

## **NORTH AUSTIN AQUATIC LEAGUE**

### **NAAL STATEMENT OF PURPOSE**

The NAAL shall operate an organized summer swimming league for the ultimate benefit of young member swimmers of the league. It shall be the league's foremost purpose to strive to create a positive environment in which the opportunity is offered equally for all participants to enjoy the individual challenges and benefits inherent in competitive swimming such as, but not limited to: realization of personal growth & accomplishment, understanding and demonstration of sportsmanlike & respectful conduct amongst others (teammates, coaches, volunteers, and rival team members), and enjoyment of fun and friendly competitions. It shall be a commitment from all involved to positively support the youth of this league by striving to conduct all competition with the highest level of integrity while modeling the virtues of clean competition and good sportsmanship.

### **PARENT VOLUNTEER PHILOSOPHY**

Coaches and parents are reminded to read and practice the principles of the NAAL as outlined in the preamble to the NAAL Bylaws and within this document. We should place above all else the importance of creating a positive environment for all the children involved in the activities of this league.

Every Meet official must recognize the importance of his own contribution to the conduct of a swim meet. The fairness of the meet operation relies upon the attention and cooperative performance of all meet officials. During every meet, there are critical periods that which require the special attention of all meet volunteers. This may mean missing your child's swim or finish, but it is necessary that we be fair to all swimmers. If this is unreasonable, please ask to be relieved of your duties in advance. All officials & volunteers should refrain from showing bias while "on deck."

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## **SECTION I — LEAGUE GUIDELINES**

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1. **NAAL STRUCTURE** — The NAAL consists of 7 teams [Avery Ranch (AR), Balcones Woods (BW), Forest Area Swim Team (FAST), Great Hills/Jester Estates/Lakewood (GJL), Jewish Community Center (JCC), Twin Creeks Country Club (TC) and Westover Hills Club (WO).] Teams swim intra-league meets and one end-of-season champs meet for an 8 week competitive season.
2. **TEAM REPRESENTATION** — Before the season begins, each team shall have in place a primary league representative, a named alternate, and an active support organization for the swim team.
3. **ROSTER & COMMUNICATIONS** — A roster shall be kept in the NAAL drive and shall reflect current changes in team representation. League communications will be distributed to both contacts on the current roster. Only one representative shall have a voice in each discussion topic.

4. **LEAGUE MEETINGS** — See Appendix for timeline of league meetings and seasonal agenda items.
5. **MEET CALENDAR** — The league representatives shall establish a meet guide and a schedule of meets for the season, consisting of intra league meets and an end-of-season Team Champs Meet. For planning purposes, the schedule shall be out by January each year for the upcoming summer season.
6. **VOLUNTEER S&T CLINIC** — A clinic will be scheduled for the purpose of training Stroke & Turn Judges as well as Starters, False Start Judge, and Floater volunteers. Stroke and turn training is valid for a 2 year term.
7. **LEAGUE FEES** — A per head fee for insurance and operational expenses will be assessed each season. Current swimmer membership numbers shall be submitted to the treasurer by May 1st with a final headcount required by the Friday before the first meet.
8. **LEAGUE OFFICERS** — Each league rep shall take on the duties of a specific role in the league. The “Rotation of League Officers” chart (see below) shall serve as a suggested rotation for the NAAL Teams and their respective duties. Approval for a mutually agreed upon temporary change in officer rotation may be voted upon by a simple majority. Officer positions should be held by a single league representative. Rotation shall resume as outlined in following year(s).

<b>Rotation of League Officers</b> <i>Secretary / Vice President / President / Treasurer / Asst. Meet Director / Meet Director / Awards</i>							
Cycle	Awards	Treasurer	President	VP	Secretary	CHAMPS Meet Director	Asst. CHAMPS Meet Director
2016,	GJ/L	TC	JCC	AR	WO	FAST	BW
2017	TC	JCC	AR	WO	FAST	BW	GJ/L
2018	JCC	AR	WO	FAST	BW	GJ/L	TC
2019	AR	WO	FAST	BW	GJ/L	TC	JCC
2020	WO	FAST	BW	GJ/L	TC	JCC	AR
2021	FAST	BW	GJ/L	TC	JCC	AR	WO
2022	BW	GJ/L	TC	JCC	AR	WO	FAST

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## SECTION II — TEAM GUIDELINES

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1. **PRACTICE REGULATIONS** — Team practices may begin on the Monday of the week in which May 1st falls.
2. **MEMBERSHIP ON TEAM** — Each team will clearly define its membership requirements including geographic boundaries and team capacity. Any changes to team membership requirements for the upcoming season must be updated and submitted by January 15 for League approval.
3. **FEES** — Each team shall set its own swimmer membership fees. Every team is responsible for the per swimmer league fee to be paid to the league for expenses incurred. See Section I.

