1:39.39	1:42.19	1:44.59	1:46.89	1:50.79	1:54.39	1:58.29	2:05.09	2:15.59
10 & Under	50 M Fly	35.79	36.69	37.79	39.29	40.69	42.09	43.39	45.89	48.39	51.19	55.99	1:02.99
10 & Under	100 M Fly	1:17.39	1:19.29	1:21.39	1:23.79	1:26.49	1:28.69	1:30.69	1:34.69	1:38.39	1:42.69	1:50.09	2:00.89
10 & Under	100 M IM	1:21.89	1:23.69	1:26.09	1:28.69	1:31.39	1:34.09	1:36.29	1:40.69	1:44.89	1:49.19	1:56.79	2:08.19
10 & Under	200 M IM	2:49.29	2:52.19	2:55.69	2:59.69	3:03.49	3:06.99	3:10.09	3:15.99	3:21.89	3:27.89	3:38.19	3:53.59
11-12	50 M Free	28.59	29.19	29.79	30.59	31.29	31.99	32.49	33.49	34.59	35.79	37.99	41.49
11-12	100 M Free	1:02.09	1:03.29	1:04.79	1:06.39	1:08.09	1:09.59	1:10.89	1:13.39	1:15.99	1:18.79	1:24.19	1:32.59
11-12	200 M Free	2:13.29	2:15.59	2:18.39	2:21.69	2:25.09	2:27.79	2:30.39	2:35.19	2:39.99	2:45.39	2:55.49	3:10.69
11-12	400 M Free	4:38.69	4:42.99	4:48.39	4:54.29	5:00.09	5:04.49	5:08.79	5:16.79	5:25.19	5:34.19	5:50.29	6:14.59
11-12	800 M Free	9:23.79	9:28.49	9:36.29	9:46.79	9:59.29	10:08.39	10:17.49	10:32.09	10:49.69	11:05.59	11:32.79	12:14.09
11-12	1500 M Free	17:41.69	17:52.09	18:05.69	18:25.29	18:46.29	19:03.69	19:18.59	19:47.69	20:11.09	20:39.89	21:22.39	22:30.09
11-12	50 M Back	33.19	33.89	34.79	35.79	36.79	37.69	38.39	39.89	41.39	43.09	45.99	50.59
11-12	100 M Back	1:10.29	1:11.79	1:13.59	1:15.59	1:17.39	1:19.09	1:20.59	1:23.29	1:26.19	1:29.39	1:35.19	1:43.99
11-12	200 M Back	2:24.39	2:27.59	2:30.89	2:34.49	2:37.89	2:40.29	2:42.29	2:46.39	2:50.49	2:54.89	3:02.69	3:15.89
11-12	50 M Breast	36.79	37.79	38.89	40.29	41.49	42.59	43.49	45.29	46.99	48.69	51.69	56.19
11-12	100 M Breast	1:18.89	1:20.79	1:23.09	1:25.69	1:28.29	1:30.29	1:32.19	1:35.79	1:39.19	1:42.79	1:48.79	1:57.59
11-12	200 M Breast	2:45.69	2:48.39	2:51.69	2:55.39	2:59.59	3:03.09	3:06.19	3:11.99	3:17.59	3:23.19	3:33.19	3:48.99
11-12	50 M Fly	31.39	31.99	32.79	33.69	34.69	35.49	36.19	37.59	39.19	40.99	44.39	49.69
11-12	100 M Fly	1:07.99	1:09.39	1:11.09	1:12.99	1:14.89	1:16.49	1:18.09	1:20.99	1:24.09	1:27.39	1:33.59	1:42.69
11-12	200 M Fly	2:24.09	2:26.69	2:30.69	2:33.89	2:36.79	2:39.69	2:42.19	2:46.79	2:51.79	2:56.89	3:05.19	3:20.39
11-12	100 M IM	1:11.19	1:12.59	1:14.39	1:16.39	1:18.39	1:20.09	1:21.49	1:24.39	1:27.19	1:30.19	1:35.49	1:43.49
11-12	200 M IM	2:30.29	2:32.99	2:36.19	2:39.69	2:43.39	2:46.29	2:48.89	2:53.69	2:58.49	3:03.69	3:13.39	3:27.49
11-12	400 M IM	5:07.09	5:12.89	5:19.39	5:25.99	5:32.19	5:36.89	5:41.19	5:49.19	5:57.59	6:05.89	6:22.39	6:45.59
13-14	50 M Free	25.99	26.39	26.79	27.29	27.69	28.19	28.49	29.19	29.99	30.69	32.09	34.29
13-14	100 M Free	56.59	57.39	58.29	59.39	1:00.59	1:01.59	1:02.39	1:04.09	1:05.79	1:07.59	1:10.99	1:16.79
13-14	200 M Free	2:02.29	2:04.19	2:06.19	2:08.49	2:10.89	2:12.99	2:14.79	2:18.59	2:22.29	2:26.39	2:33.89	2:45.49
13-14	400 M Free	4:16.79	4:20.19	4:23.99	4:28.69	4:33.19	4:36.89	4:40.49	4:47.09	4:53.59	5:00.39	5:13.49	5:34.29
13-14	800 M Free	8:41.29	8:50.79	8:57.49	9:04.89	9:11.69	9:18.09	9:24.39	9:35.59	9:46.39	9:57.99	10:20.49	10:55.09
13-14	1500 M Free	16:34.89	16:46.69	17:00.69	17:16.09	17:31.79	17:43.89	17:55.49	18:17.09	18:37.39	18:58.49	19:35.79	20:38.69
13-14	100 M Back	1:03.39	1:04.59	1:05.89	1:07.39	1:08.99	1:10.39	1:11.69	1:14.09	1:16.39	1:18.89	1:23.29	1:30.29
13-14	200 M Back	2:14.69	2:17.09	2:19.79	2:22.59	2:25.39	2:27.79	2:29.89	2:33.99	2:38.09	2:42.39	2:50.09	3:01.69
13-14	100 M Breast	1:11.49	1:12.69	1:14.29	1:16.19	1:18.09	1:19.79	1:21.19	1:23.99	1:26.69	1:29.59	1:34.69	1:41.99
13-14	200 M Breast	2:32.79	2:35.39	2:38.49	2:42.19	2:45.39	2:48.39	2:50.99	2:55.79	3:00.59	3:05.39	3:14.49	3:28.19
13-14	100 M Fly	1:01.89	1:02.79	1:03.99	1:05.39	1:06.79	1:08.09	1:09.19	1:11.49	1:13.89	1:16.49	1:21.39	1:29.39
13-14	200 M Fly	2:13.79	2:15.89	2:18.19	2:20.79	2:23.49	2:25.79	2:27.79	2:31.59	2:35.59	2:39.69	2:47.59	3:00.09
13-14	200 M IM	2:17.89	2:20.19	2:22.69	2:25.39	2:28.19	2:30.69	2:32.89	2:37.09	2:41.09	2:45.39	2:53.29	3:05.09
13-14	400 M IM	4:46.59	4:50.49	4:54.79	4:59.59	5:03.99	5:07.89	5:11.39	5:17.89	5:24.09	5:31.09	5:42.79	6:00.69
15-16	50 M Free	24.49	24.79	25.09	25.49	25.89	26.19	26.49	26.99	27.49	27.99	28.89	30.29
15-16	100 M Free	53.59	54.19	54.79	55.59	56.39	56.99	57.69	58.79	59.99	1:01.29	1:03.49	1:06.69
15-16	200 M Free	1:55.99	1:57.29	1:58.79	2:00.49	2:02.29	2:03.89	2:05.39	2:07.99	2:10.59	2:13.39	2:18.59	2:26.49
15-16	400 M Free	4:04.89	4:07.49	4:10.39	4:13.99	4:17.69	4:20.49	4:22.99	4:28.39	4:33.69	4:38.89	4:49.39	5:04.99
15-16	800 M Free	8:20.19	8:24.49	8:30.99	8:38.39	8:44.09	8:49.59	8:53.99	9:02.79	9:12.79	9:22.99	9:40.39	10:08.39
15-16	1500 M Free	15:49.49	15:59.99	16:11.49	16:25.79	16:36.39	16:46.29	16:57.09	17:14.99	17:32.19	17:49.09	18:19.79	19:10.39
15-16	100 M Back	59.59	1:00.39	1:01.39	1:02.49	1:03.69	1:04.59	1:05.59	1:07.29	1:09.09	1:10.89	1:14.09	1:19.19
15-16	200 M Back	2:07.69	2:09.39	2:11.29	2:13.29	2:15.49	2:17.19	2:18.79	2:22.09	2:25.29	2:28.59	2:34.49	2:43.49
15-16	100 M Breast	1:07.09	1:07.99	1:09.09	1:10.49	1:11.89	1:13.09	1:14.19	1:16.19	1:18.19	1:20.29	1:24.09	1:29.39
15-16	200 M Breast	2:24.49	2:26.59	2:28.89	2:31.59	2:34.29	2:36.59	2:38.69	2:42.49	2:46.19	2:49.69	2:56.39	3:06.79
15-16	100 M Fly	58.09	58.79	59.79	1:00.79	1:01.79	1:02.69	1:03.59	1:05.09	1:06.59	1:08.39	1:11.49	1:16.69
15-16	200 M Fly	2:07.09	2:08.89	2:10.69	2:12.59	2:14.29	2:15.89	2:17.69	2:20.49	2:23.39	2:26.49	2:32.39	2:42.29
15-16	200 M IM	2:10.79	2:12.39	2:14.09	2:16.09	2:18.29	2:20.09	2:21.89	2:25.19	2:28.39	2:31.59	2:37.69	2:46.19
15-16	400 M IM	4:33.99	4:36.69	4:39.69	4:43.39	4:47.09	4:50.19	4:52.79	4:58.49	5:03.69	5:09.39	5:19.09	5:33.49
17-18	50 M Free	23.79	23.99	24.29	24.59	24.89	25.19	25.39	25.89	26.29	26.69	27.39	28.59
17-18	100 M Free	52.09	52.59	53.19	53.89	54.49	55.09	55.59	56.49	57.49	58.39	1:00.19	1:03.19
17-18	200 M Free	1:53.19	1:54.29	1:55.59	1:57.09	1:58.49	1:59.69	2:00.89	2:03.19	2:05.29	2:07.79	2:12.09	2:18.39
17-18	400 M Free	4:00.39	4:02.49	4:04.79	4:07.79	4:10.89	4:13.79	4:16.39	4:21.09	4:25.59	4:30.49	4:39.59	4:52.59
17-18	800 M Free	8:14.69	8:18.79	8:23.19	8:27.89	8:34.79	8:39.69	8:42.79	8:50.69	8:58.79	9:07.59	9:24.49	9:48.19
17-18	1500 M Free	15:37.59	15:46.09	15:55.79	16:05.79	16:18.49	16:28.49	16:37.49	16:54.19	17:08.69	17:24.59	17:53.29	18:49.69
17-18	100 M Back	57.89	58.59	59.39	1:00.39	1:01.39	1:02.19	1:02.89	1:04.39	1:05.79	1:07.39	1:10.29	1:14.49
17-18	200 M Back	2:04.09	2:05.59	2:07.39	2:09.39	2:11.19	2:12.69	2:13.99	2:16.79	2:19.89	2:22.79	2:27.99	2:35.59
17-18	100 M Breast	1:04.89	1:05.69	1:06.49	1:07.59	1:08.69	1:09.59	1:10.49	1:12.19	1:13.89	1:15.79	1:18.99	1:23.29
17-18	200 M Breast	2:19.99	2:21.59	2:23.79	2:25.89	2:28.39	2:30.39	2:31.99	2:35.49	2:38.79	2:41.99	2:47.99	2:56.79
17-18	100 M Fly	56.49	57.09	57.99	58.79	59.59	1:00.29	1:00.89	1:02.19	1:03.59	1:04.89	1:07.39	1:11.09
17-18	200 M Fly	2:04.29	2:05.69	2:06.89	2:08.29	2:09.89	2:11.39	2:12.79	2:15.19	2:17.69	2:20.29	2:25.49	2:32.99
17-18	200 M IM	2:07.39	2:08.69	2:10.19	2:11.99	2:13.79	2:15.39	2:16.79	2:19.59	2:22.49	2:25.39	2:30.59	2:37.69
17-18	400 M IM	4:26.89	4:29.29	4:32.69	4:35.79	4:38.99	4:41.69	4:44.79	4:49.49	4:54.09	4:59.09	5:08.09	5:21.79

2005-2008 National Age Group Motivational Times - Percentile Based
Short Course Meters -- Girls

9/13/04

		Track I			Track II			Track III			Track IV		
		98%	96.5%	94%	90%	85%	80%	75%	65%	55%	45%	30%	15%
10 & Under	50 M Free	33.39	34.19	35.19	36.29	37.49	38.49	39.49	41.39	43.39	45.59	49.69	56.49
10 & Under	100 M Free	1:12.39	1:14.09	1:16.09	1:18.59	1:21.09	1:23.39	1:25.59	1:29.49	1:33.59	1:37.79	1:45.19	1:56.69
10 & Under	200 M Free	2:32.39	2:35.49	2:38.89	2:43.09	2:47.09	2:50.69	2:54.19	3:00.69	3:07.19	3:13.99	3:25.89	3:43.49
10 & Under	400 M Free	5:12.29	5:17.29	5:24.19	5:31.89	5:39.59	5:46.39	5:52.09	6:02.49	6:13.59	6:24.89	6:45.59	7:13.99
10 & Under	50 M Back	38.89	39.89	41.09	42.59	43.99	45.19	46.29	48.49	50.69	52.99	57.09	1:03.29
10 & Under	100 M Back	1:21.39	1:23.19	1:25.29	1:27.69	1:29.99	1:32.09	1:33.99	1:37.69	1:41.19	1:45.09	1:52.29	2:03.09
10 & Under	50 M Breast	43.49	44.59	45.99	47.59	49.19	50.49	51.69	53.79	55.89	58.09	1:02.09	1:08.39
10 & Under	100 M Breast	1:31.99	1:34.29	1:36.89	1:39.59	1:42.29	1:44.69	1:46.89	1:50.89	1:54.59	1:58.29	2:04.79	2:14.59
10 & Under	50 M Fly	36.39	37.39	38.59	40.09	41.59	42.89	44.19	46.59	48.99	51.49	55.79	1:02.29
10 & Under	100 M Fly	1:18.89	1:20.79	1:23.09	1:25.99	1:28.79	1:31.09	1:33.29	1:37.19	1:40.99	1:45.29	1:52.29	2:02.49
10 & Under	100 M IM	1:23.19	1:25.29	1:27.69	1:30.49	1:33.39	1:35.89	1:38.09	1:42.39	1:46.49	1:50.79	1:58.19	2:09.09
10 & Under	200 M IM	2:51.59	2:55.09	2:58.69	3:02.89	3:07.09	3:10.69	3:13.79	3:19.59	3:25.49	3:31.69	3:41.99	3:57.79
11-12	50 M Free	29.69	30.09	30.69	31.39	31.99	32.49	32.99	33.89	34.89	35.99	37.89	41.19
11-12	100 M Free	1:04.09	1:05.09	1:06.39	1:07.79	1:09.29	1:10.59	1:11.79	1:14.09	1:16.39	1:18.99	1:23.79	1:31.39
11-12	200 M Free	2:16.79	2:18.99	2:21.59	2:24.69	2:27.69	2:30.29	2:32.59	2:36.99	2:41.59	2:46.49	2:55.59	3:09.39
11-12	400 M Free	4:44.99	4:49.39	4:54.09	4:59.69	5:05.19	5:09.39	5:13.59	5:21.49	5:29.59	5:38.39	5:53.59	6:17.39
11-12	800 M Free	9:32.09	9:40.79	9:47.59	10:01.99	10:12.99	10:21.69	10:29.89	10:45.29	10:58.99	11:14.39	11:44.69	12:24.39
11-12	1500 M Free	18:00.99	18:20.79	18:36.69	18:52.69	19:10.29	19:28.99	19:42.39	20:09.59	20:38.79	21:06.69	21:57.89	23:11.39
11-12	50 M Back	34.19	34.89	35.69	36.59	37.49	38.29	39.09	40.39	41.69	43.19	45.79	49.89
11-12	100 M Back	1:12.09	1:13.49	1:15.09	1:16.99	1:18.79	1:20.39	1:21.79	1:24.39	1:27.09	1:29.79	1:34.89	1:43.29
11-12	200 M Back	2:29.59	2:31.99	2:34.79	2:37.99	2:40.89	2:43.39	2:45.39	2:49.49	2:53.29	2:57.19	3:04.59	3:15.39
11-12	50 M Breast	37.89	38.79	39.79	40.89	41.99	42.89	43.69	45.19	46.69	48.19	50.79	54.89
11-12	100 M Breast	1:21.09	1:22.79	1:24.79	1:27.09	1:29.29	1:31.09	1:32.69	1:35.79	1:38.79	1:41.79	1:47.29	1:55.19
11-12	200 M Breast	2:48.49	2:51.69	2:55.19	2:59.09	3:02.89	3:05.89	3:08.39	3:13.39	3:18.19	3:23.29	3:31.99	3:45.09
11-12	50 M Fly	32.29	32.89	33.59	34.49	35.39	36.09	36.79	38.19	39.69	41.19	44.19	48.79
11-12	100 M Fly	1:10.19	1:11.49	1:12.89	1:14.69	1:16.59	1:18.09	1:19.69	1:22.59	1:25.49	1:28.59	1:34.19	1:42.79
11-12	200 M Fly	2:28.69	2:30.79	2:33.39	2:36.69	2:40.09	2:42.89	2:45.09	2:49.49	2:54.29	2:59.19	3:07.99	3:21.39
11-12	100 M IM	1:13.39	1:14.69	1:16.39	1:18.19	1:19.89	1:21.39	1:22.79	1:25.29	1:27.89	1:30.59	1:35.29	1:42.29
11-12	200 M IM	2:34.39	2:36.99	2:39.69	2:43.19	2:46.39	2:49.09	2:51.59	2:56.19	3:00.79	3:05.69	3:14.39	3:27.39
11-12	400 M IM	5:16.89	5:21.29	5:26.29	5:32.69	5:38.09	5:42.99	5:47.09	5:54.79	6:02.39	6:10.59	6:24.49	6:44.89
13-14	50 M Free	28.09	28.49	28.89	29.39	29.89	30.29	30.69	31.39	31.99	32.69	33.99	35.99
13-14	100 M Free	1:00.89	1:01.69	1:02.69	1:03.79	1:04.89	1:05.79	1:06.59	1:08.19	1:09.89	1:11.69	1:14.89	1:20.09
13-14	200 M Free	2:10.59	2:12.29	2:14.29	2:16.79	2:19.29	2:21.29	2:23.19	2:26.69	2:30.29	2:34.09	2:40.99	2:51.79
13-14	400 M Free	4:31.89	4:35.19	4:39.29	4:43.99	4:48.39	4:52.19	4:55.59	5:01.99	5:08.39	5:15.09	5:27.89	5:47.19
13-14	800 M Free	9:09.49	9:16.59	9:24.09	9:32.59	9:41.19	9:47.99	9:53.79	10:05.49	10:16.99	10:28.79	10:52.19	11:28.59
13-14	1500 M Free	17:25.89	17:38.49	17:52.39	18:08.79	18:24.09	18:35.09	18:46.29	19:06.29	19:25.59	19:45.49	20:26.19	21:27.39
13-14	100 M Back	1:08.09	1:09.29	1:10.69	1:12.39	1:13.99	1:15.29	1:16.49	1:18.69	1:20.89	1:23.09	1:27.09	1:33.39
13-14	200 M Back	2:24.89	2:27.19	2:29.69	2:32.49	2:35.09	2:37.39	2:39.49	2:43.29	2:47.09	2:50.89	2:57.69	3:08.09
13-14	100 M Breast	1:17.29	1:18.59	1:20.09	1:21.89	1:23.79	1:25.39	1:26.79	1:29.39	1:31.79	1:34.39	1:38.99	1:45.59
13-14	200 M Breast	2:43.89	2:46.49	2:49.29	2:52.79	2:55.99	2:58.79	3:01.19	3:05.69	3:09.99	3:14.49	3:22.49	3:34.79
13-14	100 M Fly	1:06.79	1:07.69	1:08.89	1:10.39	1:11.89	1:13.19	1:14.39	1:16.69	1:19.09	1:21.59	1:26.39	1:33.59
13-14	200 M Fly	2:24.19	2:25.99	2:28.39	2:30.99	2:33.69	2:35.99	2:37.89	2:41.89	2:45.79	2:49.79	2:57.59	3:09.59
13-14	200 M IM	2:27.99	2:29.99	2:32.39	2:35.29	2:38.09	2:40.49	2:42.59	2:46.49	2:50.39	2:54.59	3:01.89	3:12.89
13-14	400 M IM	5:05.19	5:09.29	5:13.19	5:18.09	5:22.79	5:26.89	5:30.29	5:36.59	5:42.49	5:48.69	5:59.19	6:16.39
15-16	50 M Free	27.29	27.59	27.99	28.39	28.79	29.19	29.49	30.09	30.59	31.19	32.19	33.69
15-16	100 M Free	59.09	59.79	1:00.59	1:01.49	1:02.39	1:03.19	1:03.89	1:05.29	1:06.49	1:07.89	1:10.29	1:14.09
15-16	200 M Free	2:06.69	2:08.09	2:09.89	2:11.69	2:13.69	2:15.39	2:16.99	2:19.89	2:22.79	2:25.89	2:31.49	2:39.79
15-16	400 M Free	4:23.79	4:26.99	4:30.29	4:34.29	4:38.09	4:41.59	4:44.59	4:50.29	4:55.89	5:01.69	5:12.99	5:30.19
15-16	800 M Free	8:55.39	9:01.39	9:07.79	9:15.59	9:22.99	9:29.19	9:34.49	9:44.09	9:54.29	10:04.69	10:24.79	10:55.79
15-16	1500 M Free	16:55.99	17:09.49	17:22.19	17:35.69	17:47.99	17:59.49	18:09.59	18:29.39	18:48.59	19:07.99	19:43.69	20:42.69
15-16	100 M Back	1:05.79	1:06.59	1:07.69	1:09.09	1:10.49	1:11.69	1:12.79	1:14.69	1:16.59	1:18.49	1:21.79	1:26.69
15-16	200 M Back	2:20.29	2:22.39	2:24.79	2:27.29	2:29.59	2:31.59	2:33.39	2:36.79	2:39.99	2:43.39	2:49.59	2:57.79
15-16	100 M Breast	1:14.39	1:15.49	1:16.59	1:18.09	1:19.59	1:20.89	1:22.09	1:24.39	1:26.69	1:28.79	1:32.59	1:38.19
15-16	200 M Breast	2:38.49	2:40.79	2:43.29	2:45.99	2:48.69	2:50.89	2:52.79	2:56.79	3:00.49	3:04.49	3:11.29	3:21.39
15-16	100 M Fly	1:04.49	1:05.29	1:06.29	1:07.49	1:08.59	1:09.49	1:10.39	1:12.19	1:14.09	1:16.09	1:19.79	1:25.49
15-16	200 M Fly	2:19.29	2:21.09	2:23.09	2:25.49	2:27.69	2:29.49	2:31.19	2:34.29	2:37.49	2:41.09	2:47.19	2:57.29
15-16	200 M IM	2:23.29	2:25.19	2:27.19	2:29.49	2:31.89	2:33.89	2:35.69	2:39.09	2:42.39	2:45.79	2:51.99	3:01.19
15-16	400 M IM	4:56.99	5:00.59	5:04.49	5:08.39	5:12.49	5:15.79	5:18.79	5:24.29	5:29.89	5:35.09	5:44.79	6:00.69
17-18	50 M Free	26.89	27.19	27.49	27.79	28.19	28.49	28.79	29.29	29.79	30.39	31.39	32.79
17-18	100 M Free	58.19	58.79	59.49	1:00.29	1:00.99	1:01.69	1:02.29	1:03.49	1:04.69	1:05.79	1:07.99	1:11.29
17-18	200 M Free	2:04.79	2:06.09	2:07.49	2:09.29	2:10.89	2:12.39	2:13.69	2:16.29	2:18.79	2:21.29	2:26.09	2:33.99
17-18	400 M Free	4:19.89	4:22.69	4:25.89	4:29.59	4:32.89	4:35.79	4:38.39	4:43.49	4:48.49	4:53.69	5:03.09	5:18.19
17-18	800 M Free	8:48.89	8:54.99	9:01.19	9:07.99	9:13.79	9:18.59	9:24.19	9:32.89	9:41.39	9:51.19	10:09.59	10:40.39
17-18	1500 M Free	16:41.09	16:53.79	17:08.09	17:17.89	17:30.19	17:39.99	17:49.09	18:08.09	18:26.49	18:44.69	19:17.59	20:09.99
17-18	100 M Back	1:04.59	1:05.29	1:06.19	1:07.19	1:08.39	1:09.39	1:10.49	1:12.09	1:13.99	1:15.69	1:18.69	1:23.29
17-18	200 M Back	2:18.09	2:19.79	2:21.39	2:23.59	2:25.69	2:27.69	2:29.59	2:32.99	2:36.19	2:39.09	2:44.39	2:52.69
17-18	100 M Breast	1:12.59	1:13.59	1:14.79	1:16.19	1:17.49	1:18.69	1:19.59	1:21.49	1:23.29	1:25.39	1:28.89	1:33.99
17-18	200 M Breast	2:35.89	2:37.49	2:39.89	2:42.49	2:44.79	2:46.99	2:48.79	2:52.19	2:55.19	2:58.79	3:04.89	3:14.49
17-18	100 M Fly	1:03.49	1:04.29	1:05.09	1:06.09	1:07.09	1:07.89	1:08.49	1:09.89	1:11.39	1:12.99	1:15.89	1:20.89
17-18	200 M Fly	2:17.69	2:19.19	2:21.09	2:23.19	2:24.89	2:26.29	2:27.69	2:30.69	2:33.29	2:36.39	2:41.89	2:50.39
17-18	200 M IM	2:20.79	2:22.29	2:24.39	2:26.39	2:28.49	2:30.19	2:31.79	2:34.69	2:37.59	2:40.49	2:45.99	2:54.39
17-18	400 M IM	4:54.39	4:56.89	4:59.99	5:03.49	5:06.69	5:09.19	5:11.89	5:17.49	5:22.49	5:28.29	5:36.59	5:50.59