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## SECTION III — SWIMMER ELIGIBILITY

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1. **AGE LIMIT** — A swimmer must be 18 years old or younger on May 1st of the current year.
2. **AGE GROUP** — A swimmer's age as of May 1st of the current season will determine the age-group in which he/she may compete during the season.
3. **TEAM MEMBERSHIP & FEES** — A swimmer must be officially registered as a member of his team prior to competing. All swimmers must pay team membership dues. Individual teams may approve discounted registration rates, but may not waive registration or league fees entirely for any swimmer. All registration fees must include league dues.
4. **COACH'S FAMILY** — A coach's child, step-child or grandchild may swim with the team, providing they meet the league's membership requirements.

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## SECTION IV — SWIM MEET ELIGIBILITY

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1. **GENERAL** — Swimmers must meet the following criteria to be entered in an NAAL meet. Rule changes regarding eligibility cannot be made during the season, only before and after the season by a two-thirds vote of the league board.
2. **DIVISION** — Swimmers shall compete only against members of their sex.
3. **AGE GROUP** — All age groups are defined as being open to swimmers of that age group or any younger age. A swimmer cannot swim in two different age groups in the same stroke or relay event. For individual events and relays, age groups shall be: 6 & under, 8 & under, 10 & under, 12 & under, 14 & under, 18 & under. A swimmer will be scored in the age group in which they compete.
4. **EVENT LIMIT** — Swimmers may be entered in up to three individual and two relay events in a meet.

5. **LEVEL OF COMPETENCY** — To enter an event, a swimmer must be able to swim the length of the pool unassisted, without touching the bottom or sides of the pool, with a semblance of the prescribed stroke (See Stroke Details for stroke rules). Parents should look to coaches to establish entry eligibility for a swimmer and strive to support coach's discretion.
6. **SWIMSUITS** — No technical suits allowed. A swimmer may wear only one suit. The material of suits may consist only of cotton, Lycra, nylon, polyester, and spandex, and should not have fasteners or zippers. If you have any questions about the suit rule, please contact your coach or league representative. For the avoidance of doubt, suits classified as "technical" are prohibited.
  - Male swimmers must wear jammers or brief style suits. Swimsuits shall not cover a man's body higher than the top of the pelvic bone or the belly button and shall not cover any part of the body below the top of the knee.
  - Female swimmers must wear one-piece suits. Full body suits and two-piece suits are not allowed. Swimsuits shall not cover a woman's body outside the shoulder-joints or above the shoulder-line and shall not cover any part of the body below mid-thigh.
  - Swim cap — must not contain school or club logo other than summer league team logo(s).
7. **PROTESTS** — Appeals for any DQ's must be made to the Head Meet Director through the team representative ONLY. Parents and coaches may NOT be involved in the formal appeal process. At Champs, the Champs Meet Director is the final arbiter on all appeals except those involving his Club. The Vice President of the League is the final arbiter on disputes involving the Champs Meet Director's team. Appeals should be made at the time an infraction occurs or at the time incorrect information is posted from the computer. Video footage will not be considered.
8. **INTERFERENCE** — From the time a swimmer "takes his/her mark" until the end of that heat, that lane belongs to that swimmer. Anyone not swimming who interferes with that swimmer and lane (except for the obvious safety of the swimmer) will be considered an intruder. If the intruder is from that swimmer's team, that swimmer is disqualified. If the intruder is from the opposing team, the highest seeded swimmer from the opposing team for that event will be disqualified.
9. **SEASON MEETS** — To be eligible to participate in any season meet, a swimmer must participate in at least two (2) scheduled team practices the week of the meet to be eligible to participate in that week's meet. Exceptions may be made at the coach's discretion for children attending a week long camp, family vacation, or illness.
10. **END-OF-SEASON CHAMPS MEET ELIGIBILITY** — To be eligible to enter the end-of-season Champs meet a swimmer must meet all the following requirements:
  - A swimmer must have a current season meet time in each of his entered events. There shall be no "NT" (no time) allowed in the end-of-season

- Champs meet(s) entries). To be entered into a championship 25m event all swimmers, regardless of age, must be under the time standard of 1:00 for meters or: 55 for yards.
- Swimmers 7 and older must swim two season meets and at least 2 individual events of any stroke, in each of those meets to be eligible to swim the postseason Champs Meet. Swimmers 6 and under must swim in at least one individual event in each of at least two meets to be eligible for the post-season Champs Meet. A DQ in any event will count toward this requirement.
  - Neither Intra-squad meets, nor do “Timed Trials” fulfill this requirement.
    - NOTE: For Swimmers entered in a canceled meet, the meet and events not swum will count toward fulfilling eligibility requirement toward end-of-season Champs Meet.