2005-2008 National Age Group Motivational Times - Top 16 Based

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Long Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
		10 & Under Girls							**10 & Under Boys**			
45.29	40.89	36.49	35.09	33.59	32.19	50 M Free	32.09	33.49	34.79	36.19	40.39	44.49
1:43.99	1:32.99	1:21.89	1:18.19	1:14.49	1:10.79	100 M Free	1:10.19	1:13.69	1:17.19	1:20.59	1:31.09	1:41.59
3:48.89*	3:23.79*	2:58.69*	2:50.39*	2:41.99*	2:33.69*	200 M Free	2:30.89	2:38.09	2:45.29	2:52.39	3:13.99	3:35.49
7:42.09	6:55.79*	6:09.69	5:54.29	5:38.79*	5:23.39*	400 M Free	5:20.99	5:36.29	5:51.49	6:06.79	6:52.69	7:38.49
55.99	49.89	43.69	41.69	39.59	37.59	50 M Back	37.89	39.99	42.09	44.19	50.49	56.79
2:02.49	1:48.89	1:35.29	1:30.79	1:26.29	1:21.69	100 M Back	1:21.29	1:25.39	1:29.49	1:33.69	1:46.09	1:58.49
1:01.59	54.89	48.29	46.09	43.89	41.59	50 M Breast	41.99	44.09	46.29	48.49	55.09	1:01.59
2:17.69*	2:02.39*	1:47.09*	1:41.99*	1:36.89*	1:31.79*	100 M Breast	1:32.19	1:36.79	1:41.39	1:45.99	1:59.79	2:13.59
55.09	48.59	42.09	39.89	37.79	35.59	50 M Fly	35.09	36.99	38.99	40.99	46.89	52.89
2:13.69	1:56.19	1:38.69	1:32.89	1:26.99	1:21.19	100 M Fly	1:20.39	1:25.99	1:31.59	1:37.19	1:53.99	2:10.79
4:13.89	3:47.29	3:20.59	3:11.79	3:02.89	2:53.99	200 M IM	2:52.99	3:01.69	3:10.29	3:18.89	3:44.79	4:10.69
		11-12 Girls							**11-12 Boys**			
39.19	36.39	33.69	32.39	30.99	29.69	50 M Free	28.79*	30.19*	31.59*	32.99*	35.69*	38.39*
1:26.39*	1:20.19*	1:14.09*	1:10.99*	1:07.89*	1:04.79*	100 M Free	1:02.59*	1:05.59*	1:08.59	1:11.59	1:17.49*	1:23.49*
3:05.69*	2:52.39*	2:39.19*	2:32.49*	2:25.89*	2:19.29*	200 M Free	2:16.29*	2:22.69*	2:29.19*	2:35.69*	2:48.69*	3:01.69*
6:27.79	6:00.09	5:32.39	5:18.49	5:04.69	4:50.79	400 M Free	4:48.09*	5:01.79*	5:15.49*	5:29.19*	5:56.59*	6:24.09*
13:32.49*	12:34.49*	11:36.49*	11:07.49*	10:38.39*	10:09.39*	800 M Free	10:11.89*	10:41.09*	11:10.19*	11:39.29*	12:37.59*	13:35.89*
26:07.79*	24:15.79*	22:23.79*	21:27.79*	20:31.79*	19:35.89*	1500 M Free	19:39.39*	20:35.59*	21:31.69*	22:27.89*	24:20.19*	26:12.49*
45.69	42.49	39.19	37.59	35.89	34.29	50 M Back	33.49	35.29	36.99	38.79	42.29	45.79
1:42.39	1:34.39	1:26.29	1:22.29	1:18.19	1:14.19	100 M Back	1:11.89	1:15.79	1:19.69	1:23.59	1:31.39	1:39.29
3:30.79*	3:15.79*	3:00.69*	2:53.19*	2:45.69*	2:38.09*	200 M Back	2:37.79*	2:45.29*	2:52.79*	3:00.29*	3:15.29*	3:30.29*
49.09*	45.59*	42.09*	40.39*	38.59*	36.89*	50 M Breast	36.99*	38.99*	41.09*	43.09*	47.09*	51.09*
1:49.99	1:41.89	1:33.79	1:29.69	1:25.59	1:21.59	100 M Breast	1:20.99*	1:25.19*	1:29.39*	1:33.59*	1:41.99*	1:50.49*
3:57.59*	3:40.59*	3:23.69*	3:15.19*	3:06.69*	2:58.19*	200 M Breast	2:56.09	3:04.49	3:12.79	3:21.19	3:37.99	3:54.69
42.69*	39.69*	36.59*	35.09*	33.59*	32.09*	50 M Fly	31.39*	33.09*	34.79*	36.59*	39.99*	43.49*
1:38.69*	1:30.79*	1:22.89*	1:18.99*	1:14.99*	1:11.09*	100 M Fly	1:09.99*	1:13.99*	1:18.09*	1:22.09*	1:30.19*	1:38.19*
3:33.09*	3:17.79*	3:02.59*	2:54.99*	2:47.39*	2:39.79*	200 M Fly	2:38.29*	2:45.79*	2:53.29*	3:00.89*	3:15.89*	3:30.99*
3:30.19	3:15.19	3:00.19	2:52.69	2:45.19	2:37.69	200 M IM	2:34.49	2:42.39	2:50.19	2:58.09	3:13.89	3:29.59
7:32.09*	6:59.79*	6:27.59*	6:11.39*	5:55.29*	5:39.09*	400 M IM	5:36.29	5:52.29	6:08.29	6:24.29	6:56.29	7:28.29
		13-14 Girls							**13-14 Boys**			
38.19*	35.49*	32.79*	31.39*	30.09*	28.69*	50 M Free	26.79	28.09	29.39	30.59*	33.19	35.69*
1:22.89*	1:16.99*	1:11.09*	1:08.09*	1:05.09*	1:02.19*	100 M Free	58.29	1:01.09	1:03.89	1:06.59	1:12.19	1:17.69
2:57.99	2:45.29	2:32.59	2:26.19	2:19.89	2:13.49	200 M Free	2:06.89	2:12.89	2:18.99	2:24.99	2:37.09	2:49.19
6:09.39	5:42.99	5:16.59	5:03.49	4:50.29	4:37.09	400 M Free	4:27.39	4:40.19	4:52.89	5:05.59	5:31.09	5:56.49
12:35.99	11:41.99	10:47.99	10:20.99	9:53.99	9:26.99	800 M Free	9:12.39	9:38.69	10:04.99	10:31.29	11:23.99	12:16.59
24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	18:04.79	1500 M Free	17:41.49*	18:32.09*	19:22.59*	20:13.09*	21:54.19*	23:35.29*
1:33.49*	1:26.79*	1:20.09*	1:16.79*	1:13.49*	1:10.09*	100 M Back	1:05.69*	1:08.79*	1:11.89*	1:15.09*	1:21.29*	1:27.59*
3:19.99*	3:05.69*	2:51.39*	2:44.29*	2:37.19*	2:29.99*	200 M Back	2:21.39*	2:28.19*	2:34.89*	2:41.59*	2:55.09*	3:08.59*
1:43.99	1:36.59	1:29.09	1:25.39	1:21.69	1:17.99	100 M Breast	1:13.09	1:16.59	1:20.09	1:23.59	1:30.49	1:37.49
3:43.99	3:27.99	3:11.99	3:03.99	2:55.99	2:47.99	200 M Breast	2:39.59	2:47.19	2:54.79	3:02.39	3:17.59	3:32.79
1:30.19*	1:23.69*	1:17.29*	1:14.09*	1:10.79*	1:07.59*	100 M Fly	1:02.99*	1:05.99*	1:08.99*	1:11.99*	1:17.99*	1:23.99*
3:17.69*	3:03.59*	2:49.49*	2:42.39*	2:35.39	2:28.29*	200 M Fly	2:19.99*	2:26.59*	2:33.29*	2:39.89*	2:53.29*	3:06.59*
3:21.09	3:06.79	2:52.39	2:45.19	2:37.99	2:30.89	200 M IM	2:22.49*	2:29.19*	2:35.99*	2:42.79*	2:56.39*	3:09.89*
7:02.69*	6:32.49*	6:02.29*	5:47.19*	5:32.09*	5:16.99*	400 M IM	5:02.89*	5:17.39*	5:31.79*	5:46.19*	6:15.09*	6:43.89*
		15-16 Girls							**15-16 Boys**			
37.69*	34.99*	32.29*	30.89*	29.59*	28.29	50 M Free	25.69	26.89	28.09	29.39	31.79	34.19
1:21.09*	1:15.29*	1:09.59*	1:06.69*	1:03.79*	1:00.89*	100 M Free	56.09	58.79	1:01.39	1:04.09	1:09.39	1:14.79
2:54.29	2:41.89	2:29.39	2:23.19	2:16.99	2:10.79	200 M Free	2:01.59*	2:07.39*	2:13.19*	2:18.99*	2:30.49*	2:42.09*
6:04.19*	5:38.19*	5:12.19*	4:59.19*	4:46.19*	4:33.19*	400 M Free	4:16.69	4:28.89	4:41.09	4:53.29	5:17.79	5:42.19
12:28.89	11:35.39	10:41.89	10:15.19	9:48.39	9:21.69	800 M Free	8:49.09	9:14.29	9:39.39	10:04.59	10:54.99	11:45.39
23:53.09*	22:10.69*	20:28.39*	19:37.19*	18:45.99*	17:54.79*	1500 M Free	16:57.59	17:46.09	18:34.49	19:22.99	20:59.89	22:36.79
1:31.29*	1:24.79*	1:18.29*	1:14.99*	1:11.79*	1:08.49*	100 M Back	1:02.69*	1:05.69*	1:08.69*	1:11.69*	1:17.59*	1:23.59*
3:15.19*	3:01.29*	2:47.29*	2:40.29*	2:33.39*	2:26.39*	200 M Back	2:14.99*	2:21.49*	2:27.89*	2:34.29*	2:47.19*	2:59.99*
1:42.29*	1:34.99*	1:27.69*	1:24.09	1:20.39*	1:16.79	100 M Breast	1:10.49	1:13.89	1:17.19	1:20.59	1:27.29	1:33.99
3:39.89	3:24.19	3:08.49	3:00.59	2:52.79	2:44.89	200 M Breast	2:32.49	2:39.69	2:46.99	2:54.29	3:08.79	3:23.29
1:28.49*	1:22.19*	1:15.89*	1:12.69*	1:09.49*	1:06.39*	100 M Fly	1:00.39	1:03.29	1:06.19	1:09.09	1:14.79	1:20.59
3:12.09	2:58.39	2:44.69	2:37.79	2:30.99	2:24.09	200 M Fly	2:13.19	2:19.49	2:25.89	2:32.19	2:44.89	2:57.59
3:16.09	3:02.09	2:48.09	2:41.09	2:34.09	2:27.09	200 M IM	2:17.49*	2:23.99*	2:30.59*	2:37.09*	2:50.19*	3:03.29*
6:55.99*	6:26.29*	5:56.59*	5:41.69*	5:26.79*	5:11.99*	400 M IM	4:48.69	5:02.49	5:16.19	5:29.99	5:57.49	6:24.99
		17-18 Girls							**17-18 Boys**			
37.49	34.89	32.19	30.79	29.49	28.19	50 M Free	25.09	26.29	27.49	28.69	31.09	33.49
1:20.69	1:14.99	1:09.19	1:06.29	1:03.39	1:00.59	100 M Free	54.89	57.49	1:00.09	1:02.69	1:07.99	1:13.19
2:52.79*	2:40.49*	2:28.09*	2:21.99*	2:15.79*	2:09.59*	200 M Free	1:59.29	2:04.99	2:10.59	2:16.29	2:27.69	2:38.99
6:00.99	5:35.19	5:09.39	4:56.49	4:43.59	4:30.69	400 M Free	4:12.29	4:24.39	4:36.39	4:48.39	5:12.39	5:36.39
12:19.59*	11:26.79*	10:33.99*	10:07.59*	9:41.09*	9:14.69*	800 M Free	8:44.19	9:09.19	9:34.09	9:59.09	10:48.99	11:38.89
23:39.89	21:58.49	20:17.09	19:26.39	18:35.59	17:44.89	1500 M Free	16:38.19	17:25.69	18:13.29	19:00.79	20:35.79	22:10.89
1:30.79*	1:24.29*	1:17.79*	1:14.59*	1:11.29*	1:08.09*	100 M Back	1:01.49*	1:04.39*	1:07.29*	1:10.29*	1:16.09*	1:21.99*
3:13.99*	3:00.09*	2:46.29*	2:39.39*	2:32.39*	2:25.49*	200 M Back	2:12.19*	2:18.49*	2:24.79*	2:31.09*	2:43.69*	2:56.29*
1:42.19*	1:34.89*	1:27.59*	1:23.89*	1:20.29*	1:16.59*	100 M Breast	1:08.59	1:11.89	1:15.19	1:18.39	1:24.99	1:31.49
3:39.99*	3:24.29*	3:08.59*	3:00.79*	2:52.89*	2:44.99*	200 M Breast	2:29.09	2:36.19	2:43.29	2:50.39	3:04.59	3:18.79
1:27.79*	1:21.49*	1:15.19*	1:12.09*	1:08.99*	1:05.79*	100 M Fly	58.89	1:01.69	1:04.49	1:07.29	1:12.89	1:18.49
3:09.49	2:55.89	2:42.39	2:35.59	2:28.89	2:22.09	200 M Fly	2:10.89	2:17.09	2:23.29	2:29.49	2:41.99	2:54.49
3:16.29*	3:02.29*	2:48.29*	2:41.19*	2:34.19*	2:27.19*	200 M IM	2:13.69*	2:20.09*	2:26.49*	2:32.79*	2:45.59*	2:58.29*
6:54.39*	6:24.79*	5:55.19*	5:40.39*	5:25.59*	5:10.79*	400 M IM	4:44.79	4:58.39	5:11.99	5:25.49	5:52.59	6:19.79

2005-2008 National Age Group Motivational Times - Top 16 Based

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Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
		10 & Under Girls							**10 & Under Boys**			
40.09	36.19	32.39	31.09	29.79	28.49	50 Y Free	28.29	29.49	30.69	31.89	35.59	39.19
1:31.89*	1:22.09*	1:12.29*	1:09.09	1:05.79*	1:02.59	100 Y Free	1:01.49	1:04.59	1:07.69	1:10.79	1:19.99	1:29.19
3:20.19	2:58.29	2:36.39	2:29.09	2:21.79	2:14.39	200 Y Free	2:12.89	2:19.29	2:25.59	2:31.89	2:50.89	3:09.89
8:30.49	7:39.49	6:48.39	6:31.39	6:14.39	5:57.39	500 Y Free	5:54.09	6:10.89	6:27.79	6:44.59	7:35.19	8:25.79
48.89	43.49	38.19	36.39	34.59	32.79	50 Y Back	32.89*	34.69*	36.59*	38.39*	43.89*	49.29*
1:45.69	1:33.99	1:22.19	1:18.29	1:14.39	1:10.49	100 Y Back	1:10.79	1:14.39	1:18.09	1:21.69	1:32.49	1:43.29
53.59	47.79	41.99	40.09	38.19	36.29	50 Y Breast	36.69	38.59	40.59	42.49	48.19	53.89
1:59.99	1:46.69	1:33.39	1:28.89	1:24.49	1:19.99	100 Y Breast	1:20.59*	1:24.69*	1:28.69*	1:32.69*	1:44.79*	1:56.79*
48.79	42.99	37.29	35.29	33.39	31.49	50 Y Fly	31.29	33.09	34.89	36.69	41.99	47.29
1:57.49	1:42.09	1:26.69	1:21.59	1:16.49	1:11.29	100 Y Fly	1:10.89	1:15.89	1:20.79	1:25.69	1:40.59	1:55.39
1:45.69	1:34.39	1:23.19	1:19.39	1:15.69	1:11.89	100 Y IM	1:11.09	1:14.49	1:17.89	1:21.29	1:31.39	1:41.59
3:42.69	3:19.39	2:55.99	2:48.19	2:40.39	2:32.69	200 Y IM	2:32.49	2:40.09	2:47.69	2:55.29	3:18.09	3:40.89
		11-12 Girls							**11-12 Boys**			
34.59*	32.19*	29.79*	28.59*	27.39*	26.19*	50 Y Free	25.09	26.19*	27.39*	28.59*	30.99*	33.39*
1:13.59*	1:08.29*	1:03.09*	1:00.49*	57.79*	55.19*	100 Y Free	54.99*	57.59*	1:00.19*	1:02.89*	1:08.09*	1:13.29*
2:43.49	2:31.79	2:20.19	2:14.29	2:08.49	2:02.59	200 Y Free	1:59.49*	2:05.19*	2:10.89*	2:16.59*	2:27.99*	2:39.39*
7:10.79	6:40.09	6:09.29	5:53.89	5:38.49	5:23.09	500 Y Free	5:19.09*	5:34.29*	5:49.49*	6:04.69*	6:35.09*	7:05.49*
15:01.79*	13:57.39*	12:52.99*	12:20.79*	11:48.49*	11:16.29*	1000 Y Free	11:12.79*	11:44.89*	12:16.89*	12:48.89*	13:52.99*	14:57.09*
25:18.59*	23:30.19*	21:41.69*	20:47.49*	19:53.19*	18:58.99*	1650 Y Free	18:53.89*	19:47.89*	20:41.89*	21:35.89*	23:23.89*	25:11.89*
39.99	37.09*	34.29	32.79*	31.39*	29.99	50 Y Back	29.19*	30.69*	32.19*	33.69*	36.79*	39.79*
1:28.89	1:21.89	1:14.89	1:11.39	1:07.89	1:04.39	100 Y Back	1:02.19*	1:05.59*	1:08.89*	1:12.29*	1:19.09*	1:25.79*
3:03.29*	2:50.19*	2:37.09*	2:30.59*	2:23.99*	2:17.49*	200 Y Back	2:14.59	2:20.99	2:27.39	2:33.79	2:46.59	2:59.39
44.29	41.09	37.99	36.39	34.79	33.19	50 Y Breast	32.29	34.09	35.79	37.59	41.09	44.59
1:36.39	1:29.29	1:22.19	1:18.59	1:15.09	1:11.49	100 Y Breast	1:10.09*	1:13.79*	1:17.39*	1:21.09*	1:28.39*	1:35.69*
3:27.29*	3:12.49*	2:57.69*	2:50.29*	2:42.89*	2:35.49*	200 Y Breast	2:31.39	2:38.59	2:45.79	2:52.99	3:07.39	3:21.79
38.09*	35.39	32.69	31.29*	29.89*	28.59	50 Y Fly	27.79	29.39	30.89	32.39	35.49	38.59
1:27.59*	1:20.59*	1:13.59*	1:10.09*	1:06.59*	1:03.09*	100 Y Fly	1:01.49*	1:05.09*	1:08.59*	1:12.19*	1:19.29*	1:26.39*
3:06.29*	2:52.99*	2:39.69*	2:33.09*	2:26.39*	2:19.79*	200 Y Fly	2:18.49	2:25.09	2:31.69	2:38.29	2:51.49	3:04.69
1:26.49*	1:20.29*	1:14.09*	1:11.09*	1:07.99*	1:04.89*	100 Y IM	1:02.99*	1:05.99*	1:09.09*	1:12.19*	1:18.29*	1:24.39*
3:04.99*	2:51.79*	2:38.59*	2:31.99*	2:25.39*	2:18.79*	200 Y IM	2:15.19*	2:22.09*	2:28.99*	2:35.89*	2:49.69*	3:03.49*
6:34.39*	6:06.19*	5:38.09*	5:23.99*	5:09.89*	4:55.79*	400 Y IM	4:50.49*	5:04.29*	5:18.09*	5:31.99*	5:59.59*	6:27.29*
		13-14 Girls							**13-14 Boys**			
33.39*	30.99*	28.69*	27.49*	26.29*	25.09*	50 Y Free	23.29	24.39	25.49	26.59	28.79	31.09
1:12.59*	1:07.39*	1:02.19*	59.59*	57.09*	54.49*	100 Y Free	50.79	53.19	55.59*	57.99*	1:02.89	1:07.69
2:36.59	2:25.39	2:14.19	2:08.59	2:02.99	1:57.49	200 Y Free	1:50.09*	1:55.39*	2:00.59*	2:05.79*	2:16.29*	2:26.79*
6:51.79	6:22.39	5:52.99	5:38.29	5:23.49	5:08.79	500 Y Free	4:56.99*	5:11.09*	5:25.29*	5:39.39*	6:07.69*	6:35.99*
14:08.89	13:08.29	12:07.59	11:37.29	11:06.99	10:36.69	1000 Y Free	10:13.79*	10:43.09*	11:12.29*	11:41.49*	12:39.99*	13:38.39*
23:34.19	21:53.19	20:12.19	19:21.69	18:31.19	17:40.69	1650 Y Free	17:03.29*	17:51.99*	18:40.79*	19:29.49*	21:06.99*	22:44.39*
1:20.19*	1:14.39*	1:08.69*	1:05.89*	1:02.99*	1:00.09*	100 Y Back	56.79	59.49	1:02.19	1:04.89	1:10.29	1:15.69
2:51.79*	2:39.59*	2:27.29*	2:21.19*	2:14.99*	2:08.89*	200 Y Back	2:02.09	2:07.89	2:13.69	2:19.49	2:31.09	2:42.79
1:30.99	1:24.49	1:17.99	1:14.79	1:11.49	1:08.29	100 Y Breast	1:03.29	1:06.29	1:09.29	1:12.29	1:18.39	1:24.39
3:15.99	3:01.99	2:47.99	2:40.99	2:33.99	2:26.99	200 Y Breast	2:16.79	2:23.29	2:29.79	2:36.29	2:49.39	3:02.39
1:19.39*	1:13.79*	1:08.09*	1:05.29*	1:02.39*	59.59*	100 Y Fly	55.49*	58.09*	1:00.79*	1:03.39*	1:08.69*	1:13.99*
2:53.39	2:40.99	2:28.59	2:22.39	2:16.29	2:10.09	200 Y Fly	2:03.19*	2:09.09*	2:14.99*	2:20.79*	2:32.59*	2:44.29*
2:56.49*	2:43.89*	2:31.29*	2:24.99*	2:18.69*	2:12.39*	200 Y IM	2:04.09*	2:09.99*	2:15.89*	2:21.89*	2:33.69*	2:45.49*
6:12.89*	5:46.19*	5:19.59*	5:06.29*	4:52.99*	4:39.69*	400 Y IM	4:24.59*	4:37.19*	4:49.79*	5:02.39*	5:27.59*	5:52.79*
		15-16 Girls							**15-16 Boys**			
32.89*	30.49*	28.19*	26.99*	25.89*	24.69*	50 Y Free	22.19*	23.29*	24.29*	25.39*	27.49*	29.59*
1:11.29*	1:06.19*	1:01.09*	58.59*	55.99*	53.49*	100 Y Free	48.49	50.79	53.09	55.39	59.99	1:04.59
2:33.39*	2:22.39*	2:11.49*	2:05.99*	2:00.49*	1:54.99*	200 Y Free	1:45.69	1:50.69	1:55.79	2:00.79	2:10.89	2:20.89
6:46.39*	6:17.39*	5:48.39*	5:33.79*	5:19.29*	5:04.79*	500 Y Free	4:44.59	4:58.19	5:11.69	5:25.29	5:52.29*	6:19.39*
13:55.19	12:55.49	11:55.89	11:25.99	10:56.19	10:26.39	1000 Y Free	9:48.19	10:16.19	10:44.19	11:12.19	12:08.19	13:04.19
23:18.79	21:38.89	19:58.89	19:08.99	18:18.99	17:29.09	1650 Y Free	16:26.99	17:13.99	18:00.99	18:47.99	20:21.89	21:55.89
1:18.99*	1:13.29*	1:07.69*	1:04.89*	1:02.09*	59.19*	100 Y Back	53.69*	56.19*	58.79*	1:01.29*	1:06.39*	1:11.49*
2:50.19*	2:37.99*	2:25.89*	2:19.79*	2:13.69*	2:07.59*	200 Y Back	1:56.09	2:01.59	2:07.09	2:12.69	2:23.69	2:34.79
1:29.09*	1:22.69*	1:16.39*	1:13.19*	1:09.99*	1:06.79*	100 Y Breast	1:00.59	1:03.39*	1:06.29	1:09.19	1:14.99	1:20.69
3:12.09*	2:58.39*	2:44.69*	2:37.79*	2:30.89*	2:24.09*	200 Y Breast	2:11.39	2:17.59	2:23.89	2:30.09	2:42.59	2:55.09
1:17.99*	1:12.39*	1:06.89*	1:04.09*	1:01.29*	58.49*	100 Y Fly	52.99*	55.49*	57.99*	1:00.49*	1:05.59*	1:10.59*
2:50.99*	2:38.79*	2:26.59*	2:20.49*	2:14.39*	2:08.29*	200 Y Fly	1:57.59*	2:03.19*	2:08.79*	2:14.39*	2:25.59*	2:36.79*
2:53.09*	2:40.69*	2:28.39*	2:22.19*	2:15.99*	2:09.79*	200 Y IM	1:58.69	2:04.39	2:09.99	2:15.69	2:26.99	2:38.29
6:06.49	5:40.29	5:14.09	5:00.99	4:47.89	4:34.89	400 Y IM	4:12.99	4:24.99	4:37.09	4:49.09	5:13.19	5:37.29
		17-18 Girls							**17-18 Boys**			
32.79*	30.49*	28.19*	26.99*	25.79*	24.59*	50 Y Free	21.79*	22.79*	23.79*	24.89*	26.89*	28.99*
1:10.89	1:05.79	1:00.79	58.19	55.69	53.19	100 Y Free	47.59	49.79	52.09	54.29*	58.89	1:03.39
2:32.29*	2:21.49*	2:10.59*	2:05.09*	1:59.69*	1:54.29*	200 Y Free	1:43.49	1:48.49	1:53.39	1:58.29	2:08.19	2:17.99
6:43.89*	6:14.99*	5:46.19*	5:31.79*	5:17.29*	5:02.89*	500 Y Free	4:37.99	4:51.19	5:04.49	5:17.69	5:44.19	6:10.59
13:52.59*	12:53.09*	11:53.59*	11:23.89*	10:54.19*	10:24.39*	1000 Y Free	9:40.89	10:08.49	10:36.19	11:03.89	11:59.19	12:54.49
23:06.19	21:27.19	19:48.19	18:58.69	18:09.19	17:19.69	1650 Y Free	16:08.79	16:54.89	17:41.09	18:27.19	19:59.39	21:31.69
1:18.19*	1:12.59*	1:06.99*	1:04.19*	1:01.39*	58.59*	100 Y Back	52.49*	54.99*	57.49*	59.99*	1:04.99*	1:09.99*
2:47.89*	2:35.89*	2:23.89*	2:17.89*	2:11.89*	2:05.89*	200 Y Back	1:52.99*	1:58.29*	2:03.69*	2:09.09*	2:19.89*	2:30.59*
1:29.09*	1:22.69*	1:16.39*	1:13.19*	1:09.99*	1:06.79*	100 Y Breast	59.09*	1:01.89*	1:04.79*	1:07.59*	1:13.19*	1:18.79*
3:12.29*	2:58.59*	2:44.79*	2:37.99*	2:31.09*	2:24.19*	200 Y Breast	2:09.19	2:15.29	2:21.49	2:27.59	2:39.89	2:52.19
1:16.99*	1:11.49*	1:05.99*	1:03.29*	1:00.49*	57.79*	100 Y Fly	51.79*	54.19*	56.69*	59.09*	1:04.09*	1:08.99*
2:48.19	2:36.19	2:24.19	2:18.19	2:12.19	2:06.19	200 Y Fly	1:53.39	1:58.79	2:04.19	2:09.59	2:20.39	2:31.19
2:51.49*	2:39.19*	2:26.99*	2:20.89*	2:14.69*	2:08.59*	200 Y IM	1:55.99*	2:01.49*	2:06.99*	2:12.49*	2:23.59*	2:34.59*
6:04.39*	5:38.29*	5:12.29*	4:59.29*	4:46.29*	4:33.29*	400 Y IM	4:07.69	4:19.49	4:31.29	4:43.09	5:06.69	5:30.29

2005-2008 National Age Group Motivational Times - Top 16 Based

9/13/04

Short Course Meters

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
			10 & Under Girls						**10 & Under Boys**			
44.29	39.99	35.79	34.29	32.89	31.49	50 M Free	31.19	32.59	33.89	35.29	39.29	43.29
1:41.49*	1:30.69*	1:19.89*	1:16.29*	1:12.69*	1:09.09*	100 M Free	1:07.99	1:11.39	1:14.79	1:18.19	1:28.29	1:38.49
3:41.19	3:16.99	2:52.79	2:44.69	2:36.59	2:28.59	200 M Free	2:26.89	2:33.89	2:40.89	2:47.89	3:08.89	3:29.79
7:26.79	6:42.09	5:57.39	5:42.49	5:27.69	5:12.79	400 M Free	5:09.89	5:24.59	5:39.39	5:54.09	6:38.39	7:22.69
53.99	48.09	42.19	40.19	38.19	36.29	50 M Back	36.39*	38.39*	40.39*	42.39*	48.49*	54.49*
1:56.79	1:43.79	1:30.89	1:26.49	1:22.19	1:17.89	100 M Back	1:18.29	1:22.29	1:26.19	1:30.19	1:42.19	1:54.19
59.19	52.79	46.49	44.29	42.19	40.09	50 M Breast	40.59	42.69	44.79	46.89	53.29	59.59
2:12.59	1:57.89	1:43.19	1:38.29	1:33.39	1:28.39	100 M Breast	1:29.09*	1:33.49*	1:37.99*	1:42.39*	1:55.79*	2:09.09*
53.89	47.49	41.19	38.99	36.89	34.79	50 M Fly	34.59	36.59	38.49	40.49	46.39	52.19
2:09.79	1:52.79	1:35.79	1:30.19	1:24.49	1:18.79	100 M Fly	1:18.39	1:23.79	1:29.29	1:34.69	1:51.09	2:07.49
1:56.79	1:44.29	1:31.89	1:27.79	1:23.59	1:19.49	100 M IM	1:18.59	1:22.29	1:26.09	1:29.79	1:40.99	1:52.29
4:06.09	3:40.29	3:14.49	3:05.89	2:57.29	2:48.69	200 M IM	2:48.49	2:56.89	3:05.29	3:13.69	3:38.89	4:04.09
			11-12 Girls						**11-12 Boys**			
38.19*	35.49*	32.89*	31.59*	30.29*	28.89*	50 M Free	27.69*	28.99*	30.29*	31.59*	34.29*	36.89*
1:21.29*	1:15.49*	1:09.69*	1:06.79*	1:03.89*	1:00.99*	100 M Free	1:00.79*	1:03.69*	1:06.59*	1:09.49*	1:15.19*	1:20.99*
3:00.69	2:47.79	2:34.89	2:28.39	2:21.99	2:15.49	200 M Free	2:12.09*	2:18.39*	2:24.59*	2:30.89*	2:43.49*	2:56.09*
6:17.09	5:50.09	5:23.19	5:09.69	4:56.29	4:42.79	400 M Free	4:39.29*	4:52.59*	5:05.89*	5:19.19*	5:45.79*	6:12.39*
13:09.19*	12:12.79*	11:16.49*	10:48.29*	10:20.09*	9:51.89*	800 M Free	9:48.79*	10:16.89*	10:44.89*	11:12.89*	12:08.99*	13:05.09*
25:09.79*	23:21.99*	21:34.09*	20:40.19*	19:46.29*	18:52.39*	1500 M Free	18:47.29*	19:40.99*	20:34.69*	21:28.39*	23:15.69*	25:03.09*
44.19	40.99*	37.89	36.29	34.69*	33.09*	50 M Back	32.19*	33.89*	35.59*	37.29*	40.59*	43.99*
1:38.29	1:30.49	1:22.79	1:18.89	1:15.09	1:11.19	100 M Back	1:08.69*	1:12.39*	1:16.19*	1:19.89*	1:27.39*	1:34.79*
3:22.49*	3:08.09*	2:53.59*	2:46.39*	2:39.09*	2:31.89*	200 M Back	2:28.69	2:35.79	2:42.89	2:49.99	3:04.09	3:18.29
48.99	45.49	41.99	40.19	38.49	36.69	50 M Breast	35.69	37.69	39.59	41.49	45.39	49.29
1:46.59	1:38.69	1:30.79	1:26.89	1:22.89	1:18.99	100 M Breast	1:17.49*	1:21.49*	1:25.49*	1:29.59*	1:37.59*	1:45.69*
3:49.09*	3:32.69*	3:16.29*	3:08.19*	2:59.99*	2:51.79*	200 M Breast	2:47.19	2:55.19	3:03.19	3:11.09	3:26.99	3:42.99
42.09*	39.09*	36.09*	34.59*	33.09	31.59	50 M Fly	30.69	32.39	34.09	35.79	39.19	42.59
1:36.79*	1:29.09*	1:21.29*	1:17.49*	1:13.59*	1:09.69*	100 M Fly	1:07.99*	1:11.89*	1:15.79*	1:19.79*	1:27.59*	1:35.39*
3:25.89*	3:11.19*	2:56.49*	2:49.09*	2:41.79*	2:34.39*	200 M Fly	2:33.09	2:40.39	2:47.59	2:54.89	3:09.49	3:24.09
1:35.59*	1:28.79*	1:21.89*	1:18.49*	1:15.09*	1:11.69*	100 M IM	1:09.59*	1:12.99*	1:16.29*	1:19.69*	1:26.49*	1:33.29*
3:24.39*	3:09.79*	2:55.19*	2:47.89*	2:40.59*	2:33.29*	200 M IM	2:29.39*	2:36.99*	2:44.69*	2:52.29*	3:07.49*	3:22.79*
7:15.79*	6:44.69*	6:13.59*	5:57.99*	5:42.39*	5:26.89*	400 M IM	5:20.99*	5:36.29*	5:51.49*	6:06.79*	6:37.39*	7:07.99*
			13-14 Girls						**13-14 Boys**			
36.89*	34.29*	31.69*	30.29*	28.99*	27.69*	50 M Free	25.69	26.99	28.19	29.39	31.89	34.29
1:20.19*	1:14.49*	1:08.79*	1:05.89*	1:02.99*	1:00.19*	100 M Free	56.09	58.79	1:01.49	1:04.09*	1:09.49	1:14.79
2:52.99	2:40.69	2:28.29	2:22.09	2:15.99	2:09.79	200 M Free	2:01.69*	2:07.49*	2:13.29*	2:18.99*	2:30.59*	2:42.19*
6:00.39	5:34.59	5:08.89	4:55.99	4:43.19	4:30.29	400 M Free	4:19.89*	4:32.29*	4:44.69*	4:56.99*	5:21.79*	5:46.49*
12:22.89	11:29.89	10:36.79	10:10.29	9:43.69	9:17.19	800 M Free	8:57.19*	9:22.79*	9:48.39*	10:13.89*	11:05.09*	11:56.29*
23:25.99	21:45.59	20:05.09	19:14.89	18:24.69	17:34.49	1500 M Free	16:57.39*	17:45.79*	18:34.19*	19:22.69*	20:59.59*	22:36.49*
1:28.59*	1:22.19*	1:15.89*	1:12.79*	1:09.59*	1:06.39*	100 M Back	1:02.69*	1:05.69	1:08.69	1:11.69	1:17.69	1:23.59*
3:09.89*	2:56.29*	2:42.79*	2:35.99*	2:29.19*	2:22.39*	200 M Back	2:14.89	2:21.29	2:27.69	2:34.19	2:46.99	2:59.89
1:40.59	1:33.39	1:26.19	1:22.59	1:18.99	1:15.49	100 M Breast	1:09.89	1:13.29	1:16.59	1:19.89	1:26.59	1:33.19
3:36.59	3:21.09	3:05.69	2:57.89	2:50.19	2:42.49	200 M Breast	2:31.19	2:38.39	2:45.59	2:52.69	3:07.09	3:21.49
1:27.79*	1:21.49*	1:15.19*	1:12.09*	1:08.99*	1:05.79*	100 M Fly	1:01.29*	1:04.19*	1:07.09*	1:10.09*	1:15.89*	1:21.69*
3:11.59	2:57.89	2:44.19	2:37.39	2:30.59	2:23.69	200 M Fly	2:16.19*	2:22.69*	2:29.09*	2:35.59*	2:48.59*	3:01.59*
3:14.99*	3:01.09*	2:47.19*	2:40.19*	2:33.19*	2:26.29*	200 M IM	2:17.19*	2:23.69*	2:30.19*	2:36.69*	2:49.79*	3:02.89*
6:51.99*	6:22.59*	5:53.19*	5:38.49*	5:23.69*	5:08.99*	400 M IM	4:52.39*	5:06.29*	5:20.29*	5:34.19*	6:01.99*	6:29.89*
			15-16 Girls						**15-16 Boys**			
36.29*	33.79*	31.19*	29.89*	28.59*	27.29*	50 M Free	24.49*	25.69*	26.89*	27.99*	30.39*	32.69*
1:18.69*	1:13.09*	1:07.49*	1:04.69*	1:01.89*	59.09*	100 M Free	53.59	56.09	58.69	1:01.19	1:06.29	1:11.39
2:49.49*	2:37.39*	2:25.29*	2:19.19*	2:13.19*	2:07.09*	200 M Free	1:56.79	2:02.39	2:07.89	2:13.49	2:24.59	2:35.69
5:55.69*	5:30.29*	5:04.89*	4:52.19*	4:39.49*	4:26.79*	400 M Free	4:09.09	4:20.89	4:32.79	4:44.69	5:08.39	5:32.09
12:10.89	11:18.69	10:26.49	10:00.39	9:34.29	9:08.19	800 M Free	8:34.69	8:59.19	9:23.79	9:48.29	10:37.29	11:26.29
23:10.59	21:31.29	19:51.99	19:02.29	18:12.59	17:22.99	1500 M Free	16:21.19	17:07.89	17:54.69	18:41.39	20:14.79	21:48.29
1:27.29*	1:20.99*	1:14.79*	1:11.69*	1:08.59*	1:05.49*	100 M Back	59.29*	1:02.09*	1:04.89*	1:07.79*	1:13.39*	1:18.99*
3:07.99*	2:54.59*	2:41.19*	2:34.49*	2:27.79*	2:20.99*	200 M Back	2:08.29	2:14.39	2:20.49	2:26.59	2:38.79	2:50.99
1:38.39*	1:31.39*	1:24.39*	1:20.89*	1:17.39*	1:13.79*	100 M Breast	1:06.89	1:10.09	1:13.29	1:16.49	1:22.79	1:29.19
3:32.29*	3:17.09*	3:01.99*	2:54.39*	2:46.79*	2:39.19*	200 M Breast	2:25.19	2:32.09	2:38.99	2:45.89	2:59.69	3:13.49
1:26.19*	1:19.99*	1:13.89*	1:10.79*	1:07.69*	1:04.59*	100 M Fly	58.49*	1:01.29*	1:04.09*	1:06.89*	1:12.49*	1:17.99*
3:08.99*	2:55.49*	2:41.99*	2:35.19*	2:28.49*	2:21.79*	200 M Fly	2:09.99*	2:16.19*	2:22.29*	2:28.49*	2:40.89*	2:53.29*
3:11.19*	2:57.59*	2:43.89*	2:37.09*	2:30.29*	2:23.39*	200 M IM	2:11.19	2:17.49	2:23.69	2:29.89	2:42.39	2:54.89
6:44.89	6:15.99	5:47.09	5:32.59	5:18.19	5:03.69	400 M IM	4:39.49	4:52.79	5:06.09	5:19.49	5:46.09	6:12.69
			17-18 Girls						**17-18 Boys**			
36.29*	33.69*	31.09*	29.79*	28.49*	27.19*	50 M Free	24.09*	25.19*	26.29*	27.49*	29.79*	32.09*
1:18.29	1:12.69	1:07.09	1:04.29	1:01.49	58.69	100 M Free	52.59	55.09	57.59	1:00.09	1:05.09	1:10.09
2:48.29*	2:36.29*	2:24.29*	2:18.29*	2:12.29*	2:06.29*	200 M Free	1:54.39	1:59.79	2:05.29	2:10.69	2:21.59	2:32.49
5:53.49*	5:28.19*	5:02.99*	4:50.29*	4:37.69*	4:25.09*	400 M Free	4:03.29	4:14.89	4:26.49	4:37.99	5:01.19	5:24.39
12:08.59*	11:16.59*	10:24.49*	9:58.49*	9:32.49*	9:06.49*	800 M Free	8:28.39	8:52.59	9:16.79	9:40.99	10:29.39	11:17.79
22:58.19	21:19.69	19:41.29	18:52.09	18:02.79	17:13.59	1500 M Free	16:03.19	16:48.99	17:34.89	18:20.69	19:52.49	21:24.19
1:26.39*	1:20.19*	1:13.99*	1:10.89*	1:07.89*	1:04.79*	100 M Back	57.99*	1:00.79*	1:03.49*	1:06.29*	1:11.79*	1:17.29*
3:05.49*	2:52.29*	2:38.99*	2:32.39*	2:25.79*	2:19.19*	200 M Back	2:04.79*	2:10.79*	2:16.69*	2:22.59*	2:34.49*	2:46.39*
1:38.49*	1:31.39*	1:24.39*	1:20.89*	1:17.39*	1:13.89*	100 M Breast	1:05.29*	1:08.39*	1:11.59*	1:14.69*	1:20.89*	1:27.09*
3:32.49*	3:17.29*	3:02.09*	2:54.49*	2:46.99*	2:39.39*	200 M Breast	2:22.69	2:29.49	2:36.29	2:43.09	2:56.69	3:10.29
1:25.09*	1:18.99*	1:12.89*	1:09.89*	1:06.89*	1:03.79*	100 M Fly	57.19*	59.89*	1:02.59*	1:05.39*	1:10.79*	1:16.19*
3:05.89	2:52.59	2:39.39	2:32.69	2:26.09	2:19.39	200 M Fly	2:05.29	2:11.29	2:17.29	2:23.19	2:35.19	2:47.09
3:09.49*	2:55.89*	2:42.39*	2:35.59*	2:28.89*	2:22.09*	200 M IM	2:08.09*	2:14.19*	2:20.29*	2:26.39*	2:38.59*	2:50.79*
6:42.59*	6:13.89*	5:45.09*	5:30.69*	5:16.39*	5:01.99*	400 M IM	4:33.79	4:46.79	4:59.79	5:12.89	5:38.89	6:04.99

PART THREE

RIGHTS, PRIVILEGES, CODE OF CONDUCT

ARTICLE 301

MEMBER RIGHTS

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

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

.1 Prevent the swimmer from meeting the academic requirements which are applicable to all students who participate in the swimmer's particular course of study.

.2 Jeopardize the swimmer's or the educational institution's performance in the established program in the particular sport in which the swimmer competes, provided that the international competition occurs during the scheduled competitive season of the educational institution.

301.3 Any swimmer, coach, trainer, manager, official or administrator who alleges that he or she has been denied or is about to be denied, by a person or an organization affiliated with USA Swimming, a right as set forth in 301.1, shall immediately inform the Executive Director, who shall promptly cause an investigation to be made and steps to be taken to settle the controversy without unnecessary delay. Such steps shall include, but shall not be limited to, advising the Secretary General of the U.S. Olympic Committee, and submitting the matter to the American Arbitration Association for binding arbitration.

301.4 Whenever a swimmer, or party acting on his/her behalf, informs the Executive Director of an alleged violation of the swimmer's right to participation as set forth in 301.1, the Executive Director shall review all the related evidence of the case and make a report, with a preliminary recommendation, to the National Board of Review within thirty (30) days, or sooner if the situation requires. The Board of Review shall review the case and the 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 408.1.

ARTICLE 302
ATHLETE REGISTRATION

302.1 REGISTRATION — All swimmers competing in events sanctioned by USA Swimming must be registered as athlete members of USA Swimming. Athlete members must meet the rules of eligibility contained in Article 303. No swimmer alleged to be ineligible shall be denied the right to register and compete without being afforded the opportunity to refute the allegations relating to his/her possible ineligibility, pursuant to Parts Four and/or Six.

302.2 MEMBERSHIP — Athlete membership will consist of an annual membership, an outreach membership, a seasonal membership, or a single-meet open water membership.

.1 Annual membership — Membership is for a calendar year. Non-members applying for membership on or after September 1 will be issued a membership card valid through December 31 of the following year.

.2 Outreach membership — Annual Membership with specially-reduced fees.

.3 Individual seasonal membership — At the option of the LSC, membership may be offered for one or two periods of not more than 150 days per period within a registration year. Seasonal membership may also be offered for an unspecified but continuous period of not more than 150 days commencing on the date of registration. Seasonal member-ship is not valid for competition at or above the Zone Championship level.

.4 Single-Meet Open Water Membership – At the option of the LSC, membership may be offered for the specific date(s) of an open water competition(s). The athlete must compete unattached. Single-meet membership is not valid for competition at or above the Zone Championship meet.

302.3 APPLICATION/RENEWAL — Athlete membership forms may be obtained from the LSC registration chairman. The form shall be fully completed and submitted with the fee set forth in 502.5 to the registration chairman of the LSC, which shall issue a registration card upon approval. The registration chairman, exclusively, shall be authorized to receive and accept such application forms and the registration/membership shall not be effective until so accepted, except that the registration chairman may directly designate by title, position or name, specific deputy registrars to receive and accept registration forms on behalf of the chairman and that no other person or position shall be considered to be so designated indirectly or by implication. Identification of the deputy registrars shall be published by the LSC.

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

ARTICLE 303
ELIGIBILITY

303.1 It shall be the responsiblity of all USA Swimming members to comply with the rules and regulations of USA Swimming and the Rules, Constitution and Bureau decisions of FINA, as well as to avoid acting in any manner which brings disrepute upon USA Swimming or upon the sport of swimming.

303.2 Except as provided for in Section 203.9, only athlete members of USA Swimming are eligible to compete.

303.3 As a member National Governing Body of the United States Olympic Committee (USOC), and as a member Federation of Federation Internationale de Natation Amateur (FINA), USA Swimming is obligated to adhere to the anti-doping rules of the USOC and FINA. In addi-tion, USOC Bylaw Chapter XXIII, Section 2(G) provides that, as a condition of membership in the USOC, each National Governing body shall comply with the procedures pertaining to drug test-ing and adjudication of related doping offenses of the independent anti-doping organization designated by the USOC to conduct drug testing. The USOC has designated the United States Anti-Doping Agency ("USADA") as that organization. The current anti-doping rules of the USOC, FINA and USADA are available at the offices of USA Swimming or on line at the following websites:

FINA	www.fina.org
USOC	www.usoc.org
USADA	www.usantidoping.org

As a condition of membership in USA Swimming, it is the responsibility of each athlete member of USA Swimming to comply with the anti-doping rules of the FINA, USOC and USADA and to submit, without reservation or condition, to in-competition and out-of-competition doping controls conducted by either the FINA or USADA. (Out-of-competition doping controls by USADA may take place at USA Swimming elite-level camps, training sessions at USOC facilities, or with no advance notice any time for athletes designated by USA Swimming and USADA for inclusion in USA Swimming's no advance notice testing pool.)

Pursuant to USOC Bylaw Chapter XXIII, Section 2(G), the management of positive and elevated test results for USA Swimming athletes has become the responsibility of USADA. Any inconsistent provisions elsewhere in USA Swimming rules are hereby superseded. USA Swimming will, without further process, enforce and publish any sanction communicated to USA Swimming by USADA resulting from adjudication of a doping control under the USADA Protocol for Olympic Movement Testing.

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

303.5 A swimmer may be registered for USA Swimming and Masters Swimming at the same time. Membership in U.S. Masters Swimming does not imply or presume membership in USA Swimming.

303.6 A swimmer declared ineligible for any reason may be reinstated pursuant to the provisions of Article 404.

ARTICLE 304
CODE OF CONDUCT

304.1 The mission of USA Swimming is to encourage participation and the pursuit of excellence in all aspects of swimming. USA Swimming grants the privilege of membership to individuals and organizations committed to that mission. The privilege of membership may, therefore, be withdrawn or denied by USA Swimming at any time where USA Swimming determines that a member or prospective member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

In order to assist all members to better serve the interests of those who participate in swimming, USA Swimming has adopted this Code of Conduct.

304.2 Any member or prospective member of USA Swimming may be denied membership, censured, placed on probation, suspended for a definite or indefinite period of time with or without terms of probation, fined or expelled from USA Swimming if such member violates the provisions of the USA Swimming Code of Conduct, set forth in 304.3, or aids, abets or encourages another person to violate any of the provisions of the USA Swimming Code of Conduct.

304.3 The following shall be considered violations of the USA Swimming Code of Conduct:

.1 Violation of the right to compete provisions set forth in 301.1 through 301.4.

.2 Violation of the anti-doping provisions set forth in 303.3 or 303.4.

.3 Discrimination in violation of Part Five of the USA Swimming Corporate Bylaws or any other section of the USA Swimming Rules and Regulations, or in violation of Section 201(b)(6) of the Amateur Sports Act which requires that USA Swimming must provide: "an equal opportunity to amateur athletes; coaches, trainers, managers, administrators, and officials to participate in amateur athletic competition, without discrimination on the basis of race, color, religion, age, gender, or national origin";

.4 Conviction of, imposition of a deferred sentence for, or any plea of guilty or no contest at any time, past or present, or the existence of any pending charges, for (i) any felony, (ii) any offense involving use, possession, distribution or intent to distribute illegal drugs or substances, or (iii) any crime involving sexual misconduct;

.5 Any sexual contact or advance or other inappropriate sexually oriented behavior or action directed towards an athlete by a coach, official, trainer, or other person who, in the context of swimming, is in a position of authority over that athlete;

.6 The sale or distribution of illegal drugs or the illegal sale or distribution of any substance listed on FINA's recognized list of banned substances;

.7 The use of illegal drugs in the presence of an athlete, by a coach, official, trainer of, or a person who, in the context of swimming, is in a position of authority over, that athlete;

.8 The providing of alcohol to an athlete by a coach, official, trainer, manager or any other person where the athlete is under the legal age allowed to consume or purchase alcohol in the state where the alcohol is provided;

.9 The abuse of alcohol in the presence of an athlete under the age of 18, by a coach, official, trainer of, or a person who, in the context of swimming, is in a position of authority over, that athlete;

.10 Physical abuse of an athlete by any person who, in the context of swimming, is in a position of authority over that athlete;

.11 Any act of fraud, deception or dishonesty in connection with any USA Swimming-related activity.

.12 Any non-consensual physical contact, obscene language or gesture, or other threatening language or conduct directed towards any meet official and which is related to any decision made by such official in connection with a USA Swimming-sanctioned competition;

.13 Action, other than through general advertising, by a coach, owner, officer, volunteer, representative, or employee of a swim club, or a USA Swimming or LSC employee, either through direct contact with an athlete or the encouragement of others, to recruit or otherwise encourage an athlete who is already a member of a USA Swimming member swim club to compete for or become a member of the swim club with which the acting party is affiliated, unless the acting party receives prior written approval to recruit or encourage the athlete from the coach of the athlete's existing USA Swimming-member swim club or contact is initiated by the athlete, the athlete's parent or authorized representative. General advertising includes any information that is:

A Distributed to an identifiable general population where there is a reasonable expectation that the majority of that population are not current members of USA Swimming, or

B Placed in or on any item that is sold.

.14 Violation of any team misconduct rule as established by the USOC, USA Swimming, any Zone or LSC team authority;

.15 Any other act, conduct or omission not provided for in 304.3.1 through 304.3.11 above, which is detrimental to the image or reputation of USA Swimming, a LSC or the sport of swimming.

PART FOUR
HEARINGS AND APPEALS

ARTICLE 401
GENERAL

401.1 As hereinafter set forth, USA Swimming may censure, place on probation, suspend for a definite or indefinite period of time with or without terms of probation, fine, or expel any member of USA Swimming, including any athlete, coach, manager, official, member of any committee, or any person participating in any capacity whatsoever in the affairs of USA Swimming, who has violated any of its rules or regulations, or who aids, abets, and encourages another to violate any of its rules or regulations, or who has acted in a manner which brings disrepute upon USA Swimming or upon the sport of swimming. USA Swimming may also conduct hearings on any matter affecting USA Swimming as the national governing body for swimming.

ARTICLE 402
NATIONAL BOARD OF REVIEW

402.1 The Chairman of the National Board of Review shall be appointed by the President. A committee, comprised of the President, the General Counsel and the Chairman of the National Board of Review shall appoint other members of the National Board of Review. All National Board of Review appointments shall be confirmed by the Executive Committee. The term of the Chairman shall be two years with no limit on the number of terms the Chairman may serve. Each case submitted to the National Board of Review shall be assigned by the Chairman of the National Board of Review to a panel of no less than three members, one of whom shall be an athlete representative, to hear and decide the case.

ARTICLE 403
JURISDICTION

403.1 JURISDICTION OF THE LSC – In matters involving a member or members of only one LSC, matters arising in regional or zone competition and any complaint alleging violations of Articles 304.3.11 through 304.3.15 inclusive of the USA Swimming Code of Conduct involving one or more members or prospective members of one LSC, and not brought by USA Swimming, shall be filed directly with the LSC. The procedures and rules to be followed for hearing shall be as set forth under the LSC Board of Review provisions in the LSC Bylaws. Any appeal of the LSC Board of Review's decision shall be made to the National Board of Review pursuant to Article 407 hereof.

403.2 JURISDICTION OF USA SWIMMING

.1 **Original and Exclusive Jurisdiction** – The National Board of Review has original and exclusive jurisdiction to hear:

A Any complaint where athletes or other members of USA Swimming from more than one LSC are involved; or

B Any complaint involving athletes or other members during a national or international event; or

C Any complaint under Articles 304.3.1 through 304.3.10 against any member of USA Swimming, including any athlete, coach, manager, official, member of any committee, or any person participating in any capacity whatsoever in the affairs of USA Swimming; or

D Any complaint initiated by USA Swimming, which shall be prosecuted by and may be appealed by the Executive Director.

.2 **Discretionary Jurisdiction** –

A Upon a majority vote of the USA Swimming Board of Directors or the USA Swimming Executive Committee, the USA Swimming National Board of Review may be assigned exclusive and immediate jurisdiction at any stage of any matter within the purview of this Article 403 when the best interests of USA Swimming will be served thereby, or when compliance with regular USA Swimming or LSC procedures would not be likely to produce a sufficiently early decision to do justice to the affected parties.

B If discretionary jurisdiction is so assigned, the National Board of Review shall comply in every instance with all requirements of procedural due process as set forth in these Rules and Regulations. The National Board of Review may set such procedural time limitations as it may deem necessary in order to reach a decision, which will do justice to the affected parties under particular circumstances.

C In all cases, where USA Swimming is not a party, the National Board of Review may assess fees and costs against any party.

ARTICLE 404
AUTHORITY OF THE BOARDS OF REVIEW

404.1 The LSC Board of Review shall have the authority set forth in the Bylaws of the LSC and the USA Swimming Rules and Regulations.

404.2 The National Board of Review shall have the authority to:

.1 Impose and enforce penalties for any violation of the rules and regulations, administrative or technical, of USA Swimming;

.2 Determine the eligibility and right to compete of any athlete;

.3 Vacate, modify, sustain, reverse or stay any decision or order properly submitted on appeal, or remand the matter for further action;

.4 Investigate any election impropriety or cause for removal of a national officer or national committee member and take corrective action;

.5 Interpret any provision of the rules and regulations of USA Swimming with the exception of the technical rules (Part One);

.6 Review any revocation, suspension, reinstatement of membership or challenge the granting or denial of membership;

.7 Issue such interim orders, prohibitory or mandatory in nature, as may be necessary pending a final decision of the Board; and

.8 Reinstate any athlete to amateur status. (Note: This relates only to USA Swimming domestic competition and NOT international competition. It must be read in light of current FINA rules on re-qualification.)

ARTICLE 405
PROCEDURES FOR FILING AND INVESTIGATION OF COMPLAINTS

405.1 FILING COMPLAINTS – All complaints under Article 403.2.1 A through D above shall set forth the allegations and be filed with the Executive Director of USA Swimming, who shall promptly initiate an investigation of the matter as set forth below.

405.2 INVESTIGATON OF COMPLAINTS

1 In those matters occurring during the course of an international meet the Olympic International Operations Committee Coordinator or his/her designee shall make the investigation and report;

.2 In those matters occurring during the course of a national or regional event the Vice President of Program Operations or his/her designee shall make the investigation and report;

.3 In those matters involving an alleged violation of Article 304.3.10 by a coach, a committee of three coaches appointed by the President of USA Swimming shall make the investigation and report;

.4 In all other matters the Executive Director or his/her designee shall make the investigation and report.

405.3 DISPOSITION OF INVESTIGATION - After the initial investigation is completed, the President of USA Swimming may decide to either (i) cause further investigation into the alleged violations to be conducted; (ii) seek to mediate the complaint; (iii) take interim action as set forth below. Either the President or Chairman of the National Board of Review may then decide to assign the matter to the National Board of Review for hearing or jointly decide to dismiss the complaint.

405.4 EMERGENCY HEARING - After the initial investigation, depending on the severity of the alleged misconduct, the President may order an emergency hearing before the National Board of Review to determine if the member should be suspended pending the outcome of a full hearing before the National Board of Review. If an emergency hearing is ordered, the National Board of Review shall conduct the hearing and publish its results within twenty-one (21) days. Until such time as the National Board of Review makes a decision all proceedings shall be confidential and not subject to disclosure to anyone other than the parties to the review and witnesses.

ARTICLE 406
HEARING PROCEDURE

406.1 NATIONAL BOARD OF REVIEW

1 Matters under original jurisdiction of the National Board of Review shall be instituted by a written complaint served upon the Executive Director. An investigation of the matter will be conducted in accordance with Article 405.2. If the results of the investigation warrant referring the case to a National Board of Review, the Executive Director shall send a copy of the written complaint together with the results of the investigation to the Chairman of the National Board of Review.

.2 The Chairman will set a hearing date, which shall be not less than fifty (50) nor more than seventy-five (75) calendar days from the date of mailing the Notice of Hearing. The Notice of Hearing will include:

A The name of the Respondent(s);

B A written statement of charges, which will be set forth in sufficient detail to give the Respondent(s) sufficient notice of the charges and the facts supporting the charges;

C The name of the Petitioner(s);

D The date the Response is due;

E The date, time and place of the hearing;

F The names of the members of the National Board of Review;

G The possible penalties;

H The right of appeal and the time limit to file for an appeal;

I Any other general information, including the right to be represented by counsel, to have witnesses testify, and to submit any and all evidence which is relevant to the issues.

.3 The Chairman will mail the Notice of Hearing, together with a copy of the written Complaint received by the Executive Director to the parties. The Respondent(s) shall have thirty (30) calendar days from the date of mailing to submit a written Response to the charges. The Response shall be mailed to the Chairman, who will mail a copy to the Petitioner(s).

.4 The Petitioner(s) shall have ten (10) calendar days from the date of mailing of the Response to submit a written Reply. The written Reply will be mailed to the Chairman, who will mail a copy to the Respondent(s).

.5 Upon showing of good cause, the Chairman may decrease or increase the time limits for any of the foregoing upon request of either party.

.6 Hearing

A For hearings conducted other than through the receipt of written statements, the National Board of Review shall cause a recording or transcription to be made of the proceedings.

B The hearing may proceed in the absence of any party who fails to be available at the appointed time and judgment shall not be reached merely because of the person's

absence. If the National Board of Review determines that the hearing cannot proceed without the absent party, the National Board of Review may adjourn the hearing and reschedule it for such time as the absent party can be present.

C The hearing shall be opened by the recording of the place, time and date of the hearing, and the presence of the National Board of Review, parties, counsel, if any, and any other witnesses or observers.

D Each party may then present an opening statement setting forth generally the party's view of the issues in dispute, the relief sought and what they hope to prove by the presentation of evidence.

E Petitioner may then present his/her claims, proofs, and witnesses, who shall be subject to cross-examination by the other party. Respondent may then present his/her claims, proofs, and witnesses, who shall also be subject to cross-examination by the other party.

F Petitioner may then be allowed an opportunity to rebut any testimony or evidence presented by the Respondent after the Respondent's presentation.

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

H Upon the request of either party or the determination of the National Board of Review, the hearing may be closed.

.7 A decision may be rendered by the National Board of Review at the time of the hearing and reduced to writing within seventy-two (72) hours. A written decision will be mailed to the parties within four (4) calendar days after the hearing. The written decision will set forth the right of appeal.

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

.9 All mailing shall be by (a) United States certified mail, postage prepaid, return receipt requested or (b) overnight express delivery.

ARTICLE 407
APPEAL
LSC BOARD OF REVIEW TO NATIONAL BOARD OF REVIEW

407.1 PROCEDURE

1 Every appeal to the National Board of Review shall be instituted by a Petition served upon the Executive Director and shall be accompanied by a $250 non-refundable filing fee payable to USA Swimming. The Petition on appeal shall set forth the grounds for appeal, citing factual and legal issues in as much detail as possible.

.2 The Executive Director shall send a copy of the Petition on appeal to the Respondent and Chairman of the National Board of Review immediately upon receipt. The Respondent shall

within 30 days following receipt of the Petition file a written Response with the Executive Director, the Petitioner and the Chairman. The Petitioner may within 10 days following receipt of a copy of the Response file a written Reply. The written Response and written Reply shall be filed with the Executive Director, the opposing party(s) 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 on appeal and on evidence submitted at such hearing as may be required by the panel. A written decision shall be sent to all parties. The National Board of Review may, in cases where USA Swimming is not a party, assess costs against any party.

.4 Petitions once reviewed and decided shall not be reopened for consideration by the National Board of Review, except by direction of the Board of Directors of USA Swimming, or upon showing of sufficient cause to the Chairman of the National Board of Review.

.5 The President and the Chairman of the National Board of Review shall each have the power and authority, acting alone, to deny or reject an appeal when, in their respective judgment, the appeal is without merit or was not filed by a real party in interest.

.6 The appeal to the National Board of Review shall be on the basis of the record and written briefs filed with it, unless the National Board of Review shall at its discretion order a *de novo* hearing. In the event the National Board of Review orders a *de novo* hearing, the hearing procedure shall be as set forth in Article 406.

ARTICLE 408
APPEAL
NATIONAL BOARD OF REVIEW TO BOARD OF DIRECTORS

408.1 PROCEDURE

.1 Any real party in interest, including any officer of the Corporation or the Executive Director, may appeal any decision of the National Board of Review to the Board of Directors within thirty (30) days of the date of the postmark of the mailing of its written decision.

.2 The Petition on appeal is to be served upon the Executive Director and shall be accompanied by a $250 filing fee payable to USA Swimming.

.3 The Petition shall set forth the grounds for appeal, citing factual and legal issues in as much detail as possible.

.4 Unless the Board of Directors by majority vote decides otherwise, the review by the Board of Directors shall be on the basis of the record and written briefs and shall not be a *de novo* hearing. The Board of Directors, or its authorized representative, may establish a hearing panel consisting of at least five members to hear any appeal, including appeals conducted as *de novo* hearings. The decision of the hearing panel shall be final with the same force and effect as if the full Board of Directors heard the matter.

.5 USA Swimming Board of Directors may, in cases where USA Swimming is not a party, assess fees and costs against the losing party.

ARTICLE 409
FULL FAITH AND CREDIT

409.1 Final decisions rendered by any LSC shall, when applicable, be recognized and fully enforced in all other LSCs of USA Swimming.

PART FIVE

CORPORATE BYLAWS OF USA SWIMMING

ARTICLE 501
PREAMBLE

501.1 Description of Organization United States Swimming, Inc. an Ohio corporation, is the national governing body for swimming in the United States, and is referred to herein as USA Swimming. USA Swimming 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), USA Swimming shall submit to binding arbitration conducted in accordance with the Commercial Rules of the American Arbitration Association in any controversy involving its recognition as a national governing body, as provided for in Article VIII of the USOC Constitution, or involving the opportunity of any amateur athlete, coach, trainer, manager, administrator or official to participate in international amateur competition, as provided for in Article IX of the USOC Constitution.

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

501.3 Eligibility No conditions or restrictions to eligibility for participation in open competitive events may be imposed unless otherwise set forth in these Rules and Regulations. It is the intent and purpose of USA Swimming to provide an equal opportunity to eligible athletes, coaches, trainers, managers, administrators, and officials to participate in athletic competition within its jurisdiction, without discrimination on the basis of race, color, religion, age, gender, disability, or national origin.

501.4 Robert's Rules of Order At all meetings of USA Swimming, its LSCs, divisions and committees, Robert's Rules of Order shall be the governing procedural rules, unless otherwise modified in these Bylaws or by policy adopted by the House of Delegates or the Board of Directors. See Appendix 5-A for the USA Swimming Table of Organization.

ARTICLE 502
MEMBERSHIP

502.1 Classes of Membership The membership of USA Swimming shall consist of two classes: group members, including clubs, seasonal clubs and other organizations interested in competitive swimming; and individual members, including athletes and non-athletes.

502.2 Group Membership

.1 Club Membership

A Club membership is for a calendar year. A club applying for membership on or after September 1 will receive membership valid through December 31 of the following year.

B An LSC may provide for a seasonal club membership for the period established by the LSC pursuant to Article 302.2.3.

.2 Organizational Membership

A The Board of Directors may establish classes of organizational membership.

B Any organization which is interested in competitive swimming, on either the national, state, or local level, may join USA Swimming.