***Example:** Swimmers must have at least one legal time in an individual event to be eligible to swim this event in a Championship Meet. a 7-year old swimmer swims breaststroke in 2 Meets and achieves 1 legal time and 1 DQ, then he is eligible to swim breaststroke in the Championship Meet.*

- **EXEMPTIONS** —The League will consider swimmer Exemptions to Championship qualifications ONLY in extenuating circumstances. The Championship Meet Qualifications Exemption Form must be completed and submit it to Team League Representatives no later than 1 week prior to the Champs Meet. The Exemption must be approved by a 2/3 vote of the League members.
  - Extenuating circumstances include, but are not limited to, death, illness, injury, cancelled meet where a legal time is held in the event, but the second chance to meet time standard was not available. Other extenuating circumstances are to the discretion of the NAAL board.
  - A reasonable exception can be submitted for league consideration and approval at the discretion of each team’s meet director and league representative.
  - Any accepted variance should be used as reference and placed in the Google Drive folder and used for future decisions.
  - Teams may not solicit exemptions from their members.

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## SECTION V — WEATHER GUIDELINES

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1. **GENERAL WEATHER GUIDELINES** — Ultimately, it is the home team Meet Director’s decision re: cancellation of a meet due to weather issues. Optimally, Meet Directors from both teams will discuss weather predictions when making decisions and should strive to use best judgment realizing Texas weather is unpredictable. Attempting to conduct the meet, even with a fair delay, is generally the best rule. Don’t cancel the meet prematurely. We want to give the swimmers every opportunity to swim. Remember, this is a fun league! Let your judgment reflect this.

2. **RE-SCHEDULING A MEET** — If a Meet is canceled due to inclement weather, facility conditions or other, it may be rescheduled by mutual agreement of the teams. If not held within two weeks, the Meet will be considered canceled. A Meet in progress that is stopped and rescheduled shall start at the point at which the original meet was stopped.
3. **SCORING A “CANCELED” MEET** — If a meet was stopped after half of the meet’s events have been completed, the leader after half of the meet’s events have been completed is considered to be the winner. If fewer than half the meet’s events have been completed, there shall be no declared winner.
4. **CANCELED MEETS/EVENTS COUNT FOR CHAMPS ELIGIBILITY** — For swimmers entered in a canceled meet, the meet and events not swum will count toward fulfilling eligibility requirement towards end-of-season Champs Meet, provided they have achieved a legal time in that event at another meet.

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## SECTION VI — SWIM MEET PREPARATION

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1. **LEAGUE HANDBOOK** — is the responsibility of the League. If you have any recommendations for improvements to this Guide, please contact this individual or your board League representative.
2. **SCHEDULE PREPARATION** — Team League Representatives (NAAL) shall present pool availability by September and finalize a season schedule prior to January each year, for the upcoming season.
3. **MEET START TIME** — Weekend meets are generally scheduled to start at 8:00 a.m. The start time and date of the meet may be changed in advance only by mutual consent of the competing teams. Meets shall start only after the Official Heat Sheets are submitted to the scoring table. The Official Meet results will be the official eligibility record for the League’s Championship Meet.
4. **HOST TEAM RESPONSIBILITIES** — The host team is responsible for timely communication with visiting team re: timeline, heat sheets, seating arrangements, event deviations from the norm, and provisions for a clean and safe environment for upcoming meet.
5. **OFFICIAL ENTRIES** — The entry list is the official entry and shall be shared with the opposing team at the time of seeding the meet. The entry list and matching data are to be exchanged no later than 6:00 p.m. Thursday for individual events and 6:00p Friday for relay events prior to the Saturday’s meet, unless otherwise agreed.
  - Late entries and scratches may be accepted up to the point of the first starting gun.
6. **HEAT SHEETS** — The Computer Chair will be responsible for providing official heat sheet computer files to each team after seeding the Meet. Each team will be responsible for posting heat sheets on their respective websites and making any copies needed for their own team’s volunteers, parents, coaches and swimmers.
7. **FACILITY** — The meet facility should be checked to ensure that all equipment is in good

working condition. This list includes:

- **LANE LINES:** shall be tight enough not to impede the swimmer on either side and located between all lanes and along the edge for odd-shaped areas (i.e. diving wells)
- **WATER:** Clean, chemically balanced water
- **BACKSTROKE FLAGS:** shall be placed approximately 6 ft. high and five (5) yd./m from the end of the pool (physical conditions permitting).
- **LIFEGUARDS:** shall be staffed by home team
- **FIRST AID KIT:** a working first aid kit shall be provided by home team and kept handy at all times
- **BATHROOMS:** shall be clean & kept supplied during meet

8. **POOL DECK SET-UP AREAS** — Provisions should be made by the home team to keep spectators a reasonable distance from the pool so that Meet Officials can perform their duties. We recommend each team utilize several team parents to help control swimmers and spectators in this regard. The Home Meet Director is responsible for maintaining orderly passage ways for stroke judges and other meet officials, particularly runners. The following areas are important:

- **STARTER'S AREA:** strobe light starting system, backup whistle or horn (provided by the league)
- **ANNOUNCER'S AREA:** amplifier system which can be heard in the pool and swimmer areas
- **MEET OFFICIAL'S RIGHT-OF-WAY AREA:** provisions should be made by the home team to keep spectators a reasonable distance from the pool so that meet officials can perform their duties.
- **COMPUTER AREA:** protected table with computer and printer
- **SCORING AND RIBBON AREA:** protected tables and 6-8 chairs
- **READY BENCH AREA:** 3-4 rows of benches or chairs (width based on the # of lanes in pool) convenient to starting area
- **VISITING TEAM AREA:** Special consideration should be given to provide adequate and reasonable accommodations for the visiting teams' swimmers, workers and spectators.
- **EVENT / HEAT BOARD:** — should be place where visible by starter and timers

9. **MISCELLANEOUS SUPPLIES** — supplied by host

- Starting Equipment / Strobe & backup whistle or horn
- Official Scoring sheets (for both teams)
- Official DQ Forms
- Official Change Forms
- Official ribbons (for both teams, include extras for ties)
- Clipboards (12-15 for all timers and pairs of stroke judges)
- 9 stopwatches for 6 lane pools, 12 for an 8 lane pool (plus 2 for backup) and spare batteries for watches
- Sharpened pencils (minimum of 20 for all workers on both teams)
- Drinks for volunteers
- Computer, printer, printer paper, and blank ribbon label sheets for results and ribbon preparation

1. **MEET ENTRY LIMIT** — Swimmers may be entered in up to three individual and two relay events. Swimmers may not swim in the same event in two different age groups. Swimmers who “swim up” will compete for points in the age group in which they contest their events. For purposes of the High Point award at CHAMPS, points may not be combined between age groups.
2. **TEAM PARTICIPANT LIMIT** — Each team is limited to seeding no more than 235 swimmers at any meet. Teams shall not, however, be limited to number of children in a specific event at meets.
3. **TIMED FINALS SEEDING** — All meets are swum as timed finals. In both season meets and the end-of-season Champs Meet, swimmers will be seeded progressively by time from NT (no time) or slowest times in early heats to fastest times in later heats.
4. **SEASON MEET SCORING & AWARDS** — season Meets shall be scored 1<sup>st</sup> - 3<sup>rd</sup> and awards given for 1<sup>st</sup> - 8<sup>th</sup> Individual and 1<sup>st</sup> – 3<sup>rd</sup> Relays, as follows:
  - Scoring Individual Events: 5 – 3 – 1
  - Scoring Relay Events: 5 – 0 – 0
  - Ribbons for Individual Events: 1<sup>st</sup> through 8<sup>th</sup>
  - Ribbons for Relay Events: 1<sup>st</sup> through 3<sup>rd</sup>
  - Ribbon Colors: Blue / Red / White / Pink / Yellow / Green / Orange / Purple
5. **SCORING RULES:**
  - Conducted by the Computer/Scoring Teams
  - The computer team / scorers are responsible to ensure that no deletions are made to the official heat sheet before the planned start time of the meet.
  - **WHEN COMPUTERS FAIL:** Scoring workers are responsible:
    - Determining the order of finish for an event, after all heats of an event have been run. Order of finish is determined by:
      - If two of the three times agree, that is the official time.
      - If three times have been recorded, the middle time is the official time for that swimmer.
      - EXCEPTIONS:
        - If one of the times is one (1) or more seconds higher or lower than the other times, that time will be thrown out and the two remaining times will be averaged to determine the swimmer’s time.
        - two times only have been recorded; average the two times for the swimmer’s finish time. If they differ by more than one second, consult with the Home Meet Director.
        - If only one time has been recorded, that is the official time.
  - The lowest of the above times is assigned first place, the second lowest is second place, etc... Assign order of finish through at least six (6) places as ribbons will be given for those finishes.
  - In the event of a tie, the points for the place tied and the following place are added together and divided equally between the two competitors.
  - Disregard any sheets that are marked “DQ” and /or have a DQ form. Ensure that all DQ forms have two sets of initials on them.