502.3 Individual Membership

.1 Any individual may join USA Swimming as a member.

.2 Athlete members who register with an LSC and USA Swimming are eligible for swimming competition. An athlete member shall not be registered in more than one LSC simultaneously.

.3 Non-athlete membership consists of five classes: individual, family, sports medicine, sustaining, and life.

.4 Each class of membership (except life membership, seasonal membership and single-meet open water membership) is for a calendar year period. Individuals applying for calendar-year membership on or after September 1 will receive membership credentials through the following year.

502.4 Privileges and Responsibilities of Membership

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

.2 All clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition are members of their LSC and USA Swimming.

.3 All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

.4 The coach of record for a USA Swimming member club must be at least 18 years of age.

.5 All coaches of USA Swimming clubs, including seasonal clubs, who register for the first time as a coach member, shall complete coaches education required by USA Swimming prior to receiving their coach membership for the second year.

.6 Only members of USA Swimming are eligible to receive credentials at National Championships.

502.5 Fees

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

A A national fee established by the Board of Directors and House of Delegates; and

B A local fee established by the LSC, except in the case of Outreach Membership, where a local fee not to exceed $2 may be established.

.2 An LSC may charge a fee for transfers.

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

502.7 Conflict of Interest. Conflict of interest and ethical practices of USA Swimming shall be as follows:

.1 If any officer, or member of the Board of Directors, Executive Committee or any other Committee has a financial interest in any contract or transaction involving USA Swimming, such individual shall not participate in USA Swimming's evaluation or approval of such contract or transaction unless the material facts of the relationship or interest are disclosed or known to the other Directors or other Committee members. If such disclosure is made, the contracts or transaction shall not be voidable if the Board or Committee in good faith authorized the contracts or transaction by the affirmative vote of the majority of the disinterested Directors or Committee members and the contract or transaction is fair to USA Swimming at the time it is authorized.

.2 Each Officer, member of the Board of Directors, Executive Committee, other Committees and each key employee of USA Swimming will execute a Statement of Principles on Ethical Behavior and Conflict of Interest each year.

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ARTICLE 503
OFFICERS

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

503.2 Vice Presidents The vice presidents of USA Swimming shall be the chairmen of their respective divisions, and shall be responsible for their respective committees, as set forth in Article 506.1. Whenever the President is unable to perform his/her duties, the Vice President of National Administration shall perform the duties.

.1 **Technical Vice President** The Technical Vice President must be a coach member of USA Swimming and shall have been credentialed and served as a coach at a Junior, Sectional, or National Championships.

503.3 Treasurer The Treasurer shall be the Chief Financial Officer of USA Swimming, and shall have all the duties incident to that office; those specifically assigned by the Board of Direc-

tors; those specified in the USA Swimming Policy Manual or specifically set forth in Article 508.2 of these Bylaws.

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

503.5 Duties of Officers The officers shall perform such duties as set forth in these Bylaws, or as may be assigned to them by the House of Delegates or the Board of Directors.

503.6 Term of Office The elected officers shall hold office for two years or until their successors are elected and qualified. Their term of office shall commence at the close of the annual meeting of the House of Delegates at which they are elected. Each officer is eligible for election to the same office for two consecutive terms. An individual may hold only one elective office at any one time. No person so elected for successive terms is eligible for re-election to the same office until after the lapse of two years following the terms of office to which that person was last elected (portions of those terms served to fill a vacancy in the office shall not be considered in the computation of time for this purpose).

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

ARTICLE 504
BOARD OF DIRECTORS

504.1 General Membership Eight (8) Directors shall be the seven (7) elected officers of USA Swimming and the Secretary (appointed by the Board). Two (2) Directors shall be elected from each zone by members of the House of Delegates, representing LSCs within each of the four zones. The Chairman of the Olympic International Operations Committee shall also be a member.

504.2 Zone Directors Each zone shall have one coach and one non-coach director from the zone as its Zone Representatives, elected at the annual meeting in the following years:

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

.1 Both coach and non-coach Zone Directors will be elected by the members present (with each LSC entitled to three votes) at their Zone meeting in the appropriate year.

.2 No director elected to two successive terms is eligible for re-election to that office until after a lapse of two years.

.3 For the purposes of casting its three votes, an LSC may send one or more delegates to the Zone meeting.

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

504.3 Athlete Representation The Athletes Committee shall elect to the Board of Directors that number of athlete Directors necessary to assure that not less than twenty percent (20%) of the Directors are athletes. Athlete Directors need not themselves be athlete representatives, but must at the time of their election be actively engaged in amateur swimming competition or have represented the United States in international competition within the ten (10) years preceding their election.

504.4 Organizational Member Representation Any organization which is a member of USA Swimming pursuant to 502.2, 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 Article.

504.5 Ex Officio Members The immediate Past President of USA Swimming shall be an ex-officio member with voice but no vote. Additional ex-officio members may be appointed by the Board to serve at the pleasure of the Board with voice but no vote.

504.6 Term of Office 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 504.2.

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

504.8 Authority The USA Swimming Board of Directors shall have the authority to act for the USA Swimming House of Delegates between meetings of the House, except that it cannot amend the Rules and Regulations. The Board shall have the emergency power to adopt, revoke and amend any rule or regulation in the Rules and Regulations if the Board with the advice and consent of the Safety Education Committee, the Rules & Regulations Committee and legal counsel, shall determine that safety considerations so require. A technical rule which is also a FINA rule, may not be revoked or amended. An action taken under this emergency provision shall be effective until the next meeting of the House of Delegates. The President shall make a fully

detailed report including findings of fact to the entire membership of the House of Delegates (as last certified) within thirty (30) days of the action taken.

504.9 Meetings Meetings of the Board of Directors shall be held at any time or place, pursuant to resolution of the Board, or to a call signed by the President, or any three officers, or upon written request of one-third (1/3) of the members of the Board. Not less than thirty (30) days written notice of such meeting shall be given to each Director. Notice of any meeting may be waived in writing either before or after such meeting. Attendance by any Director not having received written notice shall be deemed a waiver of such notice.

.1 The presence of a majority of the Directors shall constitute a quorum at any meeting of the Board of Directors. Ex Officio Directors will not be counted to establish a quorum. Proxy voting is not permitted.

.2 A summary of the proceedings of the meetings of the Board of Directors as approved by the Executive Director and the President shall be distributed to the membership within one month of each meeting. Distribution shall be accomplished using the USA Swimming website.

ARTICLE 505
EXECUTIVE COMMITTEE

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

ARTICLE 506
COMMITTEES AND COORDINATORS

506.1 Standing Committees and Coordinators

.1 Standing committees of USA Swimming shall be as listed in this Article. Unless otherwise specified in these Rules and Regulations, the President shall appoint all members of all committees and their respective chairmen. Committee appointments made solely by the President serve at the pleasure of the President. Twenty percent (20%) of the voting membership of each standing committee shall be athletes, each of whom must at the time of his/her appointment be engaged in amateur swimming within eight (8) years preceding his/her appointment.

.2 The House of Delegates shall elect the following at the time of the annual meeting of USA Swimming in even-numbered years: Domestic and Age Group Operations Coordinator. Each shall be subject to the same limitations as to terms and successions as are officers of USA Swimming (Article 503.6)

.3 The President shall appoint the Open Water Coordinator (OWC) at the beginning of each Olympic Quadrennium for a term of four years.

.4 The following shall be responsible to the President: International Relations Committee.

.5 The following shall be responsible to the National Administration Vice President: Rules & Regulations, Waterworks (Public Relations and Marketing), Credentials, Communications, Awards and All-America Committees.

.6 The following shall be responsible to the Local Administration Vice President: Registration/Membership, Education, Safety Education, and Club Fundraising Committees.

.7 The following shall be responsible to the Program Development Vice President:

A Outreach and Disability Swimming Committees
B Age Group Planning, Club Development and Camps Committees
C Age Group Records and Top 16 Tabulation Coordinators.

.8 The following shall be responsible to the Technical Vice President: Olympic International Operations Committee, Senior Swimming Committee, Sports Medicine/Sports Science, Steering Committee and Open Water Coordinator concerning international matters.

.9 The following shall be responsible to the Program Operations Vice President:

A Officials, Championship Coordination, Championship Evaluation, and Championship Time Standards Committees
B Reimbursement, National Records, and STAR Coordinators, and Open Water Coordinator concerning domestic matters.

.10 The following shall be responsible to the Open Water Coordinator:

A Open Water Domestic Committee
B Open Water International Committee

.11 The following shall be responsible to the Athletes' Executive Vice President: Athletes, National Team Alumni Association

.12 The following shall be responsible to the Treasurer: Investment Committee.

.13 The following shall be responsible to the Secretary:

A Counselors and Elections Committees
B Chairman, National Board of Review

.14 A summary of the minutes of each committee meeting, after approval by that committee's chair, shall be posted on the USA Swimming website within one month of that meeting.

506.2 Athletes Committee

.1 The Athletes Committee shall be composed of the athlete members of the House of Delegates selected pursuant to Articles 507.1.3, 507.1.4, 506.2.3, and those athlete representatives elected to the Olympic International Operations Committee.

.2 The Athletes Committee shall elect the following:

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

(1) A Vice President, meeting the criteria of an Athlete Director set forth in Article 504.3, who shall be chairman of the Committee and shall serve as an officer of USA Swimming and on its Board of Directors;

(2) A Vice Chairman, meeting the criteria of an Athlete Director set forth in Article 504.3, who shall also serve on the USA Swimming Board of Directors;

(3) Such additional athlete members to the USA Swimming Board of Directors as may be necessary to bring the number of Athlete Directors, who meet the criteria set forth in Article 504.3, to twenty (20) percent of the Board;

(4) Four Directors: The Olympic International Operations Director, the National Operations Director, the LSC Coordinator Director, and the Educational/ Development Director.

B Quadrennially in the year preceding the Olympic Games:

(1) A number of athletes equal to twenty percent (20%) of the Olympic International Operations Committee shall be elected by the House of Delegates from a slate of athletes submitted by the Athletes Executive Committee pursuant to 506.3.2 A;

(2) Five alternates elected by the House of Delegates from a second slate of athletes submitted by the Athletes Executive Committee.

.3 The Athletes Executive Committee shall consist of the Chairman, Vice Chairman, and four directors (Olympic International Operations Director, National Operations Director, LSC Coordinator Director, and the Education/ Development Director), the Secretary/Treasurer, and three additional athletes appointed by the Chairman.

.4 Athlete members attending the athletes meeting at the US Open shall elect five (5) athletes to the Athletes Committee, each to serve a term of two (2) years.

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

.6 The Athletes Vice President shall appoint representatives to serve one (1) year terms on each committee of USA Swimming except the Olympic International Operations, and Counselors committees.

.7 Whenever, under these Bylaws, the Athletes Executive Committee is empowered to elect or appoint one or more representatives, the Athletes Committee shall establish written criteria for eligibility for such representation, unless such criteria is otherwise set forth in the Rules and Regulations. The Athletes Committee may establish written criteria for the internal governance of the committee. Such criteria so established shall be published in the USA Swimming Policy Manual.

506.3 Olympic International Operations Committee

.1 The Olympic International Operations Committee shall be formed at the annual meeting of the House of Delegates in the year preceding the Olympic Games and the terms of the newly elected members shall commence on the day following the conclusion of the Olympic Games and extend until the last day of the next Olympic Games.

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

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

B The Board of Directors in its sole discretion may invite those organizations which directly or indirectly provide potential members of the Olympic Swimming Team to appoint members to the Committee, the number representing Allied members to be determined by the Board. Such organizations must have joined USA Swimming as organizational members pursuant to 502.2;

C The President of USA Swimming, the Program Operations Vice President, the Technical Vice President and the National Steering Committee shall be members of the Committee;

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

.3 Organizations entitled to appoint members to the Committee shall submit the names of their appointees in writing to the national office at least thirty (30) days prior to the first official meeting of the quadrennium at the annual meeting of the House of Delegates in which elections to the Committee are held. A written list of those appointees approved by the Board of Directors shall be distributed to the appointing organizations and to the House of Delegates no less than forty-eight (48) hours prior to that session of the House of Delegates in which the elections are held.

.4 The Olympic International Operations Coordinator, a vice coordinator and a secretary, shall be elected by and from the Committee at the initial meeting of the Committee. All officers of the Committee and its sub-committees shall serve for the life of that Committee or until replaced.

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

.6 Any member who fails to attend one (1) meeting of the Committee without an excuse acceptable to the Committee shall be dropped. Under no circumstances will more than one (1) excused absence be permitted. Should a member elected by the House of Delegates or by the Committee resign or be dropped from membership, the next ranking electee shall serve the remainder of his/her term. Should a member from another organization resign or be dropped from membership, that organization shall name a successor approved by the Board of Directors.

.7 The Committee is responsible for all international competition by USA Swimming. It shall develop and administer all international competition for the National Teams and shall monitor all other international programs for National Teams. It shall select swimmers and staff of all National Junior, National Senior, and National Open Water Teams; arrange for and conduct developmental programs to aid National Teams; arrange for and conduct training camps; approve foreign invitations; develop schedules for foreign competition; and develop a budget.

506.4 International Relations Committee

.1 The International Relations Committee shall consist of the following:

A Members of USA Swimming who hold any of the following positions shall be automatic members of the committee during their tenure in these positions: Any FINA, ASUA or USOC officer, FINA Bureau member, FINA committee chair, the Olympic International Operations Committee Chair, the Steering Committee Chair, the USA Swimming representative to the United States Olympic Committee, the current head coaches of the US Olympic Swimming team, and the immediate past president of USA Swimming.

B Five members of USA Swimming with relevant international experience shall be appointed by the President; these members will be selected from persons who serve in any of the following positions:

Any member of a FINA or ASUA committee or commission, any officer of the World Swimming Coaches Association, the President of the American Swimming Coaches Association, the Executive Director of the American Swimming Coaches Association, the President of the International Swimming Hall of Fame, the Executive Director of the International Swimming Hall of Fame, the FISU Chair, representatives of a committee organizing a World Championship in the USA, officials from the current FINA Lists or officials who have officiated at an Olympic Games or Long Course World Championship.

C Five members of USA Swimming with relevant international experience, appointed by the President.

D Two members elected by the OIOC at its first meeting following the Olympic Games.

E A sufficient number of athlete representatives with international competitive experience on an Olympic, World Championships, Pan American, Pan Pacific, or World University Games team within 10 years preceding selection to the committee so as to constitute at least 20 percent of the voting membership.

F The Executive Director and National Team Director of USA Swimming, with voice but no vote.

.2 Each member shall serve until the conclusion of the House of Delegates meeting after the next Olympic Games, or until a successor is elected/appointed.

.3 The President shall appoint a chairman, with approval of the Board of Directors.

.4 From the members of the committee, the president shall appoint five continental liaisons to the respective FINA continental organizations of the Americas, Asia, Africa, Europe, and Oceania.

.5 The International Relations Committee shall:

A Conduct an ongoing review and analysis of all political aspects and trends of swimming at the continental and international level;

B Develop and advance a comprehensive non-technical international strategic plan for USA Swimming;

C Identify and promote individuals for nomination and advancement to international political and leadership positions;

D Enhance the influence of USA Swimming within FINA and the USOC commensurate with our competitive success and for the betterment of athlete centered governance of our sport.

506.5 Rules & Regulations Committee

.1 The Rules & Regulations Committee shall consist of the following:

A The Officials Committee Chairman, the Secretary/General Counsel of the Corporation, the Chairman of the NCAA Men's and Women's Swimming Committee, the Chairman of the High School Swimming (NISCA) Rules Committee, and the USA Swimming representative to the FINA Technical Committee, or their respective designees;

B A sufficient number of active athletes appointed by the Athletes Committee so as to constitute twenty percent (20%) of the voting membership of the Committee;

C A representative, or his/her designee, from each Allied member, on condition that within thirty (30) days following the annual meeting of USA Swimming in even-numbered years the member informs USA Swimming in writing of its desire to appoint a representative;

D Up to sixteen (16) members appointed by the President, and

E The Executive Director, and others appointed by the Rules & Regulations Committee Chairman, as ex-officio members with voice but not vote.

.2 Each member shall serve for a term of two years, or until a successor is appointed or elected. All appointments to the committee shall be made following the annual meeting of USA Swimming in even-numbered years. In the event of a vacancy, the individual or organization making the original appointment shall select the person to fill the vacancy.

.3 The President shall appoint a chairman, with approval of the House of Delegates, to serve two years. The chairman shall appoint one or more secretaries.

.4 The Rules & Regulations Committee shall hold at least one meeting of its members each year, at a time and place approved by the Committee, for consideration of amendments and interpretations of the Rules and Regulations.

.5 The Rules & Regulations Committee may initiate and shall consider proposed amendments to all parts of the Rules and Regulations and shall present them to the annual meeting of the House of Delegates with the committee's recommendations.

.6 The Rules & Regulations Committee or its designee shall have the sole authority to officially interpret Part One, the authority to interpret the remainder of these Rules and Regulations, and shall be responsible for all redistricting procedures for USA Swimming.

506.6 Investment Committee

.1 There shall be an Investment Committee of five (5) persons. Two (2) of the members shall be the President and Treasurer. The remaining three (3) members shall be appointed jointly by the President and Treasurer with the approval of the Board of Directors. One (1) member shall be appointed each year to serve a three-year term. At least two (2) of the appointed members shall be non-members of the Board of Directors, one (1) of whom shall be appointed chairman by the President and Treasurer with the approval of the Board of Directors. At least one (1) of the appointed members shall be an athlete.

506.7 Open Water Swimming Committee Coalition

.1 USA Swimming Open Water programs shall be directed and administered by the Open Water Coordinator (OWC) and a two-committee coalition as follows:

A Open Water Domestic Committee (OWDC)

(1) The Open Water Domestic Committee shall consist of the following:

(a) Members appointed by the President;

(b) Athletes appointed by the Athletes Committee to constitute not less than twenty percent of the OWDC voting membership;

(c) The immediate past chairperson; and

(d) Ex-officio members: Program Operations Vice President, OWC, USA Swimming representative to the FINA Technical Open Water Swimming Committee, or in the absence of a person in this position, an appointee of the OWC with the advice and consent of the Program Operations Vice President, and the chairman of the Open Water International Committee (OWIC).

(2) All appointments to the committee shall be made following the annual meeting of USA Swimming in even-numbered years. Each member, except for athlete members who shall serve a one-year term, shall serve a term for two years, or until a successor is appointed or elected. In the event of a vacancy, the individual or organization making the original appointment shall select the person to fill the vacancy.

(3) The chairperson shall be appointed by the President for a two-year term;

(4) The OWDC shall meet at times designated by the chairperson.

(5) The OWDC shall be responsible for the development and administration of the USA Swimming Open Water Domestic programs and activities.

B Open Water International Committee

(1) The Open Water International Committee shall consist of the following:

(a) The USA Swimming representative to the FINA Technical Open Water Swimming Committee, or in the absence of a person in this position, an appointee of the OWC with the advice and consent of the Program Operations Vice President, and the chairmen of the OWDC and the OWIC;

(b) An athlete-member with international open water competition experience appointed by the Athletes Committee;

(c) The immediate past National Open Water Team Coach; and

(d) Ex-officio members: Program Operations Vice President, OWC, and OWDC Chair.

(2) Except where specified differently in these Bylaws, each member shall serve a term for two years, or until a successor is appointed or elected.

(3) The chairperson shall be the USA Swimming Open Water National Team Coach, who shall be nominated jointly by the OWC, the OWDC and the OWIC and appointed by the Olympic International Operations Committee (OIOC) at the beginning of the Olympic Quadrennium for a term of four years.

(4) The OWIC shall meet at times designated by the chairperson.

(5) The Open Water International Committee shall be responsible for the development and administration of all international facets of the USA Swimming Open Water program.

.2 Five representatives to the USA Swimming House of Delegates from the combined membership of the OWDC and the OWIC as authorized in 507.1.2 shall be appointed by the OWC with the concurrence of the chairmen of the OWDC and the OWIC.

.3 A joint meeting, chaired by the OWC, of the OWC and the chairpersons of the OWDC and OWIC shall take place during the Annual Meeting of USA Swimming and at other times designated by the OWC.

ARTICLE 507
HOUSE OF DELEGATES

507.1 Organization

.1 The House of Delegates of USA Swimming shall consist of the following divisions: Program Operations, Program Development, Local Administration and National Administration.

.2 All USA Swimming officers and all voting members of the Board of Directors, the Olympic International Operations Committee, the Age Group Planning Committee, the Rules & Regulations Committee, the Registration/Membership Committee, the Convention/Elections Committee, the Senior Swimming Committee, past USA Swimming Presidents, the Domestic and Age Group Operations Coordinator, the National Times Coordinator, and five (5) representatives of the USA Swimming Open Water Committee, shall be members of the House of Delegates. Membership on any committee notwithstanding paid USA Swimming staff personnel shall not be members of the House of Delegates.

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

.4 The following from each LSC shall be members of the USA Swimming 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 Chair. An alternate for each of the delegates may also be elected. Information that may be of assistance to the House of Delegates at its next meeting shall be provided in a conspicuous place on the website.

.5 Any organization, as set forth in Article 502.2.2, which conducts a program in competitive swimming, or which is composed of persons joined together in support of swimming or some aspect of it, may make application for membership to USA Swimming. The Registration/Membership Committee shall determine whether an organization meets the criteria set forth in this Article and may recommend ratification of membership by the House of

Delegates. Additionally, if the organization is national in character, the Registration/Membership committee may recommend to the House of Delegates that the organization be allowed to appoint a maximum of five members to the House of Delegates.

.6 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 members of the House of Delegates.

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

.8 The President shall be empowered to appoint up to ten percent (10%) of the total membership as members of the House of Delegates. One fourth (1/4th) of all those appointed shall be appointed in equal numbers from members, other than athletes, of the five (5) LSCs having the largest number of registered athletes as of the September 1 of the prior calendar year.

.9 All members of the House of Delegates shall serve until their successors are selected, except that membership may be terminated by resignation filed with the Secretary. All LSC 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 House of Delegates is called to order.

507.2 Meetings

.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.

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

.3 A written notice of all 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.

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

.5 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.

.6 The numerical outcome of each balloted vote shall be available to the candidates upon request.

.7 Meetings of the divisions listed in Article 507.1.1 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 Article 507.2.3 are applicable to meetings of the divisions. Members of the House of Delegates shall be deemed to be members of any Operations Committee, except the Olympic International Operations Committee.

.8 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 these Rules and Regulations, may be taken without a meeting. The Secretary of USA Swimming, or the division Vice President or committee chairman, shall distribute a written ballot to every member entitled to vote on the matter. The ballot shall set forth the proposed action, provide an opportunity to specify approval or disapproval of the proposal, and provide a reasonable time within which to return the ballot. Approval by written ballot shall be valid only when the number of votes cast in favor of the proposed action within the time period specified constitutes a majority of the votes entitled to be cast. When the proposed action to be voted upon concerns only a specific Zone(s) or a certain number of LSCs, as determined by the Board of Directors, the matter shall be voted upon only by eligible members within such Zone(s) or LSCs.

ARTICLE 508
FINANCIAL

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

508.2 General Financial Procedures The Treasurer shall supervise the preparation of the USA Swimming annual budget by the Executive Director and staff and shall be responsible for presenting such budgets to the Board of Directors for approval and to the House of Delegates for adoption at the USA Swimming annual meeting. The Treasurer shall prepare an annual financial report to be presented to the House of Delegates at the annual meeting. If requested by the USA Swimming Board of Directors or auditors, the Treasurer and the USA Swimming Managing Director of Financial Affairs shall deliver to the requesting party all money, accounts, books, papers, vouchers and records pertaining to the accounts of USA Swimming or the office of the Treasurer for audit or other purposes.

508.3 Annual Audit 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 USA Swimming 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 USA Swimming's principal office on request made within 180 days after notice of its availability.

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

508.5 Endowment Funds There shall be established within USA Swimming such special endowment fund accounts as the House of Delegates or the Board of Directors deem appropriate. The rules governing their respective operations shall be set forth in the USA Swimming Policy Manual. Those funds previously established under these Bylaws, and known as the "USA

Swimming Athlete Assistance Fund" and the "USA Swimming Program Endowment Fund" shall continue. The "USA Swimming Athlete Assistance Fund" shall provide assistance and/or recognition to USA Swimming athletes who show potential for international swimming competition. The "USA Swimming Program Endowment Fund" shall provide financial benefit and support for the development of new and existing USA Swimming programs.

ARTICLE 509
INDEMNIFICATION

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

509.2 Insurance USA Swimming 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 509, references to "USA Swimming" include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

ARTICLE 510
AMENDMENTS

510.1 Authority to Amend and Majority Required The Rules and Regulations may be altered, amended or repealed at an annual meeting of the USA Swimming House of Delegates as follows, except that the Rules & Regulations 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):

.1 Parts One, Two, Three, Four, Six and Seven: by a majority of the House members present and voting.

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

Note: See 510.5 for late submitted legislation.

510.2 Amendments Proposed

.1 **By Whom Proposed** — An amendment to the USA Swimming Rules and Regulations may be proposed only by an LSC, a duly constituted committee, a member of the USA Swimming House of Delegates as identified in Article 507, the Board of Directors, the National Board of Review, or any Allied or Affiliate Group Member.

.2 **Form Required** — Every proposed amendment to the USA Swimming Rules and Regula-

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

.3 **Last Date for Proposal** — Every proposed amendment shall be submitted to the chairman of the Rules & Regulations Committee no later than the May 15 preceding an annual meeting of the USA Swimming House of Delegates.

.4 **Consideration, Recommendation and Report** — The Rules & Regulations Committee shall consider all proposed amendments and shall present them to the annual meeting of the House of Delegates with the Committee's recommendations.

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

510.3 Publication of Amendments All proposed amendments to all parts of these Rules and Regulations shall be published and made available on the USA Swimming website not less than seventy-five (75) days prior to the annual meeting of the House of Delegates. Members of the House of Delegates may request a printed copy after the amendments are posted on the website.

510.4 Changes to Amendments A proposed amendment may be modified in any manner by the House of Delegates while under consideration, but such modification must be germane to the subject matter of the proposed amendment (which does not require the nine-tenths (9/10) vote as provided in 510.5). If more than one amendment has been proposed on the same subject matter, and there are substantive differences between such amendments, the House of Delegates may adopt a compromise of substance as well as form, and if the adoption of an amendment as proposed or amended or comprised is inconsistent or in conflict with other parts of the Rules and Regulations, the House of Delegates may adopt conforming amendments appropriate to the case.

510.5 Late Submission and Majority Required After the deadline has expired for submission of legislation to the Rules & Regulations Committee, new and/or additional amendments may be proposed, but they may be adopted only by an affirmative vote of nine-tenths (9/10) of the members of the House of Delegates present and voting.

510.6 Effective Date All amendments to Part One of these Rules and Regulations 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 Rules and Regulations approved as prescribed shall become effective on January 1 of the year following their adoption unless otherwise specified at the time of adoption.

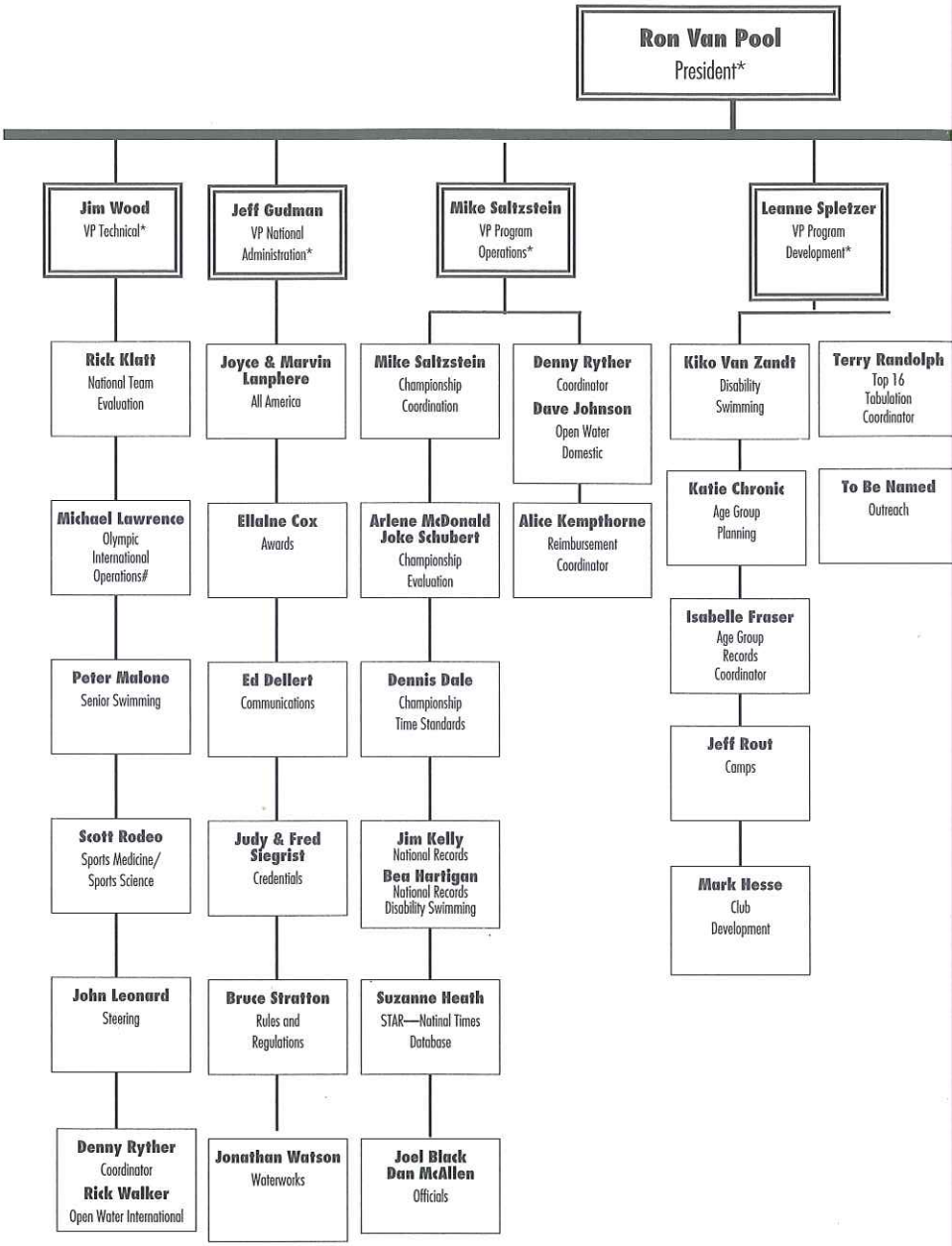
ARTICLE 511
DISSOLUTION

511.1 Dissolution If deemed advisable by the members, USA Swimming may be dissolved pursuant to the applicable provisions of the corporation laws of the State of Ohio.