- If an event has been swum “unopposed”, (as determined by the Official Heat Sheet), points will be awarded as noted above.
  - If these rules do not cover a situation, consult the Home Meet Director. If you see consistent problems with a lane or a timer, call the Home Meet Director so he or she can address the problem.
    - Duplicate score sheets are maintained by one worker from each team. These sheets should be reconciled at the end of each stroke. The official score may be passed to the announcer after reconciliation (if agreed).
    - The cards are then sorted by team and returned to the team for the time to be recorded on the Official Heat Sheet (and usually on a second heat sheet to be retained by that team).
    - In addition to recording the time (to be used in seeding disputes), the scorer is required to cross off the names of any swimmer who did not swim in an event indicated on the worksheet. DQ’s are also to be recorded.
6. **OFFICIAL TIMES** — The official watch times will be used to place the swimmers in order of finish.
- **Computerized System and Timers:** All stopwatches will start timing with the start system signal. Each stopwatch stops when the lane timer stops it. A third manual watch will be used and recorded for back up.
  - **Traditional Stopwatches:** Three watches will be provided for each lane. When two of the three times agree, that is the official time. If all three times are different, the middle time is used. (Exception: if one of the three times is more than one second away from the other two, it is disregarded and the remaining two times should be averaged.)
7. **DISCREPANCIES IN TIME** — If a discrepancy is noted meet director & computer chair shall be alerted. Ultimately the meet director will sign off on results.
8. **SWEEPS** —If a team sweeps an event against another team, they will receive all nine (9) points. If the event was swum unopposed, points will be awarded in the usual manner except in case of disqualification.
9. **TIES** – For a two way tie, the points for the place for which the swimmers have tied and those for the next lower place finish are added together, divided by 2 to determine the point award. Both swimmers are awarded ribbons for the tied place. In the event of a three-way tie, points and ribbons are awarded in a similar manner.
- Awards will be distributed in the order described above with the two swimmers who tie given the same place ribbon, skip the subsequent place, and the next swimmer will receive the following award.
    - Example: If the tie occurs at 2nd place, no third place award will be given and the next fastest swimmer will be awarded 4th place.
  - If a tie occurs at the final place, then an award will be given to each of the tied swimmers.
10. **DISQUALIFICATIONS** – Disqualified swimmers will not place, and receive no team points or ribbons for that event.

11. **RECALL OF AWARDS** — Individual awards shall not be recalled except in the cases of ineligible swimmers or serious unsportsmanlike conduct on the part of the swimmer.

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**SECTION VIII — SCHEDULE OF EVENTS** (general guidelines & list of events)

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1. **GENERAL** — The listed schedule of events should be followed for season meets. The events are to be held in the order specified, with the girls' event first and then the boy's event, starting with the youngest age group first. (Odd numbered events, girls; and even -numbered events, boys). However, by mutual consent, meets may be scheduled with modified formats.

**ORDER OF EVENTS**

6 and under Free Relay

Medley Relay (no 6&u)

Freestyle

100 IM

Parent and Coach Relay \*

Backstroke

Breaststroke

Butterfly

Freestyle Relay (no 6&u)

\* no points awarded for Parent/Coach Relays  
Generally scheduled between IM & Back events or at  
backstroke switch of timers.  
Determined by Meet Director(s)

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**SECTION IX — VOLUNTEERS**

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The NAAL and all of the teams within the league are run by volunteers and without everyone's help, it is impossible to have these swim meets run efficiently. Each season meet requires approximately 200 volunteers! Volunteers are essential for conducting a successful swim meet.

Each team should select an active support organization prior to the beginning of a season. The league recommends at least one parent from every family is expected to volunteer at every meet in which their child participates.

This section of the Guide provides a description of the specific responsibilities of each of the volunteers and is intended to provide a guide for recruiting and training volunteers for the upcoming season. The league urges all leads have prior experience in that position.