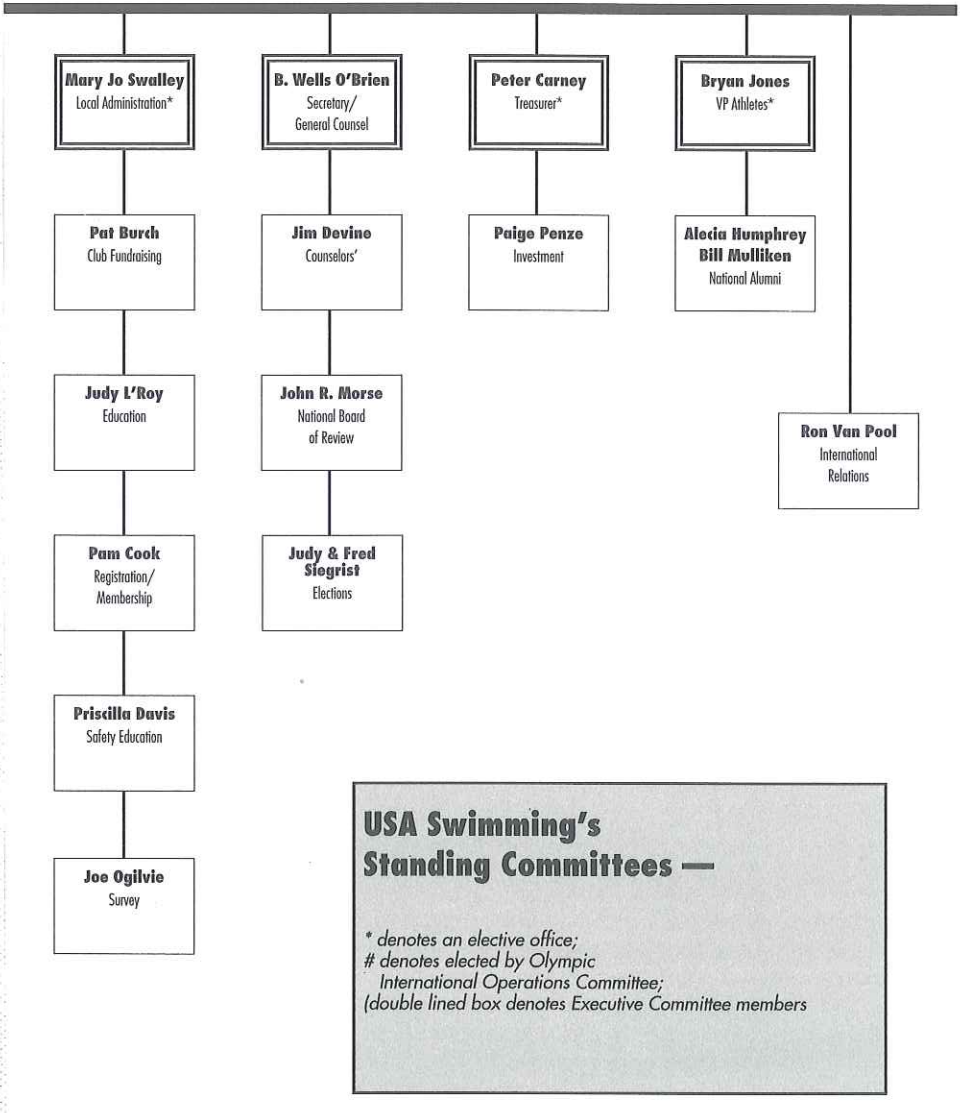
511.2 Distribution of Assets Upon the dissolution of USA Swimming, the Board of Directors shall, after paying or making provision for the payment of all the liabilities of USA Swimming, dispose of all the assets of USA Swimming exclusively for the purposes of USA Swimming or to such organization or organizations 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).

5

APPENDIX 5A -


Ron Van Pool
President*
Jim Wood
VP Technical*
Jeff Gudman
VP National Administration*
Mike Saltzstein
VP Program Operations*
Leanne Spletzer
VP Program Development*
Rick Klatt
National Team Evaluation
Michael Lawrence
Olympic International Operations#
Peter Malone
Senior Swimming
Scott Rodeo
Sports Medicine/ Sports Science
John Leonard
Steering
Denny Ryther
Coordinator
Rick Walker
Open Water International
Joyce & Marvin Lanphere
All America
Ellaine Cox
Awards
Ed Dellert
Communications
Judy & Fred Siegrist
Credentials
Bruce Stratton
Rules and Regulations
Jonathan Watson
Waterworks
Mike Saltzstein
Championship Coordination
Arlene McDonald
Joke Schubert
Championship Evaluation
Dennis Dale
Championship Time Standards
Jim Kelly
National Records
Bea Hartigan
National Records
Disability Swimming
Suzanne Heath
STAR—National Times Database
Joel Black
Dan McAllen
Officials
Denny Ryther
Coordinator
Dave Johnson
Open Water Domestic
Alice Kempthorne
Reimbursement Coordinator
Kiko Van Zandt
Disability Swimming
Katie Chronic
Age Group Planning
Isabelle Fraser
Age Group Records Coordinator
Jeff Rout
Camps
Mark Hesse
Club Development
Terry Randolph
Top 16 Tabulation Coordinator
To Be Named
Outreach

USA SWIMMING TABLE OF ORGANIZATION



USA Swimming's Standing Committees —

** denotes an elective office;*
 # denotes elected by Olympic International Operations Committee;
(double lined box denotes Executive Committee members

PART SIX

BYLAWS
OF THE LOCAL SWIMMING COMMITTEE

The USA Swimming House of Delegates has approved a model set of LSC Bylaws, which each LSC, within the flexibility granted in these Bylaws, is required to adopt. The USA Swimming House of Delegates retains its authority over these Bylaws, including, in accordance with Article 510, the right to amend.

The model LSC Bylaws are available from the USA Swimming National Office. Bylaws of individual LSCs are available directly from the LSC or the USA Swimming National Office.

Note: It is intended that the LSC shall continue to have the status of an organization which is exempt from federal income taxation under section 501(c)(3) of the Internal Revenue Code and to which contributions, bequests and gifts are deductible for federal income, estate and gift tax purposes under sections 170(c)(2), 2055(a)(2) and 2522(a)(2) thereof, respectively. The 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.

APPENDIX 6-A

LSC REGISTRATION CODES

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

APPENDIX 6-B

ZONE ALIGNMENT

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

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

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

Western Zone — Alaska, Arizona, Central California, Colorado, Hawaiian, Inland Empire, Montana, New Mexico, Oregon, Pacific, Pacific Northwest, San Diego-Imperial, Sierra Nevada, Snake River, Southern California, Utah, Wyoming.

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

APPENDIX 6-C

REGIONAL ALIGNMENT

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

Region 1 Adirondack, Connecticut, Maine, Metropolitan, New England, New Jersey, Niagara

Region 2 Allegheny Mountain, Maryland, Middle Atlantic, Potomac Valley, Virginia

Region 3 Georgia, North Carolina, South Carolina, Southeastern

Region 4 Florida, Florida Gold Coast

Region 5 Hawaiian

Region 6 Illinois, Indiana, Kentucky, Lake Erie, Michigan, Ohio, West Virginia

Region 7 Iowa, Midwestern, Minnesota, Wisconsin

Region 8 Arkansas, Missouri Valley, Oklahoma, Ozark

Region 9 Gulf, Louisiana, Mississippi, North Texas, South Texas, West Texas

Region 10 Arizona, Border, Colorado, New Mexico, Utah

Region 11 North Dakota, South Dakota, Wyoming

Region 12 Inland Empire, Montana, Oregon, Pacific Northwest, Snake River

Region 13 Central California, Pacific, San Diego-Imperial, Sierra Nevada, Southern California

Region 14 Alaska

APPENDIX 6-D

DESCRIPTION OF LSC BOUNDARIES

ADIRONDACK — That portion of New York State east of the counties of Oswego, Onondaga, Cortland and Broome; and north of the counties of Sullivan, Orange and Dutchess.

ALASKA — State of Alaska.

ALLEGHENY MOUNTAIN — That portion of the Commonwealth of Pennsylvania west of the counties of Potter, Clinton, Centre, Huntingdon and Bedford; the counties of Hancock, Brook, Ohio and Marshall in the State of West Virginia; and the counties of Columbiana, Jefferson and Belmont in the State of Ohio.

ARKANSAS — State of Arkansas, and Bowie County, Texas.

ARIZONA — State of Arizona.

BORDER — In the State of Texas, the counties of El Paso, Hudspeth, Culberson, Jeff Davis, Presidio, Brewster, Terrell and Crockett.

CENTRAL CALIFORNIA — In the State of California, the counties of Merced, Mariposa, Mono, Madera, Fresno, Kings, Tulare, Kern and Inyo; excluding the City of Bishop and the community of Mammoth Lakes.

COLORADO — State of Colorado.

CONNECTICUT — State of Connecticut.

FLORIDA — That portion of the State of Florida east of the Apalachicola River and including Gulf County, except for the counties of Palm Beach, Broward, Miami-Dade, Monroe, and the part of Hendry east of Route 833.

FLORIDA GOLD COAST — In the State of Florida, the counties of Palm Beach, Broward, Miami-Dade, Monroe, and the part of Hendry east of Route 833.

GEORGIA — State of Georgia, and Chambers and Russell counties in the State of Alabama.

GULF — That portion of the State of Texas bounded on the north by and including the counties of Shelby, Nacogdoches, Angelina, Houston, Leon and Robertson; and on the west by and including the counties of Brazos, Grimes, Waller, Fort Bend, Wharton, Colorado and Matagorda.

HAWAIIAN — State of Hawaii.

ILLINOIS — State of Illinois, except the counties of Calhoun, Greene, Jersey, Madison, St. Clair, Monroe, Jackson and Vermilion.

INDIANA — State of Indiana, except Floyd and Clark counties, and including Vermilion County, Illinois.

INLAND EMPIRE — That portion of the State of Idaho north of and including Idaho County; and that portion of the State of Washington east of and including the counties of Okanogan, Chelan, Kittitas, Yakima, and the part of Klickitat east of Highway 97 and including the City of Goldendale.

IOWA — State of Iowa, except the counties of Lyon, Osceola, Sioux, O'Brien, Plymouth, Cherokee, Woodbury, Ida, Monona, Crawford, Harrison, Shelby, Pottawattamie, Mills, Montgomery, Freemont and Page.

KENTUCKY — Commonwealth of Kentucky except the counties of Campbell, Kenton and Boone; and including Floyd and Clark counties in the State of Indiana.

LAKE ERIE — In the State of Ohio, the counties of Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Wayne, Summit, Lake, Geauga, Portage, Stark, Tuscarawas, Ashtabula, Trumbull and Mahoning.

LOUISIANA — State of Louisiana.

MAINE — State of Maine.

MARYLAND — State of Maryland, except Montgomery and Prince George's counties.

METROPOLITAN — That portion of New York State south of and including the counties of Sullivan, Orange and Dutchess.

MICHIGAN — State of Michigan.

MIDDLE ATLANTIC — That portion of the State of New Jersey south of Mercer and Monmouth counties; the State of Delaware; and that portion of the Commonwealth of Pennsylvania east of and including the counties of Potter, Clinton, Centre, Huntingdon and Bedford.

MIDWESTERN — State of Nebraska except the counties of Sioux, Scotts Bluff, Banner, Kimball, Dawes, Box Butte, Morrill, Cheyenne, Sheridan, Garden and Deuel; and including the counties of Lyon, Osceola, Sioux, OÅfBrien, Plymouth, Cherokee, Woodbury, Ida, Monona, Crawford, Harrison, Shelby, Pottawattamie, Mills, Montgomery, Freemont and Page in the State of Iowa.

MINNESOTA — State of Minnesota, except for Polk and Pennington counties; and including the counties of St. Croix, Dunn and Pierce in the State of Wisconsin.

MISSISSIPPI — State of Mississippi.

MISSOURI VALLEY — In the State of Missouri, the counties west of and including Schuyler, Adair, Macon, Randolph, Audrain, Callaway, Cole, Moniteau, Morgan, Benton, Hickory, Polk, Greene, Christian and Taney; the State of Kansas; Texas County, Oklahoma; and Hansford County, Texas.

MONTANA — State of Montana, except Dawson and Wibaux counties.

NEW ENGLAND — The states of New Hampshire, Vermont, Massachusetts and Rhode Island.

NEW JERSEY — That portion of the State of New Jersey north of and including Mercer and Monmouth counties.

NEW MEXICO — State of New Mexico.

NIAGARA — That portion of New York State west of and including the counties of Oswego, Onondaga, Cortland and Broome.

NORTH CAROLINA — State of North Carolina, except the counties of Pasquotank, Camden and Currituck.

NORTH DAKOTA — State of North Dakota, Dawson and Wibaux counties in the State of Montana, and Polk and Pennington counties in the State of Minnesota.

NORTH TEXAS — That portion of the State of Texas west of the counties of Hardeman, Foard, Knox, Haskell, Jones, Callahan, Brown, Mills and Lampasas; and north of the counties of Bell, Milam, Robertson, Leon, Houston, Angelina, Nacogdoches and Shelby; and excluding Bowie County.

OHIO — State of Ohio, except the counties of Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Wayne, Summit, Lake, Geauga, Portage, Stark, Tuscarawas, Ashtabula, Trumbull, Mahoning, Columbiana, Jefferson, Belmont, Washington and Lawrence; and including the counties of Campbell, Kenton and Boone in the Commonwealth of Kentucky.

OKLAHOMA — State of Oklahoma, except Texas County.

OREGON — State of Oregon, except Malhuer County; and in the State of Washington, the counties of Cowlitz, Clark, Skamania, and the part of Klickitat west of Highway 97, excluding the City of Goldendale.

OZARK — That portion of the State of Missouri east of and including the counties of Scotland, Knox, Shelby, Monroe, Ralls, Pike, Montgomery, Osage, Miller, Camden, Dallas, Webster, Douglas and Ozark; and the counties of Calhoun, Greene, Jersey, Madison, St. Clair, Monroe and Jackson in the State of Illinois.

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

The Solano Community College pool in Solano County and any pool between Eight Mile Road and Hammer Lane in San Joaquin County shall be available for the use of the Pacific Swimming and Sierra Nevada Swimming LSCs and their respective club members, and both LSCs may sanction swimming events at these pools under their own rules and regulations.

PACIFIC NORTHWEST — That portion of the State of Washington west of the counties of Okanogan, Chelan, Kittitas and Yakima; and north of Cowlitz and Skamania counties.

POTOMAC VALLEY — Montgomery and Prince George's counties in the State of Maryland; the District of Columbia; and Arlington and Fairfax counties and the cities of Alexandria, Fairfax and Falls Church in the Commonwealth of Virginia.

SAN DIEGO-IMPERIAL — San Diego and Imperial counties in the State of California.

SIERRA NEVADA — In the State of Nevada, the counties of Humboldt, Pershing, Churchill, Mineral, Lander and the part of Washoe lying north of the northerly boundary of the Pyramid Lake Indian Reservation; and in the State of California, the counties of Siskiyou, Modoc, Trinity, Shasta, Lassen, Tehama, Plumas, Glenn, Butte, Sierra, Colusa, Sutter, Yuba, Nevada, Placer, Yolo and Amador; and the parts of: Solano and Sacramento counties north of Highway 12, including the communities of Fairfield, Suisun City and Rio Vista and excluding the communities of Vallejo and Benicia; San Joaquin County north and east of the line created by Highway 12 to Interstate 5 to Eight Mile Road to Highway 99 to Highway 4, excluding the City of Stockton; Stanislaus and Calaveras counties north of Highway 4; and El Dorado County west of Highway 89.

The Solano Community College pool in Solano County and any pool between Eight Mile Road and Hammer Lane in San Joaquin County shall be available for the use of the Pacific Swimming and Sierra Nevada Swimming LSCs and their respective club members, and both LSCs may sanction swimming events at these pools under their own rules and regulations.

SNAKE RIVER — That portion of the State of Idaho south of Idaho County; the counties of Elko, White Pine and Eureka in the State of Nevada; and Malhuer County, Oregon.

SOUTH CAROLINA — State of South Carolina.

SOUTH DAKOTA — State of South Dakota.

SOUTH TEXAS — That portion of the State of Texas bounded on the west by and including the counties of Val Verde, Sutton and Schleicher; on the north by and including the counties of Menard, Mason, Llano, Burnet, Lampasas and Bell; and on the east by and including the counties of Milam, Burleson, Washington, Austin, Fayette, Lavaca, Jackson and Calhoun.

SOUTHEASTERN — State of Tennessee; the State of Alabama, except Chambers and Russell counties; and that portion of the State of Florida west of the Apalachicola River, excluding Gulf County.

SOUTHERN CALIFORNIA — In the State of California, the counties of San Luis Obispo, Santa Barbara, Ventura, Los Angeles, San Bernardino, Orange and Riverside; and in the State of Nevada, the counties of Clark, Lincoln, Nye and Esmeralda.

UTAH — State of Utah.

VIRGINIA — Commonwealth of Virginia, except Arlington and Fairfax counties and the cities of Alexandria, Fairfax and Falls Church; and including the counties of Pasquotank, Camden and Currituck in the State of North Carolina.

WEST TEXAS — That portion of the State of Texas bounded on the south by and including the counties of Reeves, Pecos, Crane, Upton, Reagan, Irion, Tom Green, Concho, McCulloch and San Saba; on the west by the State of New Mexico and by and including Loving and Winkler counties; on the north by Hansford County and the State of Oklahoma; and on the east by the State of Oklahoma, and by and including the counties of Hardeman, Foard, Knox, Haskell, Jones, Callahan, Brown and Mills.

WEST VIRGINIA — State of West Virginia, except the counties of Hancock, Brook, Ohio and Marshall; and including Lawrence and Washington counties in the State of Ohio.

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

WYOMING — State of Wyoming; and the counties of Sioux, Scotts Bluff, Banner, Kimball, Dawes, Box Butte, Morrill, Cheyenne, Sheridan, Garden and Deuel in the State of Nebraska.

APPENDIX 6-E

REDISTRICTING PROCEDURES

.1 **Change in LSC Club Affiliation.** If a club wishes to change from one LSC to another LSC which is contiguous and where no other club geographically intervenes, and if by two-thirds (2/3) vote the House of Delegates of each LSC approves, such transfer shall be effective ninety (90) days after receipt of written notice by the national headquarters. Club approval of change in affiliation shall be a majority vote of its General Membership at a regular club meeting or at a special meeting called for that purpose; the vote is to be duly certified by the club's president.

.2 **Change in LSC Territory.** If two-thirds (2/3) of the number of clubs in a contiguous area within an LSC wish to affiliate with a neighboring and contiguous LSC, and should the House of Delegates of each LSC by a two-thirds (2/3) vote of those members present and voting in a regular or special meeting of each, or by mail vote by a majority of those members of each House of Delegates eligible to vote, approve the change, the change in territorial jurisdiction shall include all clubs in the area and shall become effective at commencement of the next succeeding fiscal year of USA Swimming. Club approval of change in affiliation shall be a majority vote of its General Membership at a regular club meeting or at a special meeting called for that purpose; the vote is to be duly certified by the club's president.

.3 **Formation of a new LSC.** If two thirds (2/3) of the number of clubs in a contiguous area within an LSC wish to form a new and independent LSC, and should the House of Delegates of the LSC, by a two-thirds (2/3) vote of those members present and voting in a regular or special meeting or by mail vote by a majority of those members eligible to vote, approve the change, the proposed formation of the new LSC shall be submitted to the Chairman of the Rules & Regulations Committee. Such request must be received by the chairman prior to April 1. The committee shall make a recommendation to the House of Delegates at the next annual meeting for its approval or disapproval. Should approval be granted, the formation of the new LSC shall become effective at the commencement of the month following the meeting or October 1, whichever is earlier. Club approval of change in affiliation shall be a majority vote of its General Membership at a regular club meeting or at a special meeting called for that purpose; the vote is to be duly certified by the club's president.

Should approval be granted, the formation of the new LSC shall become effective at commencement of the next succeeding fiscal year of USA Swimming. The change shall include all clubs in the specified contiguous area. At the time of the effective date the net assets of the old LSC (after payment of or provision for all debts) shall be divided with the new LSC in ratio to the number of registered athletes in each LSC territory as of August 31 of the preceding calendar year.

During the period of time between that when the new LSC is approved by the House of Delegates and January 1 of the following year, the President shall appoint a governing ad hoc committee of no less than seven (7) members from among USA Swimming members of the new LSC, including one athlete and one coach, to be charged with the responsibility of (a)

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

.4 **Change in Zone Affiliation.** If an LSC by a two-thirds (2/3) vote of those members present and voting at a regular or special meeting of the House of Delegates or by mail vote of a majority of those members eligible to vote, approves a change moving the LSC from one Zone to another, that change shall become effective at the close of the next USA Swimming annual meeting unless that change is rejected by either of the two Zones involved.

.5 **Change in Regional Alignment.** If an LSC, by a two-thirds (2/3) vote of those members present and voting at a regular or special meeting of the LSC House of Delegates or by a mail vote of the majority of those members eligible to vote, approves a change moving the LSC from one region to another region contiguous to the LSC, that change shall become effective at the close of the next USA Swimming annual meeting upon approval of a majority of the USA Swimming House of Delegates present and voting.

.6 **Review.** Should the House of Delegates of any LSC mentioned in subsections (1), (2), or (3), or any Zone mentioned in subsection (4), or a region mentioned in subsection (5), disapprove the proposed changes, the proponents must submit the matter to the Rules & Regulations Committee. Such appeal must be at least one hundred (100) days prior to the next regular or special meeting of the USA Swimming House of Delegates.

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

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

Note: Redistricting procedures are the responsibility of the Rules & Regulations Committee.

PART SEVEN

OPEN WATER SWIMMING

USA Swimming Rules and Regulations apply to open water competition, unless specifically indicated otherwise in Part Seven. Swimmers, coaches, clubs, and local public entities should address safety considerations where events are held. Some safety provisions are contained in the USA Swimming Open Water Meet Directors Guidelines.

ARTICLE 701
CONDUCT AND OFFICIATING OF THE COMPETITION

701.1 EVENTS/MEETS

.1 Recommended individual events are listed in 102.3. Additional event options are listed in the Open Water Meet Manager's Guide.

.2 Wet-Suit Events - Meet directors may request permission from their LSCs to allow the use of wet-suits in any non-championship event. If approved, there shall be separate classification for wet-suit swimmers which shall be clearly stated in the meet information and on the accompanying entry form. Swimmers using wet-suits shall be scored separately from swimmers competing without wet-suits.

.3 Team Events

A Team events may be conducted concurrently with individual events, with the results achieved in the individual event used to compute the team scoring.

B A team event shall be contested on a total time or distance basis. Clubs may enter any number of three- or four-swimmer teams. The aggregate time or distance of the top three swimmers on each team shall be used to determine the team's time or distance. Mixed-gender teams shall be composed of not more than two males and two females.

C The team whose top three swimmers have the lowest cumulative time or the greatest cumulative distance shall be the winning team. Subsequent places shall be determined on the cumulative time/distance basis. If two or more teams have identical times or distances, a tie shall be declared.

.4 Postal Meets

A A National Postal Meet shall be conducted annually. Except for .5C(4) below, swims must take place between October 15 and April 15.

B Times submitted from a 25-meter course shall be converted and integrated with yard times.

C Events

(1) Age-Group in 25-yard/meter pools -- Swim own age in following distances: 9,10-year-olds-1000 yards/800 meters; 11,12-year-olds–2000 yards/1600 meters; 13,14, 15,16, 17,18-year-olds–3000 yards/2400 meters;

(2) Senior --5000 yards/4000 meters in 25 yard/meter pools;

(3) One-Hour Swim for Distance (Age-Group and Senior) in 25 yard/meter pools;

(4) Ten-Kilometer Swim (Age-Group starting with the 13-14 age group, and Senior) in 50 meter pools (may be contested anytime from April 16 of the current year through April 15 of the next year).

D Awards

(1) Age-Group - First through sixth places;

(2) Senior – First through tenth places;

(3) Teams (Clubs) - First three places using 16-place scoring based on the composite score of any club's individual members' scores;

(4) With the concurrence of USA Swimming, meet hosts may offer additional awards and incentives.

701.2 RULES

.1 All open water competitions shall be freestyle events.

.2 If in the 4 mile race swum on a quarter mile straightaway the race is stopped before the two-mile point, it may be restarted. If the race is stopped after the two-mile point, the race results will be determined by the time and place at the last completed half-mile point.

.3 In long-distance pool events over three miles, it is permissible for a swimmer to leave the water for brief periods because of pool safety and health considerations. When re-entering the water the swimmer shall resume the event commencing with the last completed length, using an in-water start with a push off the wall. A dive entry is not permitted.

.4 The Start

A Events may be started either:

(1) In-water - competitors stand or tread water in a depth sufficient for them to commence swimming on the start signal; or

(2) From the Beach - contestants line up and run into the water from the shore on the Starter's signal.

B The start signal shall be both audible and visible.

C If, in the opinion of the Referee, an unfair advantage has been gained by someone at the start, the competitors shall be stopped and restarted.

D Prior to the start all escort boats shall be stationed so as to avoid interference with any competitor. If catching up to their swimmers from behind, the boats shall navigate in such a way as to avoid maneuvering through the field of swimmers.

.5 The Finish – Where in-water finish apparatus is not available, an on-shore finish where contestants run from the water to a finish point is permitted.

.6 Escort Craft

A Escort boats shall maintain a constant position at the sides of their swimmers and shall maneuver so as to avoid obstructing or placing themselves directly in front of another swimmer.

B Each escort boat shall contain a race judge, a person of the swimmer's choosing, and the minimum crew required to operate the escort boat.

701.3 MARKING — Prior to the start, entrants shall be marked with their race numbers on both upper arms and their backs. Paddlers and escort boats for individual swimmers shall also be marked on both sides with the swimmer's race number so it is easily seen from either side.

701.4 SWIMWEAR

.1 No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance, or buoyancy. A maximum of two (2) caps may be used.

.2 Except as provided in 701.1.2, wet suits, flotation aids or any similar items, and anything used to maintain body heat, except a reasonable application of body grease, are not allowed.

701.5 DISQUALIFICATIONS — A swimmer shall be disqualified for:

.1 Willfully or intentionally delaying or impeding the progress of another swimmer. (Note: Incidental contact, especially at the start of the event, shall not be a basis for disqualification.);

.2 Failing to swim or complete the prescribed course;

.3 Receiving assistance by pulling on the cable, line markers or buoys;

.4 Receiving propulsive aid from anyone in boats, on surf boards, etc;

.5 Walking or pushing off the bottom or objects thereon. (Note: pushing off at the start or walking at the finish where an on-shore finish is employed are permitted.);

.6 Violating the swimwear rules;

.7 Receiving aid from a non-competing person in the form of pacing;

.8 Failing to maintain clearance between himself/herself and other swimmers and/or escort craft except at starts, turns, finishes, or where course conditions do not permit suitable spacing. (Race judges shall instruct swimmers who are taking unfair advantage by pacing to move clear of other swimmers. Failure to comply shall result in disqualification.);

.9 Taking an unfair advantage by slipstreaming an escort safety craft;

.10 Actions of his/her escort craft or coach that interfere with another swimmer's progress or for failure of his/her craft or coach to heed the instruction of an assigned official; or

.11 Receiving support from any fixed or floating object or touching or being touched by his/her escort craft or the crew. (Note: Standing on the bottom during the race shall not disqualify the swimmer. Giving food or liquid to a swimmer is permissible.)

701.6 THE MEET DIRECTOR shall determine the course for an open water event.

701.7 OFFICIALS — There should be no fewer than the following officiating positions filled. The positions of Referee, Safety Officer, Finish Judge and Timer shall not be combined with the duties of any other official.

Referee	Assistant Referee
Administrative Referee	Announcer
Safety Officer	Medical Officer
Course Officer	Clerk of Course
Starter	Chief Timer and 3 timers
Chief Finish Judge and 2 finish judges	Recorder
Race Judge (one per competitor in escorted races)	
Turn Judge (one at each change in the direction of the course)	

701.8 THE REFEREE

.1 Shall ensure that all participants, coaches, and event support personnel are briefed about the course, safety procedures and any site-specific rules applying to the event;

.2 Shall have the authority to stop the race or to change the distance and/or race course due to safety concerns or unforeseen circumstances;

.3 Shall have the authority to use any video or electronic or mechanical judging devices in judging the finish order or in making other rulings.

.4 Shall conduct a random draw for assignment of the Race Judges in escorted swims.

.5 Shall signal by a raised flag and a series of short blasts on a whistle that the start is imminent and when satisfied that the swimmers are ready, indicate by pointing the flag at the Starter that the competition may commence;

.6 May elect to start the race in waves whereby each wave (heat) is separated at the start from the previous wave by a set time interval. Swimmers' times shall be adjusted by the starting time interval and their order of finish shall be determined on the basis of the adjusted time.

.7 May segregate competitors into the men's and women's or other classifications (e.g., by age group), either by the position at the starting line or by separate time of start.

701.9 THE ASSISTANT REFEREE shall perform all duties assigned by the Referee.

701.10 THE ADMINISTRATIVE REFEREE shall be responsible for all administrative matters assigned by the Referee.

701.11 THE SAFETY OFFICER

.1 Shall be responsible to the Referee for all aspects of safety related to the conduct of the competition;

.2 Shall ensure that each escort craft is suitable;

.3 Shall check that the entire course and especially the start and finish areas are safe and free of all obstructions;

.4 Shall ensure that a sufficient number of powered craft are available during the competition to provide safety backup for the escort boats;

.5 When applicable, shall provide to all swimmers a tide and/or current charts indicating the time of tide changes on the course and showing the relationship between tides or current and swimmers' progress along the course; and

.6 In conjunction with the Medical Officer, shall advise the Referee if conditions are unsuitable for staging the competition and/or make recommendations for the modification of the course or the manner in which the competition is conducted.

701.12 THE MEDICAL OFFICER

.1 Shall be responsible to the Referee for all medical aspects related to the competition and competitors;

.2 Shall inform the local medical facilities of the nature of the competition and ensure that all casualties can be evacuated to them at the earliest opportunity;

.3 Shall advise the Referee in conjunction with the Safety Officer, if conditions are unsuitable for staging the competition and/or make recommendations for the modification of the course or the manner in which the competition is conducted.

701.13 THE COURSE OFFICER

.1 Shall be responsible for the accuracy of the survey establishing the distance of the course;

.2 Prior to the commencement of competition, shall inspect with the Referee and Safety Officer the course to ensure that all points are correctly marked and all equipment has been correctly installed and is in working order; and

.3 Shall serve as pilot in the lead boat when one is used.