The Home and Visiting Meet Director's standard checklist is also contained in this section, which contains an outline of the primary responsibilities of each position. The Meet Directors should reinforce specific key references in each job description with volunteers prior to the start of a meet.

The following job descriptions should be made available to the volunteers working in these areas and will outline their responsibilities (both prior to and during a meet).

- Coach
- Meet Director
- Computer Team & Scoring
- Stroke & Turn
- Age Group Parent
- Announcer
- Floater
- Hospitality
- Ready Bench
- Ribbons
- Runner
- Set-up / Tear-down
- Starter
- Timer
- Team Photographer: Optional

**COACH** — A minimum of 1 coach per team is required for each home and away meet. The Coach will work closely with Computer Lead and Meet Director relative to swimmer entry submission and other swimmer issues. Coaches are welcome but not required to attend the NAAL Stroke & Turn Clinic as well as league meetings.

- The Coach and Meet Director should discuss the upcoming meet by Wednesday to ensure any special request can be accommodated. Such requests must be negotiated with the opposing coach, the Home Meet Director, and Visiting Meet Director by Thursday prior to the meet to allow both teams a fair opportunity to prepare.
- The Coach will coordinate entries relative for submission according to Computer Lead's specified deadline. Entry deadline is Thursday 6p unless, at Meet Directors' discretion, agreed upon by Computer Leads.
- The Coach is responsible for preparing or overseeing team entries for the upcoming meet and ensuring that no swimmer be seeded in more than three (3) individual events, and two (2) relays (Section IV. Eligibility)
- Late entries and scratches may be turned in to the scoring table up to the point of the first starting gun.
- If a swimmer misses an event, he/she can still participate in other, subsequent events. However, that swimmer may not add another individual event to swim in place of the missed event.
- The official coach (or team president) may submit a written protest to the NAAL Vice President

within 48 hours on what is considered a serious or deliberate infraction of league Bylaws or unsportsmanlike conduct during a meet. The official coach is responsible to counsel any swimmer guilty of unsportsmanlike conduct or abuse of the letter or spirit of the NAAL Bylaws.

- The coach should work with the swimmers to be attentive and take their marks quickly in response to the instructions of the starter.
- The head coach is responsible for instructing the swimmers on his or her team in the proper stroke technique as described in this Handbook.
- A swimmer may be seeded at any age at or above his/her league age (as of May 1). Any points accrued by the swimmer stay with the event. A swimmer may “swim up” for both relay events without affecting individual events; however, a swimmer may not swim in the same relay at two different age levels.

**MEET DIRECTOR** — Each team is required to have 1-2 Meet Directors identified to serve for the season. All meet directors must attend a League Stroke and Turn Clinic each year. This individual will be the focal point and authority in preparation and conduct of the season meets. The meet directors shall mediate all disputes and are the authority in all matters addressed at the meets. If a consensus is not achieved on the deck, then the home meet director has the final authority to resolve any such concerns or disputes that arise during a meet.

This responsibility should be separated from any other key responsibility (e.g., coach or president) because of the conflict of responsibilities during critical periods. The Meet Directors will act as the official point of contact for channeling communications relevant to preparation for a season meet between two teams.

#### **Home Meet Director Responsibilities:**

- **Special Requests** — Mediate and approve any negotiations for special requests pertaining to the meet. Such request must be detailed and must be negotiated by Thursday prior to the meet to allow both teams adequate time to prepare. Officials and coaches for both teams must be aware of such exceptions.
- **Consistency** — Ensure that all officials and coaches are aware of their responsibilities prior to the start of each meet. This handbook is the “rule book” and should be used to review any special instructions that will pertain to the meet and conveying these to the officials to ensure consistency.
- **The Meet** – Observe the progress of the meet to ensure a smooth integration of all activities. Seeking feedback from the various officials and taking action to help, or replace any official who is ineffective, is critical
- **Facility** — Prior to the beginning of the meet review the condition of the pool, support facilities, equipment and supplies as outlined this Handbook (Section VI. 8. 9.) and ensure corrective action is initiated as necessary.
- **Computer / Heat Sheets** — Work closely with the Computer lead and must verify that the official heat sheets are at the scoring table, timing line, starter and announcer by the start time and see that the official results are forwarded to the League Meet Director after each meet.
- **Volunteers/Volunteer Leads** -- Coordinate with and instruct volunteer team leads to ensure all volunteers are aware of their responsibilities and expectations. In the absence of volunteer team leads, the Meet Director shall communicate directly with volunteers to ensure all aspects of the meet are running effectively and efficiently.
- **Protests** — The Home Meet Director shall accept protest considering matters of judgment only

from each team's official coach, the Visiting Meet Director, or the team president. The Home Meet Director may override an official's decision if it is not in agreement with the NAAL Bylaws.