701.14 THE CLERK OF COURSE

.1 Shall assemble and instruct the competitors prior to the competition and ensure proper reception for the competitors at the finish;

.2 Shall ensure that each competitor is correctly marked with his/her race number and that all swimmers have trimmed fingernails and are not wearing any jewelry including watches; and

.3 Shall keep competitors and officials informed of the time remaining before the start at suitable intervals and at one minute intervals for the last five minutes.

701.15 THE STARTER

.1 Shall assume a position clearly visible to all competitors;

.2 On a signal from the Referee, shall raise a distinctive flag to a vertical position;

.3 Holding the arm straight, shall simultaneously bring the arm holding the flag down and shall activate an audible signal to signify the start; and

.4 In the event of a false start, shall activate a recall device or signal. The recall signal shall be made known to all competitors prior to the race.

701.16 THE RACE JUDGE

.1 Shall be positioned in the escort boat so as to be able to observe his or her appointed swimmer at all times to ensure compliance with the rules of competition and that any violations are recorded and reported to the Referee;

.2 Shall have the authority to order a swimmer from the water upon expiration of the time limit or when so ordered by the Referee;

.3 Shall ensure that the assigned swimmer does not take unfair advantage or commit unsportsmanlike impedance of another swimmer and, if the situation requires, instruct the swimmer to maintain clearance from any other swimmer; and

.4 Shall immediately inform the Referee if the assigned swimmer withdraws from the event and shall record the completed distance and the time of the withdrawal.

701.17 THE TURN JUDGE

.1 Shall be positioned so as to ensure that all swimmers comply with the turn and other change-of-course procedures.

.2 Shall record any violation of the turn procedures and indicate to the Referee any infraction at the time it is observed.

701.18 THE CHIEF TIMER

.1 Shall assign at least three Timers to their positions for the start and finish;

.2 Shall brief the Timers on their duties and the details of their assignment;.

.3 Shall ensure that a time check is made to allow all persons to synchronize their watches with the official race clock, if applicable, at least 15 minutes before start time;

.4 May arrange for the use of automatic or semi-automatic timing devices in addition to watches.

701.19 THE CHIEF FINISH JUDGE

.1 Shall assign each Finish Judge to a position;

.2 Shall brief Finish Judges on their duties and the details of their assignment;

.3 After the race, shall collect the signed results sheets from each Finish Judge and determine the order of finish and deliver the results to the Referee or his or her designee.

701.20 THE FINISH JUDGE

.1 Shall be positioned in line with and where he/she can have a clear view of the finish, and

.2 Shall record the finish place of each swimmer.

ARTICLE 702
VENUE STANDARDS

702.1 THE COURSE

.1 The course shall be measured as accurately as possible with the available navigational or survey equipment.

.2 The course shall be in water that is subject to only minor currents or tide.

.3 With the exception of beach starts and beach finishes, the minimum depth of water at any point on the course shall be 1 meter (3.4 feet).

.4 Quarter mile (440 yards) straightaway - shall be delineated by a cable with floats stretched between two stationary pylons or platforms fixed in the water. The distance between the anchoring points shall be plus or minus six inches, measured from the outer edge of the turning point with a minimum of five meters between the turning point and any obstruction.

702.2 WATER TEMPERATURE — The water temperature shall be a minimum of 14°C (57° F).

702.3 THE START — The start line shall be clearly defined by either overhead apparatus or by removable equipment at water level.

702.4 TURNS/CHANGES IN COURSE

.1 All turns and other changes in direction on the course shall be clearly indicated.

.2 A clearly marked craft or platform for a turn judge shall be securely fixed in position at all locations where alterations in direction on the course occur and in such a manner as not to obstruct the swimmers' view or negotiation of the turn, while providing a clear view of the swimmers' turns for the officials.

702.5 THE FINISH

.1 The final approach to the finish shall be clearly marked by a narrowing "gateway" of buoys or floats.

.2 The finish line shall be clearly defined and marked by a vertical surface at least five meters wide. The finish apparatus, where possible, should be a stationary panel securely fastened in place so as to not be moved by wind, tide, or force of the swimmer striking it.

ARTICLE 703
RECORDS

703.1 Because of differences in courses, currents and other physical factors, records for open water events are not maintained except in the four mile event swum on a quarter-mile straightaway course. For long distance events swum in a pool, records are maintained as U.S. Open Records.

703.2 Open Water and Long Distance U.S. Open individual and team records for men and women may only be achieved in a sanctioned or approved event and will be maintained as indicated below:

.1 Time/Distance Events:

A One-Hour Swim (25 Yard Pool)

B 12- and 24-Hour Swim (50 Meter Pool)

.2 Set Distances:

A Four miles (Quarter-mile open water straightaway course)

B Five-mile increments (5, 10, 15 miles, etc., including the official marathon distance of 26 miles 385 yards) (25 Yard Pool)

C Five kilometer increments (5, 10, 15..... 50.....100 Kilometers) (50 meter Pool)

D Age Group 1000-2000-3000 Yard (25 yard pool)

E Senior 5000 Yard (25 yard pool)

ARTICLE 704
USA SWIMMING OPEN WATER NATIONAL CHAMPIONSHIPS

704.1 START AND FINISH

.1 An in-water start and an in-water finish are required.

.2 Video taping of the finish shall be provided for meets from which National Teams are selected.

704.2 ENTRY FEES — The entry fees shall be determined by the Meet Director with the concurrence of Program Operations.

704.3 ENTRY BLANKS AND MEET INFORMATION BOOK — The entry blank and meet information booklet shall be prepared under joint direction of and approved by the Open Water Coordinator, the chairmen of the OWDC and OWIC, the Meet Director, Program Operations, and the USA Swimming Executive Director or his/her representative.

704.4 RESULTS — shall be submitted to the OWC, the Chairmen of the OWDC and OWIC, USA Swimming, and posted on the USA Swimming web site.

704.5 TEAM EVENT ENTRIES

.1 Clubs may enter more than one team in each category. Prior to the start of the competition coaches shall designate the category (men's, women's, mixed) and the team (A, B, C, etc.) in which their swimmers will compete.

.2 When participating concurrently in individual and team events, no participant shall compete in more than two team events, one of which may be as a member of his/her gender-specific team and the other as a member of a mixed-gender team..

704.6 SCORING — Scoring of individual events will be on a sixteen (16) place basis: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1.

.1 Team Events - team events shall be scored in men's, women's and mixed-gender categories.

.2 National Event Club Championship

A A club champion shall be determined by totaling the scores of individual club members in the event. Club champions will be named in the following categories: Women's, Men's and Combined.

B To be eligible for the Combined Men's and Women's Club Championship, a club must have scored points in both the men's and women's events.

704.7 AWARDS

.1 Individual champions shall be determined and awarded in women's and men's competitions. Medals shall be awarded to all first through eighth place finishers in each individual event.

.2 The male and female swimmers 18 years of age and younger attaining the highest finish position shall be designated as the USA Swimming 18 and under OWS Champion in each contested event and shall receive the appropriate USA Swimming Championship medals.

.3 Team Event medals shall be awarded to team event members placing first through third.

.4 Awards shall be given to the top three clubs: men's, women's and combined where the following criteria are met:

A Men's or Women's — In order for awards to be given within a specific gender, that gender shall have a minimum of 16 competitors from at least three clubs starting the race.

B Combined — To be eligible for this award, a club must have scored points in both the men's and women's races, and there must have been a minimum of three clubs participating in each gender's race.

.5 The Meet Host may present additional individual and team awards with approval from Program Operations.

704.8 ELIGIBILITY — Qualifying times and/or qualifying criteria may be established by the Meet Director with the concurrence of the Open Water Coordinator and the chairmen of the OWDC and OWIC or their designees.

704.9 PROOF OF TIME — Any swimmer entered in any USA Swimming National Championship 10 kilometers or longer may be required to show proof of having achieved a time of 18 minutes or better in the 1500 meter freestyle for men or 19 minutes or better in the 1500 meter freestyle for women.

UNITED STATES MASTERS SWIMMING

2005 TECHNICAL RULE DIFFERENCES

USMS follows USA Swimming's Technical Rules articles 101 and 102 with the following exceptions [**USA-Swimming Reference in brackets**]:

The U.S. Masters Swimming Rulebook is available at a cost of $8.00 from the USMS National Office, P.O. Box 185, Londonderry, NH, 03053-0185.

MS 1. Starts,Strokes, and Relays

MS 1.1 Forward start. The forward start may be taken from the starting block, the pool deck, or a push from the wall. The forward start or the backstroke start shall be used for freestyle events. The starter's long whistle indicates that the swimmers must take their positions with at least one foot at the front of the platform or edge of the pool, or on the wall. [USA-S 102.14.4]

MS 1.2 Butterfly. The breaststroke or whip kick may be used exclusively or interchangeably with the butterfly kick at any time during the race. However, when the breaststroke or whip kick is used, the arms must be recovered over the top of the water with each breaststroke or whip kick, except after the last such kick before the turn or finish. After the start and after each turn, if the breaststroke or whip kick is used, only one breaststroke or whip kick is allowed prior to the arm pull that brings the swimmer to the surface. [USA-S 101.2.2 and 101.2.3]

MS 1.3 Relays. Relay swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may hold on to the lane line until all relays have finished, allowing them to exit the pool more slowly or via the ladders at the conclusion of the race. [USA-S 101.6.3E]

MS 2. Swimming Competition

MS 2.1 Personnel. The minimum personnel at USMS sanctioned or recognized Masters swimming meets shall include the following: 1 Referee; 1 Starter; 2 stroke and turn judges; 2 timers per lane (if automatic timing is not being used)

The referee and starter may double as stroke and turn judges, but the referee and starter may not be the same person. The referee shall be certified as a stroke and turn judge, starter, or referee by a USMS-approved certifying body. [USA-S 102.12.3]

MS 2.2 Warm-up. If there is no other warm-up/warm-down area available in pools of five lanes or more, one lane shall be set aside for warm-up/warm-down during the conduct of the meet. In pools of four or fewer lanes, swimmers shall be allowed to swim to the other end of the pool at the end of each heat and a warm-up/warm-down period must be offered at least once during each half-hour of competition. [None]

MS 2.3 Timed finals. All Masters events held in meters pools (short course or long course) are conducted on a timed-final basis. Short course yards meets, except for national championships, MAY be conducted on a basis other than timed finals (e.g., trials/finals basis). If trials/finals are offered, competitors are limited to three individual events per day. [USA-S 102.2]

MS 2.4 Seeding.

MS 2.4.1 Age groups, genders, and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled. [USA-S 102.1.3 and 102.8.2]

MS 2.4.2 Seeding at meets other than national championship meets may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events. [USA-S 102.5.4A]

MS 2.5 Records.

MS 2.5.1 USMS records may only be established by USMS-registered swimmers in sanctioned or recognized competition. Because swimmers from different age groups and genders may compete in the same heat or event, winning the heat or event is not required to establish a record. [USA-S 104.2.1F]

MS 2.5.2 Relay lead-off split times will be considered for records or Top Ten times, provided the swimmers complete the event without being disqualified, and provided automatic timing is used. [USA-S 104.2.1E]

MS 2.5.3 If swimmers want their initial splits as part of a longer individual event to be submitted for records or Top Ten times, they must notify the referee, in writing, prior to the conclusion of the meet. However, for backstroke initial splits and relay lead-off legs to count, notification must be made prior to the swim so that officials may verify that a legal finish was performed at the initial distance and that for relays the second swimmer did not start in the water. [None]

MS 2.5.4 Required documentation for USMS records includes the referee's signature, as well as the printout from the automatic or semi-automatic (with three buttons) timing equipment, or the time card bearing times and signatures from three timers. [None]

MS 2.6 Scratch procedures. Swimmers or relay teams not reporting for or competing in an event are not penalized. [USA-S 102.3]

MS 2.7 Protests. Protests arising from competition shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester shall at that time file a written protest with the chair of the Local Masters Swimming Committee (LMSC) or the chair's representative having jurisdiction over the event. If the LMSC does not satisfactorily resolve the protest within 10 days, the protester may appeal in writing to the USMS Rules Committee chair within the next 5 days for final adjudication, whose final decision shall then be binding on all parties. Protests concerning interpretation of the rules in Part 1: Swimming Rules and the Glossary shall be submitted in writing (on paper or in an electronic file), within 10 days to the USMS Rules Committee chair. [USA-S 102.11.5]

MS 2.8 Eligibility. The eligibility of a participant for a particular age group will be determined for all meters meets (both short course and long course) by the swimmer's age as of December 31 of the year of competition. For short course yards meets, eligibility will be determined by the swimmer's age as of the last day of the meet. Participation prior to an individual's 18th birthday is not permitted. [USA-S 205.2.2]

SWIMMING RECORDS

LONG COURSE METERS—MEN

50 FREESTYLE	**WORLD:**	21.64	Alexander Popov, RUS	Moscow, RUS	06-16-00
	AMERICAN:	21.76	Gary Hall Jr., Phoenix	Indianapolis, Ind.	08-15-00
	U.S. OPEN:	21.76	Gary Hall Jr., Phoenix	Indianapolis, Ind.	08-15-00
100 FREESTYLE	**WORLD:**	47.84sf	Pieter van den Hoogenband, NED	Sydney, AUS	09-19-00
	AMERICAN:	48.17sf	Jason Lezak, USA	Long Beach, Calif.	07-10-04
	U.S. OPEN:	48.17sf	Jason Lezak, USA	Long Beach, Calif.	07-10-04
200 FREESTYLE	**WORLD:**	1:44.06	Ian Thorpe, AUS	Fukuoka, JPN	07-25-01
	AMERICAN:	1:45.32	Michael Phelps, USA	Athens, GRE	08-16-04
	U.S. OPEN:	1:45.63	Ian Thorpe, AUS	Long Beach, Calif.	06-12-04
400 FREESTYLE	**WORLD:**	3:40.08	Ian Thorpe, AUS	Manchester, GBR	07-30-02
	AMERICAN:	3:44.11	Klete Keller, USA	Athens, GRE	08-14-04
	U.S. OPEN:	3:44.19	Klete Keller, Club Wolverine	Long Beach, Calif.	07-07-04
800 FREESTYLE	**WORLD:**	7:39.16	Ian Thorpe, AUS	Fukuoka, JPN	07-24-01
	AMERICAN:	7:48.09	Larsen Jensen, USA	Barcelona, ESP	07-25-03
	U.S. OPEN:	7:50.28	Daniel Kowalski, AUS	Atlanta, Ga.	08-10-95
1500 FREESTYLE	**WORLD:**	14:34.56	Grant Hackett, AUS	Fukuoka, JPN	07-29-01
	AMERICAN:	14:45.29	Larsen Jensen, USA	Athens, GRE	08-21-04
	U.S. OPEN:	14:48.34	Grant Hackett, AUS	Indianapolis, Ind.	04-06-03
50 BACKSTROKE	**WORLD:**	24.80	Thomas Rupprath, GER	Barcelona, ESP	07-27-03
	AMERICAN:	24.99	Lenny Krayzelburg, USA	Sydney, AUS	08-28-99
	U.S. OPEN:	25.59s	Neil Walker, Texas	Indianapolis, Ind.	08-11-00
100 BACKSTROKE	**WORLD:**	53.45r	Aaron Peirsol, USA	Athens, GRE	08-21-04
	AMERICAN:	53.45r	Aaron Peirsol, USA	Athens, GRE	08-21-04
	U.S. OPEN:	53.64	Aaron Peirsol, Irvine Novas	Long Beach, Calif.	07-09-04
200 BACKSTROKE	**WORLD:**	1:54.74	Aaron Peirsol, Irvine Novas	Long Beach, Calif.	07-12-04
	AMERICAN:	1:54.74	Aaron Peirsol, Irvine Novas	Long Beach, Calif.	07-12-04
	U.S. OPEN:	1:54.74	Aaron Peirsol, Irvine Novas	Long Beach, Calif.	07-12-04
50 BREASTSTROKE	**WORLD:**	27.18	Oleg Lisogor, UKR	Berlin, GER	08-02-02
	AMERICAN:	27.39sf	Ed Moses, Curl-Burke	Austin, Texas	03-31-01
	U.S. OPEN:	27.39sf	Ed Moses, Curl-Burke	Austin, Texas	03-31-01
100 BREASTSTROKE	**WORLD:**	59.30	Brendan Hansen, Longhorn	Long Beach, Calif.	07-08-04
	AMERICAN:	59.30	Brendan Hansen, Longhorn	Long Beach, Calif.	07-08-04
	U.S. OPEN:	59.30	Brendan Hansen, Longhorn	Long Beach, Calif.	07-08-04
200 BREASTSTROKE	**WORLD:**	2:09.04	Brendan Hansen, Longhorn	Long Beach, Calif.	07-11-04
	AMERICAN:	2:09.04	Brendan Hansen, Longhorn	Long Beach, Calif.	07-11-04
	U.S. OPEN:	2:09.04	Brendan Hansen, Longhorn	Long Beach, Calif.	07-11-04
50 BUTTERFLY	**WORLD:**	23.43	Matt Welsh, AUS	Barcelona, ESP	07-21-03
	AMERICAN:	23.47sf	Ian Crocker, USA	Barcelona, ESP	07-20-03
	U.S. OPEN:	23.85sf	Bryan Jones, Texas Aquatics	Austin, Texas	03-29-01
100 BUTTERFLY	**WORLD:**	50.76	Ian Crocker, Longhorn	Long Beach, Calif.	07-13-04
	AMERICAN:	50.76	Ian Crocker, Longhorn	Long Beach, Calif.	07-13-04
	U.S. OPEN:	50.76	Ian Crocker, Longhorn	Long Beach, Calif.	07-13-04
200 BUTTERFLY	**WORLD:**	1:53.93sf	Michael Phelps, USA	Barcelona, ESP	07-22-03
	AMERICAN:	1:53.93sf	Michael Phelps, USA	Barcelona, ESP	07-22-03
	U.S. OPEN:	1:54.31	Michael Phelps, No. Baltimore	Long Beach, Calif.	07-10-04

200 INDIVIDUAL MEDLEY	**WORLD:**	1:55.94	Michael Phelps, No. Baltimore	College Park, Md.	08-09-03
	AMERICAN:	1:55.94	Michael Phelps, No. Baltimore	College Park, Md.	08-09-03
	U.S. OPEN:	1:55.94	Michael Phelps, No. Baltimore	College Park, Md.	08-09-03
400 INDIVIDUAL MEDLEY	**WORLD:**	4:08.26	Michael Phelps, USA	Athens, GRE	08-14-04
	AMERICAN:	4:08.26	Michael Phelps, USA	Athens, GRE	08-14-04
	U.S. OPEN:	4:08.41	Michael Phelps, North Baltimore	Long Beach, Calif.	07-07-04
400 FREESTYLE RELAY	**WORLD:**	3:13.17	South African Olympic Team	Athens, GRE	08-14-04
			(Roland Schoeman, Lyndon Ferns, Darian Townsend, Ryk Neethling)		
	AMERICAN:	3:13.86	USA Olympic Team	Sydney, AUS	09-16-00
			(Anthony Ervin, Neil Walker, Jason Lezak, Gary Hall Jr.)		
	U.S. OPEN:	3:14.20	Team USA/Duel in the Pool	Indianapolis, Ind.	04-06-03
			(Scott Tucker, Nate Dusing, Jason Lezak, Neil Walker)		
800 FREESTYLE RELAY	**WORLD:**	7:04.66	Australia Olympic Team	Fukuoka, JPN	07-27-01
			(Grant Hackett, Michael Klim, William Kirby, Ian Thorpe)		
	AMERICAN:	7:07.33	USA Olympic Team	Athens, GRE	08-17-04
			(Michael Phelps, Ryan Lochte, Peter Vanderkaay, Klete Keller)		
	U.S. OPEN:	7:14.84	USA Olympic Team	Atlanta, Ga.	07-21-96
			(Josh Davis, Joe Hudepohl, Brad Schmacher, Ryan Berube)		
400 MEDLEY RELAY	**WORLD:**	3:30.68	USA Olympic Team	Athens, GRE	08-21-04
			(Aaron Peirsol, Brendan Hansen, Ian Crocker, Jason Lezak)		
	AMERICAN:	3:30.68	USA Olympic Team	Athens, GRE	08-21-04
			(Aaron Peirsol, Brendan Hansen, Ian Crocker, Jason Lezak)		
	U.S. OPEN:	3:34.24	Team USA/Duel in the Pool	Indianapolis, Ind.	04-06-03
			(Aaron Peirsol, Ed Moses, Michael Phelps, Neil Walker)		

LONG COURSE METERS—WOMEN

50 FREESTYLE	**WORLD:**	24.13sf	Inge de Bruijn, NED	Sydney, AUS	09-22-00
	AMERICAN:	24.63	Dara Torres, USA	Sydney, AUS	09-23-00
	U.S. OPEN:	24.50	Inge de Bruijn, NED	Federal Way	07-23-00
100 FREESTYLE	**WORLD:**	53.52sf	Jodie Henry, AUS	Athens, GRE	08-18-04
	AMERICAN:	53.99	Natalie Coughlin, USA	Yokohama, JPN	08-29-02
	U.S. OPEN:	54.01	Inge de Bruijn, NED/Tualatin Hills	Federal Way, Wash.	07-20-00
200 FREESTYLE	**WORLD:**	1:56.64	Franziska van Almsick, GER	Berlin, GER	08-03-02
	AMERICAN:	1:57.41r	Lindsay Benko, USA	Barcelona, ESP	07-24-03
	U.S. OPEN:	1:58.02	Claudia Poll, CRC	Los Angeles, Calif.	07-15-00
400 FREESTYLE	**WORLD:**	4:03.85	Janet Evans, USA	Seoul, KOR	09-22-88
	AMERICAN:	4:03.85	Janet Evans, USA	Seoul, KOR	09-22-88
	U.S. OPEN:	4:05.45	Janet Evans, Fullerton	Orlando, Fla.	12-20-87
800 FREESTYLE	**WORLD:**	8:16.22	Janet Evans, USA	Tokyo, JPN	08-20-89
	AMERICAN:	8:16.22	Janet Evans, USA	Tokyo, JPN	08-20-89
	U.S. OPEN:	8:17.12	Janet Evans, Fullerton	Orlando, Fla.	03-22-88
1500 FREESTYLE	**WORLD:**	15:52.10	Janet Evans, Fullerton	Orlando, Fla.	03-26-88
	AMERICAN:	15:52.10	Janet Evans, Fullerton	Orlando, Fla.	03-26-88
	U.S. OPEN:	15:52.10	Janet Evans, Fullerton	Orlando, Fla.	03-26-88
50 BACKSTROKE	**WORLD:**	28.25	Sandra Volker, GER	Berlin, GER	06-17-00
	AMERICAN:	28.49sf	Natalie Coughlin, USA	Fukuoka, JPN	07-23-01
	U.S. OPEN:	29.01	Natalie Coughlin, Terrapins	Concord, Calif.	08-06-98
100 BACKSTROKE	**WORLD:**	59.58	Natalie Coughlin, Cal	Fort Lauderdale, Fla.	08-13-02
	AMERICAN:	59.58	Natalie Coughlin, Cal	Fort Lauderdale, Fla.	08-13-02
	U.S. OPEN:	59.58	Natalie Coughlin, Cal	Fort Lauderdale, Fla.	08-13-02
200 BACKSTROKE	**WORLD:**	2:06.62	Krisztina Egerszegi, HUN	Athens, GRE	08-25-91
	AMERICAN:	2:08.53	Natalie Coughlin, Cal	Fort Lauderdale, Fla.	08-16-02
	U.S. OPEN:	2:07.83	Krisztina Egerszegi, HUN	Atlanta, Ga.	07-25-96

50 BREASTSTROKE	**WORLD:**	30.57	Zoe Baker, GBR	Manchester, GBR	07-30-02
	AMERICAN:	31.34s	Megan Quann, Puyallup	Indianapolis, Ind.	08-11-00
	U.S. OPEN:	30.95s	Penny Heyns, RSA	Long Island, N.Y.	08-01-98
100 BREASTSTROKE	**WORLD:**	1:06.37sf	Leisel Jones, AUS	Barcelona, ESP	07-21-03
	AMERICAN:	1:07.05	Megan Quann, USA	Sydney, AUS	09-18-00
	U.S. OPEN:	1:06.95	Penny Heyns, RSA	Los Angeles, Calif.	07-18-99
200 BREASTSTROKE	**WORLD:**	2:22.44	Amanda Beard, Tucson Ford	Long Beach, Calif.	07-12-04
	AMERICAN:	2:22.44	Amanda Beard, Tucson Ford	Long Beach, Calif.	07-12-04
	U.S. OPEN:	2:22.44	Amanda Beard, Tucson Ford	Long Beach, Calif.	07-12-04
50 BUTTERFLY	**WORLD:**	25.57	Anna-Karin Kammerling, SWE	Berlin, GER	07-30-02
	AMERICAN:	26.00	Jenny Thompson, USA	Barcelona, ESP	07-26-03
	U.S. OPEN:	26.50ps	Dara Torres, Stanford	Indianapolis, Ind.	08-09-00
100 BUTTERFLY	**WORLD:**	56.61	Inge de Bruijn, NED	Sydney, AUS	09-17-00
	AMERICAN:	57.58p	Dara Torres, Stanford	Indianapolis, Ind.	08-09-00
	U.S. OPEN:	56.64	Inge de Bruijn, NED	Federal Way, Wash.	07-22-00
200 BUTTERFLY	**WORLD:**	2:05.78	Otylia Jedrejczak, POL	Berlin, GER	08-04-02
	AMERICAN:	2:05.88	Misty Hyman, USA	Sydney, AUS	09-20-00
	U.S. OPEN:	2:05.96	Mary T. Meagher, Lakeside	Brown Deer, Wis.	08-13-81
200 INDIVIDUAL MEDLEY	**WORLD:**	2:09.72	Yanyan Wu, CHN	Shanghai, CHN	10-17-97
	AMERICAN:	2:11.70	Amanda Beard, USA	Athens, GRE	08-17-04
	U.S. OPEN:	2:12.64	Tracy Caulkins, USA	Los Angeles, Calif.	08-03-84
400 INDIVIDUAL MEDLEY	**WORLD:**	4:33.59	Yana Klochkova, UKR	Sydney, AUS	09-16-00
	AMERICAN:	4:34.95	Kaitlin Sandeno, USA	Athens, GRE	08-14-04
	U.S. OPEN:	4:37.67	Katie Hoff, North Baltimore	Long Beach, Calif.	07-07-04
400 FREESTYLE RELAY	**WORLD:**	3:35.94	AUS Olympic Team	Athens, GRE	08-14-04
			(Alice Mills, Libby Lenton, Petria Thomas, Jodie Henry)		
	AMERICAN:	3:36.39	USA Olympic Team	Athens, GRE	08-14-04
			(Kara Lynn Joyce, Natalie Coughlin, Amanda Weir, Jenny Thompson)		
	U.S. OPEN:	3:38.95	Team USA/Duel in the Pool	Indianapolis, Ind.	04-06-03
			(Lindsay Benko, Natalie Coughlin, Rhi Jeffrey, Jenny Thompson)		
800 FREESTYLE RELAY	**WORLD:**	7:53.42	USA Olympic Team	Athens, GRE	08-18-04
			(Natalie Coughlin, Carly Piper, Dana Vollmer, Kaitlin Sandeno)		
	AMERICAN:	7:53.42	USA Olympic Team	Athens, GRE	08-18-04
			(Natalie Coughlin, Carly Piper, Dana Vollmer, Kaitlin Sandeno)		
	U.S. OPEN:	7:59.87	USA Olympic Team	Atlanta, Ga.	07-25-96
			(Trina Jackson, Cristina Teuscher, Sheila Taormina, Jenny Thompson)		
400 MEDLEY RELAY	**WORLD:**	3:57.32	AUS Olympic Team	Athens, GRE	08-21-04
			(Giaan Rooney, Leisel Jones, Petria Thomas, Jodie Henry)		
	AMERICAN:	3:58.30	USA Olympic Team	Sydney, AUS	09-23-00
			(BJ Bedford, Megan Quann, Jenny Thompson, Dara Torres)		
	U.S. OPEN:	4:02.88	USA Olympic Team	Atlanta, Ga.	07-24-96
			(Beth Botsford, Amanda Beard, Angel Martino, Amy Van Dyken)		

SHORT COURSE METERS—MEN

50 FREESTYLE	**WORLD:**	21.10	Fred Bousquet, FRA/Auburn	East Meadow, N.Y.	03-25-04
	AMERICAN:	21.21	Anthony Ervin, Cal	Minneapolis, Minn.	03-23-00
	U.S. OPEN:	21.21	Anthony Ervin, Cal	Minneapolis, Minn.	03-23-00
100 FREESTYLE	**WORLD:**	46.25	Ian Crocker, Texas	East Meadow, N.Y.	03-27-04
	AMERICAN:	46.25	Ian Crocker, Texas	East Meadow, N.Y.	03-27-04
	U.S. OPEN:	46.25	Ian Crocker, Texas	East Meadow, N.Y.	03-27-04