**STROKE & TURN** — Stroke & Turn Volunteers are required to attend the NAAL Stroke & Turn Clinic every 2 years. They should have a basic understanding of the stroke & turn rules (based on USA Swimming Stroke & Turn Rules) and any NAAL variations.

- The Lead Stroke & Turn judge will ensure there is proper team to team coverage for all shifts prior to the start of the meet. The Lead shall obtain a list of stroke judges with their initials in case of question and work with the Meet directors when a dispute arises.
- The lane and heat are required along with two signatures on all DQ slips. Stroke and Turn judges should do their best to ensure the name matches the heat and lane.
- Due to the differences in pools, the Lead Stroke & Turn judge and Home Meet director will determine the amount of judges needed at the pool. There will be a minimum of 8 trained stroke judges at all times. Each stroke judge should wear a badge of office so they are readily identifiable.
- The Head Stroke Judge is not responsible for arbitrating deck disagreements between stroke judges; this is the responsibility of the Meet Director

**COMPUTER TEAM** — The Computer Lead works closely with the Meet Director and Coaches relative to swimmer entry submission.

**Entry Preparation** — Entries shall be prepared and submitted for the upcoming meet by Thursday to allow for the preparation of the official heat sheet. Unless otherwise agreed, the entry list and matching data are to be exchanged no later than 6:00 p.m. Thursday for individual events and 6:00 Friday for relay events prior to the Saturday's meet.

- **Seeding for Swim Meet:** Computer Lead is responsible for ensuring that no swimmer is entered in more than (3) individual events and (2) relay events. All swimmers in an event will be seeded by time from slowest to fastest, with slowest swimmers entered into the first heat.
- **Heat Sheets:** Computer lead shall make sure heat sheets are delivered prior to meet start time to scoring table, timing line, starter, announcer and ready bench. Advising the Home Meet Director that the Official Heat Sheet has been distributed to all necessary volunteer positions.
- **Meet Results:** Computer Operators will input swimmer's times during the meet and produce periodic results to be posted at a location chosen by the Home Team for all swimmers to view. The official heat sheets and computer information shall be forwarded by the Home Meet Director to the NAAL Opposing Meet Director after each meet.
- **Disqualifications:** The computer team will review the DQ
- **Awards:** Computer Team will work with the Ribbons Lead to print labels for awards during the Meet. They will also produce Improvement Ribbon labels for their individual teams sometime after the Meet.

**SCORER** — This position is part of the computer team. When there is not a computer available to score the meet, Lead Scorers are responsible for keeping track of team scores as the results for each event become available.

- Announce scores as they become available periodically throughout the meet.
- The scorers will review the DQ slips against the official heat sheets to ensure accuracy of the

DQ. When a dispute arises, the Scorer will relay to the Meet Director the error to address with the Stroke and Turn Lead.

- The Scorers will review the DQ slips against the official heat sheets to ensure accuracy of the DQ. When a dispute arises, the Scorer will relay to the Meet Director the error to address with the Stroke and Turn Lead.
- Responsible to ensure that no deletions are made to the official heat sheet before the planned start time of the meet.
- Receiving and organizing the event sheets which are delivered to the scoring table by the runners.
- Delivering the completed heat sheets to the Home Meet Director at the end of the meet.

**AGE GROUP PARENT** — Age group parents are not required to attend a league officials' clinic. It is the responsibility of each team to train their age group parents. Swimmers are expected to stay with their Age Group parent during the meet.

- Responsible for the safety and well-being of all kids in their age/sex tent for the entirety of each meet.
- Check in each swimmer in the tent at the beginning of the meet.
- Ensure each swimmer knows in which events they are participating according to the official heat sheet.
- Check and mark any swimmers not already marked with their race information. (Event/Heat/Lane/Relay leg only).
- Line up and escort swimmers in order to the Ready Bench. The younger swimmers should be personally escorted to the ready bench for each event to avoid lost time or missing their events.
- Best Practices recommend Age Group Parents remain at the meet until their last swimmer has been checked out by a parent/guardian.

**ANNOUNCER — Home Team Only**

- Welcomes the teams, calls for warm-ups, announces the National Anthem, calls for the start of the meet.
- The announcer should yield to the starter and watch for the starter to indicate when announcements may be made without interfering with heat starts.
- Calls for event line up as requested by the Ready Bench.
- Responsible for making periodic score announcements and any miscellaneous announcements requested by the Meet Directors.