200 FREESTYLE	**WORLD:**	1:41.10	Ian Thorpe, AUS	Berlin, GER	02-06-00
	AMERICAN:	1:43.59	Michael Phelps, USA	Indianapolis, Ind.	10-07-04
	U.S. OPEN:	1:43.54	Pieter van den Hooganband, NED	East Meadow, N.Y.	11-23-02
400 FREESTYLE	**WORLD:**	3:34.58	Grant Hackett, AUS	Sydney, AUS	07-18-02
	AMERICAN:	3:40.66	Chad Carvin, USA	Berlin, GER	02-05-00
	U.S. OPEN:	3:40.47	Ryk Neethling, Arizona/RSA	Minneapolis, Minn.	03-23-00
800 FREESTYLE	**WORLD:**	7:25.28	Grant Hackett, AUS	Perth, AUS	08-03-01
	AMERICAN:	7:43.06	Jeff Kostoff, USA	Bonn, FRG	02-13-83
	U.S. OPEN:	7:43.06	Jeff Kostoff, USA	Bonn, FRG	02-13-83
1500 FREESTYLE	**WORLD:**	14:10.10	Grant Hackett, AUS	Perth, AUS	08-07-01
	AMERICAN:	14:31.02	Erik Vendt, Southern Cal	Minneapolis, Minn.	03-25-00
	U.S. OPEN:	14:31.02	Erik Vendt, Southern Cal	Minneapolis, Minn.	03-25-00
50 BACKSTROKE	**WORLD:**	23.31	Matt Welsh, AUS	Melbourne, AUS	09-02-02
	AMERICAN:	23.42sf	Neil Walker, USA	Athens, GRE	03-16-00
	U.S. OPEN:	23.51	Thomas Rupprath, GER	Indianapolis, Ind.	10-10-04
100 BACKSTROKE	**WORLD:**	50.32	Peter Marshall, Stanford	East Meadow, N.Y.	03-26-04
	AMERICAN:	50.32	Peter Marshall, Stanford	East Meadow, N.Y.	03-26-04
	U.S. OPEN:	50.32	Peter Marshall, Stanford	East Meadow, N.Y.	03-26-04
200 BACKSTROKE	**WORLD:**	1:50.52	Aaron Peirsol, USA	Indianapolis, Ind.	10-11-04
	AMERICAN:	1:50.52	Aaron Peirsol, USA	Indianapolis, Ind.	10-11-04
	U.S. OPEN:	1:50.52	Aaron Peirsol, USA	Indianapolis, Ind.	10-11-04
50 BREASTSTROKE	**WORLD:**	26.20	Oleg Lisogor, UKR	Berlin, GER	01-26-02
	AMERICAN:	26.28	Ed Moses, USA	Stockholm, SWE	01-22-02
	U.S. OPEN:	26.85	Ed Moses, Curl-Burke	East Meadow, N.Y.	01-30-04
100 BREASTSTROKE	**WORLD:**	57.47	Ed Moses, USA	Stockholm, SWE	01-23-02
	AMERICAN:	57.47	Ed Moses, USA	Stockholm, SWE	01-23-02
	U.S. OPEN:	57.66	Ed Moses, Virginia	Minneapolis, Minn.	03-24-00
200 BREASTSTROKE	**WORLD:**	2:02.92	Ed Moses, USA	Berlin, GER	01-17-04
	AMERICAN:	2:02.92	Ed Moses, USA	Berlin, GER	01-17-04
	U.S. OPEN:	2:04.61	Ed Moses, Curl-Burke	East Meadow, N.Y.	01-30-04
50 BUTTERFLY	**WORLD:**	22.71	Ian Crocker, USA	Indianapolis, Ind.	10-10-04
	AMERICAN:	22.71	Ian Crocker, USA	Indianapolis, Ind.	10-10-04
	U.S. OPEN:	22.71	Ian Crocker, USA	Indianapolis, Ind.	10-10-04
100 BUTTERFLY	**WORLD:**	49.07	Ian Crocker, Texas	East Meadow, N.Y.	03-26-04
	AMERICAN:	49.07	Ian Crocker, Texas	East Meadow, N.Y.	03-26-04
	U.S. OPEN:	49.07	Ian Crocker, Texas	East Meadow, N.Y.	03-26-04
200 BUTTERFLY	**WORLD:**	1:50.73	Franck Esposito, FRA	Antibes, FRA	12-08-02
	AMERICAN:	1:52.27	Michael Phelps, USA	Melbourne, AUS	11-28-03
	U.S. OPEN:	1:53.18	James Hickman, GBR	East Meadow, NY	11-23-02
100 INDIVIDUAL MEDLEY	**WORLD:**	52.58	Thomas Rupprath, GER	Berlin, GER	01-25-03
	AMERICAN:	52.79	Neil Walker, USA	Athens, GRE	03-18-00
	U.S. OPEN:	52.66	Peter Mankoc, SLO	Indianapolis, Ind.	10-11-04
200 INDIVIDUAL MEDLEY	**WORLD:**	1:53.93	George Bovell, TRI/Auburn	East Meadow, N.Y.	03-25-04
	AMERICAN:	1:54.85	Michael Phelps, USA	Melbourne, AUS	11-29-03
	U.S. OPEN:	1:53.93	George Bovell, TRI/Auburn	East Meadow, N.Y.	03-25-04
400 INDIVIDUAL MEDLEY	**WORLD:**	4:02.72	Brian Johns, CAN	Victoria, CAN	02-21-03
	AMERICAN:	4:04.52	Ryan Lochte, Florida	East Meadow, N.Y.	03-26-04
	U.S. OPEN:	4:04.52	Ryan Lochte, Florida	East Meadow, N.Y.	03-26-04

200 FREESTYLE RELAY	**WORLD BEST:**	1:25.55	Netherlands	Dublin, IRE	12-14-03
			(Mark Veens, Johan Kenkhuis, Gijs Damen, Pieter vd Hoogenband)		
	AMERICAN:	1:25.69	Stanford	East Meadow, N.Y.	03-25-04
			(Ben Wildman-Tobriner, Peter Marshall, Andrew Schnell, Bobby O'Bryan)		
	U.S. OPEN:	1:23.75	Auburn	East Meadow, N.Y.	03-25-04
			(George Bovell, Ryan Wochomurka, Derek Gibb, Fred Bousquet)		
400 FREESTYLE RELAY	**WORLD:**	3:09.57	Sweden	Athens, GRE	03-16-00
			(Johan Nystrom, Lars Frolander, Mattias Ohlin, Stefan Nystrand)		
	AMERICAN:	3:09.96	USA Short Course World Team	Indianapolis, Ind.	10-07-04
			(Nick Brunelli, Neil Walker, Nate Dusing, Jason Lezak)		
	U.S. OPEN:	3:08.75	Auburn	East Meadow, N.Y.	03-27-04
			(George Bovell, Ryan Wochomurka, Derek Gibb, Fred Bousquet)		
800 FREESTYLE RELAY	**WORLD:**	6:56.41	AUS	Perth, AUS	08-07-01
			(William Kirby, Ian Thorpe, Michael Klim, Grant Hackett)		
	AMERICAN:	7:01.33	USA Short Course World Team	Athens, GRE	03-17-00
			(Josh Davis, Neil Walker, Scott Tucker, Chad Carvin)		
	U.S. OPEN:	7:01.42	Michigan	East Meadow, N.Y.	03-26-04
			(Peter Vanderkaay, Davis Tarwater, Andrew Hurd, Dan Ketchum)		
200 MEDLEY RELAY	**WORLD BEST:**	1:34.46	Germany	Dublin, IRE	12-11-03
			(Thomas Rupprath, Mark Warnecke, Fabian Friedrich, Carsten Dehmlow)		
	AMERICAN:	1:34.58	Texas	East Meadow, N.Y.	03-26-04
			(Aaron Peirsol, Brendan Hansen, Ian Crocker, Garrett Weber-Gale)		
	U.S. OPEN:	1:34.25	Auburn	East Meadow, N.Y.	03-26-04
			(Doug Van Wie, Mark Gangloff, Fred Bousquet, Derek Gibb)		
400 MEDLEY RELAY	**WORLD:**	3:25.09	USA Short Course World Team	Indianapolis, Ind.	10-11-04
			(Aaron Peirsol, Brendan Hansen, Ian Crocker, Jason Lezak)		
	AMERICAN:	3:25.09	USA Short Course World Team	Indianapolis, Ind.	10-11-04
			(Aaron Peirsol, Brendan Hansen, Ian Crocker, Jason Lezak)		
	U.S. OPEN:	3:25.09	USA Short Course World Team	Indianapolis, Ind.	10-11-04
			(Aaron Peirsol, Brendan Hansen, Ian Crocker, Jason Lezak)		

SHORT COURSE METERS—WOMEN

50 FREESTYLE	**WORLD:**	23.59	Therese Alshammar, SWE	Athens, GRE	03-18-00
	AMERICAN:	24.21p	Kara Lynn Joyce, Georgia	College Station, Texas	03-18-04
	U.S. OPEN:	24.21p	Kara Lynn Joyce, Georgia	College Station, Texas	03-18-04
100 FREESTYLE	**WORLD:**	52.17	Therese Alshammar, SWE	Athens, GRE	03-17-00
	AMERICAN:	52.81r	Natalie Coughlin, Cal	College Station, Texas	03-20-04
	U.S. OPEN:	52.67	Libby Lenton, AUS	Indianapolis, Ind.	10-09-04
200 FREESTYLE	**WORLD:**	1:54.04	Lindsay Benko, USA	Moscow, RUS	04-07-02
	AMERICAN:	1:54.04	Lindsay Benko, USA	Moscow, RUS	04-07-02
	U.S. OPEN:	1:55.41	Martina Moravcova, SVK	East Meadow, N.Y.	11-27-01
400 FREESTYLE	**WORLD:**	3:59.53	Lindsay Benko, USA	Berlin, GER	01-26-03
	AMERICAN:	3:59.53	Lindsay Benko, USA	Berlin, GER	01-26-03
	U.S. OPEN:	4:01.36	Sachiko Yamada, JPN	East Meadow, N.Y.	01-31-04
800 FREESTYLE	**WORLD:**	8:13.35	Sachiko Yamada, JPN	Nishinomya-shi, JPN	01-24-04
	AMERICAN:	8:18.77	Cynthia Woodhead, USA	Paris, FRA	02-08-80
	U.S. OPEN:	8:13.66	Sachiko Yamada, JPN	East Meadow, N.Y.	01-30-04
1500 FREESTYLE	**WORLD:**	15:42.39	Laure Manaudou, FRA	La Roche Sur Yon	11-20-04
	AMERICAN:	15:49.14	Kalyn Keller, Southern Cal	College Station, Texas	03-20-04
	U.S. OPEN:	15:43.31	Petra Schneider, GDR	Gainesville, Fla.	01-10-82
50 BACKSTROKE	**WORLD:**	26.83	Hui Li, CHN	Shanghai, CHN	12-02-01
	AMERICAN:	27.08	Natalie Coughlin, Cal	East Meadow, N.Y.	11-22-02
	U.S. OPEN:	27.08	Natalie Coughlin, Cal	East Meadow, N.Y.	11-22-02

100 BACKSTROKE	**WORLD:**	56.71	Natalie Coughlin, Cal	East Meadow, N.Y.	11-23-02
	AMERICAN:	56.71	Natalie Coughlin, Cal	East Meadow, N.Y.	11-23-02
	U.S. OPEN:	56.71	Natalie Coughlin, Cal	East Meadow, N.Y.	11-23-02
200 BACKSTROKE	**WORLD:**	2:03.62	Natalie Coughlin, Cal	East Meadow, N.Y.	11-27-01
	AMERICAN:	2:03.62	Natalie Coughlin, Cal	East Meadow, N.Y.	11-27-01
	U.S. OPEN:	2:03.62	Natalie Coughlin, Cal	East Meadow, N.Y.	11-27-01
50 BREASTSTROKE	**WORLD:**	29.90	Jade Edmistone, AUS	Brisbane, AUS	09-26-04
	AMERICAN:	30.29sf	Tara Kirk, Stanford	College Station, Texas	03-19-04
	U.S. OPEN:	30.01sf	Jade Edmistone, AUS	Indianapolis, Ind.	10-07-04
100 BREASTSTROKE	**WORLD:**	1:04.79	Tara Kirk, Stanford	College Station, Texas	03-19-04
	AMERICAN:	1:04.79	Tara Kirk, Stanford	College Station, Texas	03-19-04
	U.S. OPEN:	1:04.79	Tara Kirk, Stanford	College Station, Texas	03-19-04
200 BREASTSTROKE	**WORLD:**	2:17.75	Leisel Jones, AUS	Melbourne, AUS	11-29-03
	AMERICAN:	2:20.70	Tara Kirk, Stanford	College Station, Texas	03-20-04
	U.S. OPEN:	2:20.70	Tara Kirk, Stanford	College Station, Texas	03-20-04
50 BUTTERFLY	**WORLD:**	25.36	Anna-Karin Kammerling, SWE	Stockholm, SWE	01-24-01
	AMERICAN:	25.83	Natalie Coughlin, Cal	East Meadow, N.Y.	11-28-01
	U.S. OPEN:	25.74	Anna-Karin Kammerling, SWE	East Meadow, N.Y.	11-23-02
100 BUTTERFLY	**WORLD:**	56.34	Natalie Coughlin, Cal	East Meadow, N.Y.	11-22-02
	AMERICAN:	56.34	Natalie Coughlin, Cal	East Meadow, N.Y.	11-22-02
	U.S. OPEN:	56.34	Natalie Coughlin, Cal	East Meadow, N.Y.	11-22-02
200 BUTTERFLY	**WORLD:**	2:04.04	Yang Yu, CHN	Berlin, GER	01-18-04
	AMERICAN:	2:05.65	Mary T. Meagher, USA	Gainesville, Fla.	01-02-81
	U.S. OPEN:	2:05.65	Mary T. Meagher, USA	Gainesville, Fla.	01-02-81
100 INDIVIDUAL MEDLEY	**WORLD:**	58.80	Natalie Coughlin, Cal	East Meadow, N.Y.	11-23-02
	AMERICAN:	58.80	Natalie Coughlin, Cal	East Meadow, N.Y.	11-23-02
	U.S. OPEN:	58.80	Natalie Coughlin, Cal	East Meadow, N.Y.	11-23-02
200 INDIVIDUAL MEDLEY	**WORLD:**	2:07.79	Allison Wagner, USA	Mallorca, ESP	12-05-93
	AMERICAN:	2:07.79	Allison Wagner, USA	Mallorca, ESP	12-05-93
	U.S. OPEN:	2:08.11	Kaitlin Sandeno, Southern Cal	College Station, Texas	03-18-04
400 INDIVIDUAL MEDLEY	**WORLD:**	4:27.83	Yana Klochkova, UKR	Paris, FRA	01-19-02
	AMERICAN:	4:30.12	Kaitlin Sandeno, USA	Indianapolis, Ind.	10-07-04
	U.S. OPEN:	4:30.12	Kaitlin Sandeno, USA	Indianapolis, Ind.	10-07-04
200 FREESTYLE RELAY	**WORLD BEST:**	1:37.27	Georgia *(Kara Lynn Joyce, Neka Mabry, Paige Kearns, Andrea Georoff)*	College Station, Texas	03-18-04
	AMERICAN:	1:37.27	Georgia *(Kara Lynn Joyce, Neka Mabry, Paige Kearns, Andrea Georoff)*	College Station, Texas	03-18-04
	U.S. OPEN:	1:37.27	Georgia *(Kara Lynn Joyce, Neka Mabry, Paige Kearns, Andrea Georoff)*	College Station, Texas	03-18-04
400 FREESTYLE RELAY	**WORLD:**	3:34.55	China National Team *(Bin Lu, Ying Shan, Yuanyuan Jia, Jingyi Le)*	Gothenburg, SWE	04-19-97
	AMERICAN:	3:35.07	USA Short Course World Team *(Amanda Weir, Kara Lynn Joyce, Lindsay Benko, Jenny Thompson)*	Indianapolis, Ind.	10-10-04
	U.S. OPEN:	3:35.07	USA Short Course World Team *(Amanda Weir, Kara Lynn Joyce, Lindsay Benko, Jenny Thompson)*	Indianapolis, Ind.	10-10-04
800 FREESTYLE RELAY	**WORLD:**	7:46.30	China *(Yanwei Xu, Yingwen Zhu, Jingzhi Tang, Yu Yang)*	Moscow, RUS	04-03-02
	AMERICAN:	7:47.55	USA Short Course World Team *(Lindsay Benko, Gabrielle Rose, Colleen Lanne, Rachel Komisarz)*	Moscow, RUS	04-03-02
	U.S. OPEN:	7:47.72	USA Short Course World Team *(Dana Vollmer, Rachel Komisarz, Lindsay Benko, Kaitlin Sandeno)*	Indianapolis, Ind.	10-07-04

200 MEDLEY RELAY	**WORLD BEST:**	1:48.31	Sweden	Valencia, ESP	12-16-00
			(Therese Alshammar, Emma Igelstrom, Anna Kammerling, J. Sjoberg)		
	AMERICAN:	1:49.71	Arizona	Indianapolis, Ind.	03-17-00
			(Beth Botsford, Amanda Beard, Amy Bouta, Denali Knapp)		
	U.S. OPEN:	1:49.02	Auburn	College Station, Texas	03-19-04
			(Jenni Anderson, Laura Swander, Margaret Hoelzer, Eileen Coparropa)		
400 MEDLEY RELAY	**WORLD:**	3:54.95	Australia	Indianapolis, Ind.	10-09-04
			(Sophie Edington, Brooke Hanson, Jessica Schipper, Libby Lenton)		
	AMERICAN:	3:55.68	USA Short Course World Team	Indianapolis, Ind.	10-09-04
			(Haley Cope, Tara Kirk, Jenny Thompson, Kara Lynn Joyce)		
	U.S. OPEN:	3:54.95	Australia	Indianapolis, Ind.	10-09-04
			(Sophie Edington, Brooke Hanson, Jessica Schipper, Libby Lenton)		

SHORT COURSE YARDS—MEN

50 FREESTYLE	**AMERICAN:**	19.05	Tom Jager, Santa Clara	Nashville, Tenn.	03-23-90
		19.05	Anthony Ervin, California	Athens, Ga.	03-28-02
	U.S. OPEN:	19.05	Tom Jager, Santa Clara	Nashville, Tenn.	03-23-90
		19.05	Anthony Ervin, California	Athens, Ga.	03-28-02
100 FREESTYLE	**AMERICAN:**	41.62	Anthony Ervin, California	Athens, Ga.	03-30-02
	U.S. OPEN:	41.62	Anthony Ervin, California	Athens, Ga.	03-30-02
200 FREESTYLE	**AMERICAN:**	1:33.03	Matt Biondi, California	Austin, Texas	04-03-87
	U.S. OPEN:	1:33.03	Matt Biondi, California	Austin, Texas	04-03-87
500 FREESTYLE	**AMERICAN:**	4:08.75	Tom Dolan, Michigan	Indianapolis, Ind.	03-25-95
	U.S. OPEN:	4:08.75	Tom Dolan, Michigan	Indianapolis, Ind.	03-25-95
1000 FREESTYLE	**AMERICAN:**	8:44.11sf	Chris Thompson, Michigan	College Station, Texas	03-24-01
	U.S. OPEN:	8:44.11sf	Chris Thompson, Michigan	College Station, Texas	03-24-01
1650 FREESTYLE	**AMERICAN:**	14:26.62	Chris Thompson, Michigan	College Station, Texas	03-24-01
	U.S. OPEN:	14:26.62	Chris Thompson, Michigan	College Station, Texas	03-24-01
100 BACKSTROKE	**AMERICAN:**	44.92rp	Neil Walker, Texas	Minneapolis, Minn.	03-27-97
	U.S. OPEN:	44.92rp	Neil Walker, Texas	Minneapolis, Minn.	03-27-97
200 BACKSTROKE	**AMERICAN:**	1:39.16	Aaron Peirsol, Texas	Austin, Texas	03-29-03
	U.S. OPEN:	1:39.16	Aaron Peirsol, Texas	Austin, Texas	03-29-03
100 BREASTSTROKE	**AMERICAN:**	51.86	Jeremy Linn, Tennessee	Athens, Ga.	02-21-97
	U.S. OPEN:	51.86	Jeremy Linn, Tennessee	Athens, Ga.	02-21-97
200 BREASTSTROKE	**AMERICAN:**	1:52.62	Brendan Hansen, Texas	Austin, Texas	03-29-03
	U.S. OPEN:	1:52.62	Brendan Hansen, Texas	Austin, Texas	03-29-03
100 BUTTERFLY	**AMERICAN:**	45.44	Ian Crocker, Texas	Athens, Ga.	03-29-02
	U.S. OPEN:	45.44	Ian Crocker, Texas	Athens, Ga.	03-29-02
200 BUTTERFLY	**AMERICAN:**	1:41.72	Michael Phelps, North Baltimore	Annapolis, Md.	03-10-03
	U.S. OPEN:	1:41.72	Michael Phelps, North Baltimore	Annapolis, Md.	03-10-03
200 INDIVIDUAL MEDLEY	**AMERICAN:**	1:42.85	Nate Dusing, Texas	College Station, Tex.	03-22-01
	U.S. OPEN:	1:42.66	George Bovell, Auburn/TRI	Austin, Texas	03-27-03
400 INDIVIDUAL MEDLEY	**AMERICAN:**	3:38.18	Tom Dolan, Michigan	Indianapolis, Ind.	03-24-95
	U.S. OPEN:	3:38.18	Tom Dolan, Michigan	Indianapolis, Ind.	03-24-95
200 FREESTYLE RELAY	**AMERICAN:**	1:16.49	Stanford	Athens, Ga.	03-28-02
			(Randall Bal, Peter Marshall, Andrew Schnell, Bobby O'Bryan)		
	U.S. OPEN:	1:16.49	Stanford	Athens, Ga.	03-28-02
			(Randall Bal, Peter Marshall, Andrew Schnell, Bobby O'Bryan)		

400 FREESTYLE RELAY	**AMERICAN:**	2:49.80	Texas *(Nate Dusing, Ian Crocker, Tommy Hannan, Jamie Rauch)*	College Station, Texas	03-24-01
	U.S. OPEN:	2:48.99	California *(Duje Draganja, Mike Cavic, Joe Bruckart, Anthony Ervin)*	Austin, Texas	03-29-03
800 FREESTYLE RELAY	**AMERICAN:**	6:18.00	Texas *(Scott Goldblatt, Nate Dusing, Chris Kemp, Jamie Rauch)*	College Station, Texas	03-23-01
	U.S. OPEN:	6:17.35	Univ. of Southern California *(Jeff Lee, Rodrigo Castro, Tamas Kerekjarto, Klete Keller)*	Athens, Ga.	03-29-02
200 MEDLEY RELAY	**AMERICAN:**	1:24.46	Texas *(Aaron Peirsol, Brendan Hansen, Daniel DiToro, Ian Crocker)*	Austin, Texas	03-28-03
	U.S. OPEN:	1:24.46	Texas *(Aaron Peirsol, Brendan Hansen, Daniel DiToro, Ian Crocker)*	Austin, Texas	03-28-03
400 MEDLEY RELAY	**AMERICAN:**	3:04.47	Texas *(Aaron Peirsol, Brendan Hansen, Ian Crocker, Chris Kemp)*	Austin, Texas	03-27-03
	U.S. OPEN:	3:04.47	Texas *(Aaron Peirsol, Brendan Hansen, Ian Crocker, Chris Kemp)*	Austin, Texas	03-27-03

SHORT COURSE YARDS—WOMEN

50 FREESTYLE	**AMERICAN:**	21.69	Maritza Correia, Georgia	Austin, Texas	03-21-02
	U.S. OPEN:	21.69	Maritza Correia, Georgia	Austin, Texas	03-21-02
100 FREESTYLE	**AMERICAN:**	47.00r	Natalie Coughlin, California	Auburn, Ala.	03-22-03
	U.S. OPEN:	47.00r	Natalie Coughlin, California	Auburn, Ala.	03-22-03
200 FREESTYLE	**AMERICAN:**	1:42.65	Natalie Coughlin, California	Auburn, Ala.	12-06-02
	U.S. OPEN:	1:42.65	Natalie Coughlin, California	Auburn, Ala.	12-06-02
500 FREESTYLE	**AMERICAN:**	4:34.39	Janet Evans, Stanford	Austin, Texas	03-15-90
	U.S. OPEN:	4:34.39	Janet Evans, Stanford	Austin, Texas	03-15-90
1000 FREESTYLE	**AMERICAN:**	9:25.49	Janet Evans, Fullerton	Chapel Hill, N.C.	03-25-89
	U.S. OPEN:	9:25.49	Janet Evans, Fullerton	Chapel Hill, N.C.	03-25-89
1650 FREESTYLE	**AMERICAN:**	15:39.14	Janet Evans, Stanford	Austin, Texas	03-17-90
	U.S. OPEN:	15:39.14	Janet Evans, Stanford	Austin, Texas	03-17-90
100 BACKSTROKE	**AMERICAN:**	49.97	Natalie Coughlin, California	Austin, Texas	03-22-02
	U.S. OPEN:	49.97	Natalie Coughlin, California	Austin, Texas	03-22-02
200 BACKSTROKE	**AMERICAN:**	1:49.52	Natalie Coughlin, California	Austin, Texas	03-23-02
	U.S. OPEN:	1:49.52	Natalie Coughlin, California	Austin, Texas	03-23-02
100 BREASTSTROKE	**AMERICAN:**	58.41	Tara Kirk, Stanford	Federal Way, Wash.	02-28-03
	U.S. OPEN:	58.41	Tara Kirk, Stanford	Federal Way, Wash.	02-28-03
200 BREASTSTROKE	**AMERICAN:**	2:07.36	Tara Kirk, Stanford	Austin, Texas	03-23-02
	U.S. OPEN:	2:07.36	Tara Kirk, Stanford	Austin, Texas	03-23-02
100 BUTTERFLY	**AMERICAN:**	50.01	Natalie Coughlin, California	Austin, Texas	03-22-02
	U.S. OPEN:	50.01	Natalie Coughlin, California	Austin, Texas	03-22-02
200 BUTTERFLY	**AMERICAN:**	1:51.91	Natalie Coughlin, California	Auburn, Ala.	12-07-02
	U.S. OPEN:	1:51.91	Natalie Coughlin, California	Auburn, Ala.	12-07-02
200 INDIVIDUAL MEDLEY	**AMERICAN:**	1:53.91	Maggie Bowen, Auburn	Austin, Texas	03-21-02
	U.S. OPEN:	1:53.91	Maggie Bowen, Auburn	Austin, Texas	03-21-02
400 INDIVIDUAL MEDLEY	**AMERICAN:**	4:02.28	Summer Sanders, Stanford	Austin, Texas	03-20-92
	U.S. OPEN:	4:02.28	Summer Sanders, Stanford	Austin, Texas	03-20-92

200 FREESTYLE RELAY	**AMERICAN:**	1:28.74	Georgia	Austin, Texas	03-21-02
			(Stefanie Williams, Neka Mabry, Paige Kearns, Maritza Correia)		
	U.S. OPEN:	1:28.74	Georgia	Austin, Texas	03-21-02
			(Stefanie Williams, Neka Mabry, Paige Kearns, Maritza Correia)		
400 FREESTYLE RELAY	**AMERICAN:**	3:13.71	Georgia	Austin, Texas	03-23-02
			(Stefanie Williams, Neka Mabry, Paige Kearns, Maritza Correia)		
	U.S. OPEN:	3:13.71	Georgia	Austin, Texas	03-23-02
			(Stefanie Williams, Neka Mabry, Paige Kearns, Maritza Correia)		
800 FREESTYLE RELAY	**AMERICAN:**	7:04.06	Stanford	Austin, Texas	03-20-92
			(Karen Kraemer, Lea Loveless, Janel Jorgensen, Jenny Thompson)		
	U.S. OPEN:	7:01.00	Auburn	Auburn, Ala.	02-19-03
			(Margaret Hoelzer, Heather Kemp, Kirsty Coventry, Maggie Bowen)		
200 MEDLEY RELAY	**AMERICAN:**	1:36.69	Auburn	Auburn, Ala.	03-21-03
			(Jenni Anderson, Laura Swander, Margaret Hoelzer, Becky Short)		
	U.S. OPEN:	1:36.69	Auburn	Auburn, Ala.	03-21-03
			(Jenni Anderson, Laura Swander, Margaret Hoelzer, Becky Short)		
400 MEDLEY RELAY	**AMERICAN:**	3:31.74	Stanford	Austin, Texas	03-21-02
			(Amy Wagner, Tara Kirk, Shelly Ripple, Lacey Boutwell)		
	U.S. OPEN:	3:31.45	Auburn	Auburn, Ala.	03-20-03
			(Kirsty Coventry, Maggie Bowen, Margaret Hoelzer, Becky Short)		

For up-to-date records, please visit the following web addresses:

LCM: http://web.usaswimming.org/USASWeb/_Rainbow/Documents/507fb92a-6a60-4bf6-bf9f-3c25e33ee57c/lcm_meet_records.pdf
SCM: http://web.usaswimming.org/USASWeb/_Rainbow/Documents/6e07fbe8-ec8e-4c32-bbc2-ce18b4e97149/scm_meet_records.pdf
SCY: http://web.usaswimming.org/USASWeb/_Rainbow/Documents/264347d2-de47-43a8-a3f0-3c2db1164fb4/scy_meet_records.pdf

USA SWIMMING NATIONAL AGE GROUP RECORDS
(LONG COURSE - METERS)

10 AND UNDER

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
83	Grace Cornelius	MA	28.68	50 m. Free	27.71	MN	Kris Humphries	95
01	Chelsea Franklin	FL	1:03.53	100 m. Free	1:02.39	MN	Kris Humphries	95
03	Elizabeth Beisel	NE	2:16.37	200 m. Free	2:12.18	PC	Adam Hinshaw	04
03	Elisabeth Beisel	NE	4:42.40	400 m. Free	4:36.22	PC	Adam Hinshaw	04
04	Elizabeth Pelton	CT	32.88r	50 m. Back	33.24	MN	Kris Humphries	95
03	Elizabeth Beisel	NE	1:09.96	100 m. Back	1:11.49	SC	Rick Hancock	96
04	Kaylin Burchell	KY	36.17	50 m. Breast	36.30	MA	Atiba Wade	88
93	Jenna Street	SE	1:19.98	100 m. Breast	1:20.04	GU	Maverick Smalley	98
03	Lauren Harrington	SE	31.09	50 m. Fly	30.55	GA	Mujahid El-Amin	96
83	Stephanie Rosenthal	CA	1:10.14	100 m. Fly	1:08.54	MD	Michael Phelps	96
03	Elizabeth Beisel	NE	2:31.26	200 m. I.M.	2:32.58	CA	Collin Gladys	00
99	Texas Gold Rosita Bado, Casi Considine, Lacey Bobo, Whitney Tyrone	ST	2:06.64	200 m. Free Relay	2:02.73	PC	Arden Hills Jeremy Szymanowski, Jason Kawakami, Jeffrey Piland, Kent Johnson	84
83	Mission Viejo Stephanie Rosenthal, Cecilia Stavros, Amanda Wightman, Dana Winn	CA	2:19.30	200 m. Medley Relay	2:19.05	PC	DeAnza Cupertino Aq. Ian Yuh, Brandon Conroy, Shotaro Ban, Adam Hinshaw	04

11 - 12

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
92	Jennifer Vanker	MI	26.81	50 m. Free	25.51	CT	Gregory Pelton	03
85	Grace Cornelius	MA	58.17	100 m. Free	55.70	GU	Maverick Smalley	00
91	Dee Brown	OZ	2:03.38	200 m. Free	2:01.30	GU	Maverick Smalley	00
91	Dee Brown	OZ	4:19.48	400 m. Free	4:15.71	GU	Maverick Smalley	00
04	Chloe Sutton	SN	8:59.95	800 m. Free	8:53.02	GU	Maverick Smalley	00
04	Chloe Sutton	SN	17:01.59	1500 m. Free	17:08.14	MD	Bryan Offutt	04
92	Jennifer Crisman	MI	30.31	50 m. Back	29.48	MR	Shaun Armstrong	99
94	Beth Botsford	MD	1:03.08	100 m. Back	1:02.80	NC	Robert Padgett	00
04	Elizabeth Beisel	NE	2:18.43	200 m. Back	2:16.71	VA	Thomas Sheranek	03
97	Carly Geehr	CA	33.38s	50 m. Breast	31.86	CT	Anthony Robinson	92
97	Carly Geehr	CA	1:09.87	100 m. Breast	1:09.48	GU	Maverick Smalley	00
04	Alisa Finn	IL	2:37.90	200 m. Breast	2:30.12	PC	Sean Mahoney	01
01	Dana Vollmer	NT	28.23	50 m. Fly	27.43	SE	Chas Morton	83
00	Dana Vollmer	NT	1:02.49	100 m. Fly	58.74	SE	Chas Morton	83
03	Courtney Kalisz	MD	2:19.32	200 m. Fly	2:16.94	IL	Andrew Snabes	03
97	Carly Geehr	CA	2:20.41	200 m. I.M.	2:15.42	SE	Chas Morton	83
03	Courtney Kalisz	MD	4:58.49	400 m. I.M.	4:56.49	MD	Bryan Offutt	04
03	Patriot Aquatics Kaley Michael, Kristine Gu, Samantha Sherdel, Lauren Lundberg	FL	1:53.46	200 m. Free Relay	1:51.79	PC	Terrapins S. T. Donald Walter, Sean Reilly, Matt Bishop, Matthew Dentone	02
95	Cincinnati Marlins Lindsey Kroeger, Tami Ransom, Katie Greiner, Lesley Meade	OH	4:09.17	400 m. Free Relay	4:01.66	CA	Irvine Novaquatics Louis Vayo, Adam Hewko, Duke Krautim, Douglas Ciolli	98
03	Patriot Aquatics Kristine Gu, Samantha Sherdel, Kaley Michael, Lauren Lundberg	FL	2:07.79	200 m. Medley Relay	2:03.78	VA	Nova of VA Aquatics David Wren, Jordan Arencibia, Ian Vogt, Gaites Brown	02
95	Cincinnati Marlins Tami Ransom, Tricia Rye, Lesley Meade, Katie Greiner	OH	4:37.22	400 m. Medley Relay	4:34.17	CA	Irvine Novaquatics Louis Vayo, Adam Hewko, Duke Krautim, Douglas Ciolli	98

13-14

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
00	Amanda Weir	GA	26.02	50 m. Free	23.52	OH	Jason Cobb	97
87	Grace Cornelius	MA	56.61	100 m. Free	51.59	AR	Noel Strauss	87
78	Cynthia Woodhead	CA	1:58.53	200 m. Free	1:53.87	ME	Ian Crocker	97
78	Cynthia Woodhead	CA	4:07.15	400 m. Free	3:58.80	MD	Michael Phelps	00
78	Cynthia Woodhead	CA	8:29.35	800 m. Free	8:16.10	MD	Michael Phelps	00
84	Michele Richardson	FG	16:12.57	1500 m. Free	15:31.03	CA	Jesse Vassallo	76
96	Beth Botsford	MD	1:01.59	100 m. Back	57.99	CA	Aaron Piersol	98
96	Beth Botsford	MD	2:10.66	200 m. Back	2:02.78	CA	Aaron Piersol	98
96	Amanda Beard	CA	1:08.09	100 m. Breast	1:04.74	GU	Anthony Robinson	94
96	Amanda Beard	CA	2:25.75	200 m. Breast	2:20.81	PC	Sean Mahoney	02
79	Mary T. Meagher	KY	59.71	100 m. Fly	55:78	MD	Michael Phelps	00
79	Mary T. Meagher	KY	2:07.01	200 m. Fly	1:59.02	MD	Michael Phelps	00
04	Kathryn Hoff	MD	2:15.26	200 m. I.M.	2:06.50	MD	Michael Phelps	00
04	Kathryn Hoff	MD	4:39.82	400 m. I.M	4:24.77	MD	Michael Phelps	00
97	Cincinnati Marlins Lesley Meade, Tami Ransom, Julie Waizenhofer, Lindsey Kroeger	OH	1:49.25	200 m. Free Relay	1:43.15	IA	Black Hawk Area S. T. Nicklaus Cordes, Jordan Wessels, Nathan Hohnstein, Charles Christensen	03
02	Curl-Burke Swim Club Colleen Law, Katherine Finegan, Leslie Swinley, Christine Nichols	PV	3:59.12	400 m. Free Relay	3:44.34	IA	Black Hawk Area S. T. Nathan Hohnstein, Charles Christensen, Nicklaus Cordes, Jordan Wessels	03
01	North Baltimore A. C. Meghan Sackett, Ellen Brooks, Claire Hutchinson, Tiffany Dotson	MD	8:38.35	800 m. Free Relay	8:09.62	PC	Santa Clara David Meck, JasonYork, Billy Hackbarth, Mark Colwill	84
03	King Aquatic Club Brianne Lindblad, Ariana Kukors, Stef Sutton, Emilee Jennings	PN	2:02.18	200 m. Medley Relay	1:55.73	GU	Cyp. Fairbanks Fleet Matt Baker, Joey Montague, Brandon Jernigan, Patrick Willey	93
97	Cincinnati Marlins Tami Ransom, Tricia Rye, Lesley Meade, Lindsey Kroeger	OH	4:26.48	400 m. Medley Relay	4:06.98	CA	Irvine Novaquatics Aaron Piersol, Jeff Heinz, Michael Cavic, Bryan Neff	98
						VA	Nova of VA Aquatics David Wren, Jordan Arencibia, Ian Vogt, Gaites Brown	04

15 - 16

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
00	Christina Swindle	FG	25.50p	50 m. Free	23.15	WI	Kyle Bubolz	02
03	Rhiannon Jeffrey	FG	55.21	100 m. Free	50.24	OH	Joe Hudepohl	90
79	Cynthia Woodhead	CA	1:58.23	200 m. Free	1:49.48	ME	Ian Crocker	98
88	Janet Evans	CA	4:05.45	400 m. Free	3:50.68	CC	Larsen Jensen	02
88	Janet Evans	CA	8:17.12	800 m. Free	7:52.05	CC	Larsen Jensen	02
88	Janet Evans	CA	15:52.10	1500 m. Free	15:03.91	MR	Bobby Hackett	76
91	Janie Wagstaff	MV	1:01.10	100 m. Back	55.63	CA	Aaron Piersol	00
91	Janie Wagstaff	MV	2:09.09	200 m. Back	1:57.03	CA	Aaron Piersol	00
00	Megan Quann	PN	1:07.05	100 m. Breast	1:02.69	MA	Brendan Hansen	98
92	Anita Nall	MD	2:25.35	200 m. Breast	2:15.53	LE	Mark Gangloff	98
81	Mary T. Meagher	KY	57.93	100 m. Fly	52.98	MD	Michael Phelps	01
81	Mary T. Meagher	KY	2:05.96	200 m. Fly	1:54.58	MD	Michael Phelps	01
04	Kathryn Hoff	MD	2:12.06	200 m. I.M.	2:00.86	MD	Michael Phelps	01
04	Kathryn Hoff	MD	4:37.67	400 m. I.M.	4:15.20	MD	Michael Phelps	01
02	Pine Crest School Amanda Slaight, Leane Darling, Christie Raleigh, Natalie Pike	FG	1:47.91	200 m. Free Relay	1:37.36	CA	Irvine Novaquatics Aaron Piersol, Eric Quillen, Bryan Neff, Michael Cavic	00

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15 - 16 (continued)

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
02	Dallas Mustangs Codie Hansen, Jennifer Blackman, Kenley Woods, Candace Blackman	NT	3:51.58	400 m. Free Relay	3:32.96	PC	San Jose Mark Taliaferro, Luis Nicolao, Mitch North, Jon Candy	85
03	Badger Swim Club Paola Duguet, Bridget O'Connor, Whitney Sprague, Kimberly Kelly	MR	8:24.56	800 m. Free Relay	7:47.49	PC	Terrapins S.T. Trent Holsman, Charles Kennedy, Brent Feldman, Justin Rossi	97
00	Puyallup Aquatic Club Jamie Reid, Megan Quann, Hannah Jo, Emily Strouse	PN	1:59.91	200 m. Medley Relay	1:46.76	CA	Irvine Novaquatics Aaron Piersol, Nicholas Yu, Michael Cavic, Eric Quillen	00
02	Circle C Swimming Hayley McGregory, Alexi Spann, Andrea Axtell, Lindsay Voyles	IN	4:16.21	400 m. Medley Relay	3:55.46	CA	Irvine Novaquatics Aaron Piersol, Nicholas Yu, Michael Cavic, Eric Quillen	00

17 - 18

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
04	Kara Lynn Joyce	MI	25.00	50 m. Free	22.86	OZ	Tom Jager	82
04	Kara Lynn Joyce	MI	54.38	100 m. Free	49.05	MD	Michael Phelps	04
81	Cynthia Woodhead	CA	1:58.65	200 m. Free	1:45.99	MD	Michael Phelps	03
88	Janet Evans	CA	4:03.85	400 m. Free	3:46.08	CA	Larsen Jensen	04
89	Janet Evans	CA	8:16.22	800 m. Free	7:48.09	CA	Larsen Jensen	03
90	Janet Evans	CA	15:54.23	1500 m. Free	14:45.29	CA	Larsen Jensen	04
01	Natalie Coughlin	PC	1:00.18	100 m. Back	54.47	CA	Aaron Piersol	02
92	Janie Wagstaff	MV	2:09.43	200 m. Back	1:55.15	CA	Aaron Piersol	02
00	Staciana Stitts	CA	1:07.79	100 m. Breast	1:01.55	MA	Brendan Hansen	00
00	Amanda Beard	AZ	2:25.35	200 m. Breast	2:13.49	MA	Brendan Hansen	00
97	Misty Hyman	AZ	58.72	100 m. Fly	51.10	MD	Michael Phelps	03
82	Mary T. Meagher	KY	2:07.14	200 m. Fly	1:53.93	MD	Michael Phelps	03
96	Allison Wagner	FI	2:13.71	200 m. I.M.	1:55.94	MD	Michael Phelps	03
88	Janet Evans	CA	4:37.76	400 m. I.M.	4:09.09	MD	Michael Phelps	03
04	Florida Atlantic S.T. Leane Darling, Amanda Slaight, Natlie Pike, Rhiannon Jeffrey	FG	1:47.57	200 m. Free Relay	1:35.66	OH	New Albany Swim C. Ben Prater, John Sands, Tyler Prose, Joe Doyle	03
04	Dallas Mustangs Jennifer Blackman, Codie Hansen, Katie Roberts, Candace Blackman	NT	3:52.25	400 m. Free Relay	3:26.15	ST	Longhorn Aquatics Caleb McDermott, Daniel Rohleder, Michael Klueh, Garrett Weber-Gale	04
88	Mission Bay Shannon Halverstadt, Molly Magill, Michele Richardson, Kim Brown	FG	8:14.77	800 m. Free Relay	7:32.18	ST	Longhorn Aquatics, Caleb McDermott, Michael Klueh, Daniel Rohleder, Garrett Weber-Gale	04
04	Florida Atlantic S.T. Natalie Pike, Amanda Slaight, Leane Darling, Rhiannon Jeffrey	FG	1:59.18	200 m. Medley Relay	1:44.93	CA	Las Vegas Gold Doug King, Tyler Mayfield, Keith Dennison, Alex Federov	89
04	Longhorn Aquatics Hayley McGregory, Alexandra Spann, Andrea Axtell, Lindsay Voyles	ST	4:13.43	400 m. Medley Relay	3:46.39	ST	Circle "C" Swimming Caleb McDermott, Christian Schurr, Daniel Rohleder, Garrett Weber-Gale	03

USA SWIMMING NATIONAL AGE GROUP RECORDS
(SHORT COURSE - YARDS)

10 AND UNDER

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
83	Grace Cornelius	MA	25.47	50 yd. Free	24.76	FL	Alexander Forbes	98
99	Chelsea Nauta	FL	55.23	100 yd. Free	54.74	SE	Chas Morton	82
89	Lee Ann Gathings	SE	1:59.22	200 yd. Free	1:57.94	WI	Mitchell Stoehr	03
01	Chelsea Franklin	FL	5:23.24	500 yd. Free	5:15.14	PC	Adam Hinshaw	04
03	Cindy Tran	CA	27.81	50 yd. Back	28.64	WI	Mitchell Friedemann	03
92	Beth Botsford	MD	1:01.71	100 yd. Back	1:01.35	SC	Rick Hancock	96
04	Kaylin Burchell	KY	31.82	50 yd. Breast	32.14	IE	Jared Heston	01
95	Laura Davis	PC	1:10.37	100 yd. Breast	1:10.06	ST	Scott Spann	99
02	Caroline McElhany	GU	27.78	50 yd. Fly	27.07	SE	Chas Morton	82
00	Amanda Sims	PC	1:01.61	100 yd. Fly	59.97	IA	Zachary Ferguson	92
94	Lesley Meade	OH	1:02.89	100 yd. I.M.	1:02.47	CA	Collin Gladys	00
03	Elizabeth Beisel	NE	2:16.74	200 yd. I.M.	2:12.29	SE	Chas Morton	82
95	Lake Erie Silver Dolph. Karen Weingart, Lauren Torpey, Anna Strohl, Franchele Klaus	LE	1:51.31	200 yd. Free Relay	1:48.69	CA	Canyons Aquatic Club Bob Hwang, Riley Mita, Jonathan Hwang, Alex Ngan	04
95	Pointe Aquatics Marcia Keat, Kammy Miller, Kristin Sheldon, Melissa Jamerino	MI	2:03.38	200 yd. Medley Relay	2:02.48	GU	Blue Tide Aquatics Eric Mai, Paul Kornfeld, Scott Sorge, Kevin Leckey	98

11-12

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
99	Amanda Weir	GA	23.15	50 yd. Free	22.54	FL	Alexander Forbes	00
85	Grace Cornelius	MA	50.89	100 yd. Free	48.90	IN	Grant Wieczorek	99
82	Michele Richardson	SE	1:50.40	200 yd. Free	1:47.36	GU	Maverick Smalley	00
77	Cynthia Woodhead	CA	4:49.51	500 yd. Free	4:47.65	FL	Robert Margalis	95
03	Chelsea Franklin	FL	10:09.94	1000 yd. Free	9:59.93	FG	Jeffrey Raymond	02
03	Chelsea Franklin	FL	16:59.12	1650 yd. Free	16:41.31	FG	Jeffrey Raymond	02
04	Cindy Tran	CA	26.23	50 yd. Back	25.32	CC	David Chan	92
94	Beth Botsford	MD	56.23	100 yd. Back	54.25	NT	Max Murphy	03
03	Courtney Kalisz	MD	2:01.73	200 yd. Back	1:57.41	NT	Max Murphy	03
99	Felicia Castaneda	SI	29.25	50 yd. Breast	28.24	MR	Chris Miller	94
95	Jody Hillock	SN	1:03.56	100 yd. Breast	1:00.84	MR	Chris Miller	94
04	Alisa Finn	IL	2:17.18	200 yd. Breast	2:14.56	GU	Maverick Smalley	00
00	Dana Vollmer	NT	25.50	50 yd. Fly	24.14	IL	Andrew Snabes	03
93	Whitney Phelps	MD	55.68	100 yd. Fly	51.85	SE	Chas Morton	84
03	Courtney Kalisz	MD	2:03.29	200 yd. Fly	1:57.62	IL	Andrew Snabes	03
89	Darby Chang	VA	58.18	100 yd. I.M.	55.93	CC	David Chan	92
97	Carly Geehr	CA	2:04.99	200 yd. I.M.	1:56.61	SE	Chas Morton	84
01	Jenny Forster	OH	4:20.04	400 yd. I.M.	4:21.79	CA	Charles Rimkus	04
02	Raleigh Swim Assoc. Brittany Copeland, Blair Cross, Teresa Long, Julie Smith	NC	1:40.18	200 yd. Free Relay	1:37.64	IA	Black Hawk Area S.T. Jordan Stokes, Jordan Wessels, Nicklaus Cordes, Nathan Hohnstein	02
96	Cincinnati Marlins Lesley Meade, Katie Greiner, Jennifer Koch, Jenny Kunkel	OH	3:39.80	400 yd. Free Relay	3:32.50	IA	Black Hawk Area S.T. Nathan Hohnstein Jordan Stokes, Charles Christensen, Nicklaus Cordes	02
93	North Baltimore A.C. Beth Botsford, Natika Dannenfelser, Whitney Phelps, Melinda Rehm	MD	1:51.34	200 yd. Medley Relay	1:48.37	IA	Black Hawk Area S.T. Nicklaus Cordes, Nathan Hohnstein, Jordan Stokes, Jordan Wessels	02
92	North Baltimore A.C. Beth Botsford, Lindsay Pfeffer, Whitney Phelps, Melinda RehmGaites Brown	MD	4:00.77	400 yd. Medley Relay	3:54.91	VA	Nova of Va. Aquatics David Wren, Jordan Arencibia, Ian Vogt,	02

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13-14

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
82	Dara Torres	CA	22.44	50 yd. Free	20.79	WI	Kyle Bubolz	01
00	Amanda Weir	GA	49.53	100 yd. Free	45.49	WI	Kyle Bubolz	01
78	Stephanie Elkins	FL	1:45.91	200 yd. Free	1:39.20	ME	Ian Crocker	97
78	Cynthia Woodhead	CA	4:39.94	500 yd. Free	4:26.79	MD	Michael Phelps	00
84	Michele Richardson	FG	9:33.39	1000 yd. Free	9:10.10	SE	Jeremy Kane	93
81	Tiffany Cohen	CA	15:54.86	1650 yd. Free	15:28.92	SE	Paul Budd	80
96	Beth Botsford	MD	54.78r	100 yd. Back	50.31	GU	Dan Westcott	95
96	Beth Botsford	MD	1:57.36	200 yd. Back	1:49.08	IL	Matt Grevers	00
98	Megan Quann	PN	1:01.29	100 yd. Breast	57.01	CA	John Moffet	79
03	Kathryn Hoff	MD	2:12.08	200 yd. Breast	2:03.45	CA	John Criste	04
02	Dana Vollmer	NT	53.53	100 yd. Fly	49.41	NC	Ricky Berens	03
79	Mary T. Meagher	KY	1:56.58	200 yd. Fly	1:48.24	NC	Ricky Berens	03
04	Kathryn Hoff	MD	1:57.76	200 yd. I.M.	1:51.92	MD	Michael Phelps	00
04	Kathryn Hoff	MD	4:08.44	400 yd. I.M.	3:56.80	MD	Michael Phelps	00
97	Cincinnati Marlins Lesley Meade, Tami Ransom, Julie Waizenhofer, Lindsey Kroeger	OH	1:35.83	200 yd. Free Relay	1:27.35	IA	Black Hawk Area S. T. Nicklaus Cordes, Nathan Hohnstein, Charles Christensen, Jordan Wessels	04
00	Dallas Mustangs Codie Hansen, Jennifer Blackman, Caroline Jennings, Candace Blackman	NT	3:31.18	400 yd. Free Relay	3:11.42	IA	Black Hawk Area S. T. Nicklaus Cordes, Nathan Hohnstein, Charles Christensen, Jordan Wessels	04
03	North Baltimore A.C. Kathryn Hoff, Courtney Kalisz Allison Barnes, Jackie Gonzalez	MD	7:31.98	800 yd. Free Relay	7:09.91	ST	Circle "C" Swimming Maverick Smalley, Andrew Wang, Steven Weber, Jerr Merritt	02
04	King Aquatic Clubs Brianne Lindblad, Ariana Kukors, Leona Jennings, Emilee Jenning	PN	1:46.74	200 yd. Medley Relay	1:38.51	IA	Black Hawk Area S. T. Nicklaus Cordes, Nathan Hohnstein, Charles Christensen, Jordan Wessels	04
02	North Baltimore A.C. Anne Marie Botek, Kelly Peloquin, Ashley Knapik, Kristina Delp	MD	3:51.24	400 yd. Medley Relay	3:35.89	VA	Nova of Va. Aquatics David Wren, Jordan Arencibia, Ian Vogt, Gaites Brown	04

15-16

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
03	Amanda Weir	GA	22.39	50 yd. Free	20.14	WI	Kyle Bubolz	03
03	Amanda Weir	GA	48.52	100 yd. Free	43.83	OH	Joe Hudepohl	90
79	Cynthia Woodhead	CA	1:44.10	200 yd. Free	1:36.19	CA	Eric Diehl	90
79	Tracy Caulkins	SE	4:36.25	500 yd. Free	4:18.12	MD	Michael Phelps	02
90	Jane Skillman	NJ	9:30.35	1000 yd. Free	8:49.97	CA	Jeff Kostoff	82
83	Tiffany Cohen	CA	15:46.54	1650 yd. Free	14:52.39	CA	Jeff Kostoff	82
98	Natalie Coughlin	PC	52.55	100 yd. Back	48.15	WI	Kyle Bubolz	03
99	Natalie Coughlin	PC	1:53.45	200 yd. Back	1:45.10	MA	Patrick Schirk	04
00	Megan Quann	PN	59.80	100 yd. Breast	54.70	MA	Brendan Hansen	98
89	Mary Ellen Blanchard	GA	2:09.06	200 yd. Breast	1:58.14	GU	Paul Kornfeld	04
98	Natalie Coughlin	PC	52.91	100 yd. Fly	47.10	CA	Michael Cavic	01
81	Mary T. Meagher	KY	1:52.99	200 yd. Fly	1:42.10	MD	Michael Phelps	02
79	Tracy Caulkins	SE	1:57.86	200 yd. I.M.	1:46.30	MD	Michael Phelps	02
79	Tracy Caulkins	SE	4:08.09	400 yd. I.M.	3:42.08	MD	Michael Phelps	02
01	Dallas Mustangs Codie Hansen, Jennifer Blackman, Kate Gunning, Candace Blackman	NT	1:35.00	200 yd. Free Relay	1:25.44	ST	Circle "C" Swimming Daniel Rohleder, Rob McFarland, Jerr Merritt, Maverick Smalley	02
01	Dallas Mustangs Codie Hansen Jennifer Blackman , Kenley Woods, Candace Blackman	NT	3:25.90	400 yd. Free Relay	3:06.51	GA	Swim Atlanta Will Giambalvo, Joe Connolly, Jim Jacobi, Marc Croggan	84

15 - 16 (continued)

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
01	King Aquatics Makinzie Moore, KatieWillis, Caitlin Firedhoff, Emily Kukors	PN	7:22.89	800 yd. Free Relay	6:47.79	PC	Terrapins S.T. Brent Feldman, Justin Rossi, Trent Holsman, Charles Kennedy	96
03	Tualatin Hills S. C. Mary Patterson, Genna Patterson, Kara Nelson, Anne Liggett	OR	1:44.22	200 yd. Medley Relay	1:35.50	VA	Coast Guard Blue Dolp. Joshua Fowler, Timothy Kegelman, Peter Verhoef, Corey Pollard	01
03	Tualatin Hills S.C. Mary Patterson, Genna Patterson, Kara Nelson, Anne Liggett	OR	3:43.81	400 yd. Medley Relay	3:27.85	ST	Circle "C" Swimming Daniel Rohleder, Jerr Merritt , Rob McFarland, Maverick Smalley	02

17-18

YEAR	NAME	LSC	TIME	EVENT	TIME	LSC	NAME	YEAR
02	Kara Lynn Joyce	MI	22.04	50 yd. Free	19.43	AZ	Anthony Ervin	00
04	Amanda Weir	GA	48.06	100 yd. Free	42.82	AZ	Anthony Ervin	00
91	Nicole Haislett	FL	1:45.05	200 yd. Free	1:33.28	PC	Troy Dalbey	87
90	Janet Evans	CA	4:34.39	500 yd. Free	4:12.33	MD	Michael Phelps	04
89	Janet Evans	CA	9:25.49	1000 yd. Free	8:48.57	CA	Jeff Kostoff	83
90	Janet Evans	CA	15:39.14	1650 yd. Free	14:38.22	CA	Jeff Kostoff	84
01	Natalie Coughlin	PC	51.23	100 yd. Back	47.34	OH	Jayme Cramer	00
01	Natalie Coughlin	PC	1:51.02	200 yd. Back	1:41.55	MD	Michael Phelps	04
01	Tara Kirk	PN	59.18	100 yd. Breast	53.50	PV	Ed Moses	99
01	Tara Kirk	PN	2:08.54	200 yd. Breast	1:55.63	MN	Michael Brown	03
01	Natalie Coughlin	PC	51.18	100 yd. Fly	45.96	ME	Ian Crocker	01
82	Mary T. Meagher	KY	1:53.37	200 yd. Fly	1:41.72	MD	Michael Phelps	03
91	Summer Sanders	SN	1:57.02	200 yd. I.M.	1:43.83	IL	Daniel Trupin	02
81	Tracy Caulkins	SE	4:04.63	400 yd. I.M.	3:41.45	FL	Ryan Lochte	03
89	Wilton Y Wahoos Robin Lewis, Catherine Haight, Lauren Curtis, Janel Jorgensen	CT	1:35.60	200 yd. Free Relay	1:22.89	ST	Circle "C" Swimming Garrett Weber-Gale, Will Sarosdy, Caleb McDermott, Adam Preston	02
81	Mission Viejo Marybeth Linzmeier, Julie Williams, Sue Habernigg, Cynthia Woodhead	CA	3:19.55	400 yd. Free Relay	3:01.34	MA	Team Foxcatcher Drew Ruggieri, Bill Smyth, Brian Daly, David Lawson	89
81	Mission Viejo Marybeth Linzmeier, Sue Habernigg, Julie Williams, Sherri Hanna	CA	7:12.62	800 yd. Free Relay	6:39.03	MA	Jersey Wahoos John Marion, Bremt Mathers, Chris Gally, Sean Killion	86
98	DeAnza Cupertino A.C. Andres Finlay, Susy Nicoletti, Hilary Peterson, Loni Burton	PC	1:46.28	200 yd. Medley Relay	1:31.74	OH	Anderson Barracudas Jayme Cramer, Rob Kauscher, Martin Tomes, Matt Bertke	01
04	Longhorn Aquatics Hayley McGregory, Alexi Spann, Andrea Axtell, Lindsay Voyles	ST	3:42.30	400 yd. Medley Relay	3:19.41	ST	Circle "C" Swimming Will Sarosdy, Jacobo Alejandro, Adam Preston, Garrett Weber-Gale	03

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AMERICAN LONG DISTANCE SWIMMING RECORDS

MEN			EVENT	WOMEN		
Ron Neugent	1984	1:16:21.54	Qtr.-Mile Straightaway (Four Mile)	Tobie Smith	1990	1:21:22
Drew Sutherland	2002	1:47:29.99	5 Mile	Allison McInturff	2002	1:48:52.47
Ray Pedin	1984	4:06:48.70	10 Mile	Stacy Chanin	1984	4:37:39.20
Chad Fallin	1985	4:52:20.00		Robin Boughey	1984	4:38:41.70
Ray Pedin	1984	6:19:00.30	15 Mile	Stacy Chanin (M)	1984	7:19:10.50
Chad Fallin	1985	7:30:07.00		Robin Boughey	1984	7:24:49.00
Ray Pedin	1984	11:24.42.40	20 Mile	Stacy Chanin	1984	13:13.08.00
Chad Fallin	1985	12:23.26.00		Robin Boughey	1984	14:07.27.90
Ray Pedin	1984	12:04:31.70	Marathon	Stacy Chanin	1984	13:48:58.30
Chad Fallin	1985	13:10:28.00	26 Mile-385 Yds.	Robin Boughey	1984	14:07:27.90
Jim Barber	1997	1:05:07.99	5 Kilometer	Briley Bergen	2001	1:02:24.40
David Swanson	1982	1:54:05.00	10 Kilometer	Libby Pruden	1983	2:00:48.00
Jim Barber	1997	3:21:23.27	15 Kilometer	Briley Bergen	2001	3:10:06.07
Jim Barber	1997	4:34.57.98	20 Kilometer	Briley Bergen	2001	4:15.34.03
Jim Barber	1997	5:50:05.08	25 Kilometer	Briley Bergen	2001	5:23:18.43
Jim Barber	1997	7:05:27.99	30 Kilometer	Penny Lee Dean	1978	6:48:26:00
Jim Barber	1997	8:23:29.06	35 Kilometer	Penny Lee Dean	1978	7:57:11.00
Gary Brinkman, SIU	1985	6135 Yards	One Hour Swim	Tiffany Cohen	1981	5700 yards
				Vera Baker	1981	5700 yards

MEN			AGE GROUP	WOMEN		
Brooks Stovall, SE	1998	11:08.17	9 Year 1000 Yard	Franchelle Klaus, LE	1994	11:36.13
Brooks Stovall, SE	1999	10:51.28	10 Year 1000 Yard	Chelsea Franklin, FL	2001	11:00.04
~~Steven Wright, FL~~	2002	21:28.07	11 Year 2000 Yard	Chelsea Franklin, FL	2002	21:47.87
Tyler Storie, OR	1997	20:43.62	12 Year 2000 Yard	~~Anna Strohl, LE~~	~~1997~~ 2002	21:03.20
Jeremy Gregory, TN	2002	30.01.15	13 Year 3000 Yard	~~Anna Strohl, LE~~	1998	30:47.25
Paul Kirk, LE	1998	28:48.93	14 Year 3000 Yard	Janet Evans, SC	1985	30:41.09
Dan Jorgensen, CA	1983	29:04.74	15 Year 3000 Yard	Kim Brown, CA	1986	30:00.32
Dan Jorgensen, CA	1984	28:45.61	16 Year 3000 Yard	~~Julie Martin, CA~~	1986	30:31.03
Dan Jorgensen, CA	1985	28:25.53	17 Year 3000 Yard	Stacy Shupe, CA	1983	30:15.72
Jeff Kostoff, CA	1983	27:39.81	18 Year 3000 Yard	Stacy Shupe, CA	1984	30:48.44
~~George Wilkenson~~, MA	1997	50:32.00	Open 5000 Yard	~~Elizabeth Lavelle, MD~~	2002	52:00.55

MEN			TEAM EVENTS	WOMEN		
Univ. of Arkansas	1983	2:48:48.15	Qtr.-Mile Straightaway (3 x Four Miles)	Univ. of Arkansas	1983	2:57:17.06
Roy Deary				Shelly Taylor		
Kevin Ryskowski				Leith Weston		
Ken Landgraf				Tammy Ditter		
So. Illinois University	1985	18,305 yards	3 Hour Swim (3 x One Hour)	Mission Viejo	1981	17,025 yards
Gary Brinkman				Tiffany Cohen		
Erwin Kratz				Vera Baker		
Anders Grillhammer				Florence Barker		

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