**FLOATERS** — It is recommended all floaters should attend Stroke and Turn Training.

- Assists Meet Director as needs arise.
- Fills in for any volunteers unable to fill their position.
  - If filling in for Stroke and Turn, the floater must have attended the training.

**HEAT RIBBONS** – Distributes the heat ribbons to the swimmer that wins the heat at pool side.

- Watches each race and determines which swimmer touches the wall first.
- Hands green Heat Ribbon to the first swimmer to touch the wall.
- Determines Heat Winner regardless of false starts, legality of strokes, and official timekeeping.
- May award 2 or more ribbons in case of apparent tie.
- Does not consult with any other parent, volunteer, or official in awarding the Heat Ribbons.

**HOSPITALITY** – Each team shall supply at least two volunteers per shift.

- Serves water to volunteers at all meets.
- At home meets, ensures that there are cups, ice, and carrying trays available.
- Picks up discarded hospitality cups throughout the meet.

**READY BENCH** — A minimum of 4 ready bench workers per team per shift are required for each home and away meet. It is recommended that each team recruit and train 6-8 ready bench workers for the year. Ready bench workers are not required to participate in league training. It is the responsibility of each team to train their ready bench personnel.

Ready bench workers are responsible for organizing the swimmers into heats before the start of each event. Ready bench workers:

- Verify each swimmer or relay team has a valid entry and compare it with the copy of the official heat sheet.
- Notify the age group parents and/or coach of any missing swimmers or swimmers not on the official heat sheet.
- Arrange swimmers from both teams into individual heats.
- Ensure each swimmer is lined up at the correct lane.
- Stage swimmers such that one group moves on-deck area (behind the starting blocks) as the group from that area moves to the starting blocks.
- Critical to keeping meets running smoothly!
- May have to clear parents/coaches out of Ready Bench.

**RIBBONS** — Ribbons Volunteers are not required to attend NAAL Training. The League Representative in charge of Awards will order all season and CHAMPS meet awards, with the exception of season Personal Best Ribbons.

- The main responsibility for Ribbon Volunteers is to attach labels to the appropriate ribbons.
- Each team will supply a ribbons team and organize their team's ribbons for distribution to team members after the meet.
- Ribbons Lead for each team shall ensure that his team has ordered a sufficient number of Personal Best ribbons and any other team specific ribbons or awards for his own team.
- Should coordinate with the Computer Lead to ensure there are sufficient blank ribbon labels for each meet.

**RUNNER** — Runners are responsible for moving meet information to and from timers and computer operators. Not required to attend NAAL training.

- As needed, Runners will make sure timers have the correct time sheets.
- Pick up timer sheets from Timers and DQ slips from Stroke Judges after each heat and delivers them to the Scorers/Computer team.
- Two of the Runners will act as the DQ Runner, standing with the Stroke Judges and delivering DQ sheets to Scorer's table.

**STARTER** — At least one Starter from each team is needed per meet. It is recommended that each team have at least 2 trained people for the Starter/False Start Judge. All starters must attend a league Officials Clinic every other year. A new starter should be given an opportunity to learn the job prior to being lead starter. Starters should be consistent throughout the season using vocal commands and adhering to the rules and procedures as outlined in Section X. RULES.

- A minimum of 2 starters
- One shall operate the starter buzzer and give the starting commands.
- Both starters shall act as False Start judges together. Both should agree and initial the DQ slip in the event of a false start.
- Responsible for running the pool once the warm-ups have begun.
- Responsible for starting heats.
- Critical for moving the meet along quickly and smoothly.
- The Starter's commands take precedence over announcements made by the meet announcer.
- Coordinates with the Lead Stroke & Turn Judge, and other officials.
- The NAAL will provide a strobe light starter system to each team. Home team Starter shall ensure that the system is properly charged prior to the meet and relay any malfunctions or repair needs to the Home Meet Director.
- Starters should not be changed unnecessarily within an event.

**TEAM PHOTOGRAPHER** – Optional position; this person is the official photographer for the team and is granted access to places that parents and spectators are not allowed, such as the ready bench area, stroke and turn area, timers position.

- May NOT interfere with the running of the meet.
- Must wear a photographer badge to identify access to restricted areas
- Team photographer is limited to 2 per shift at dual meets. One per shift at all multiple team meets.

**TIMERS** – Do not attend NAAL Training.

- Each Team will supply two Lead Timers
- Lead Timers will serve as backup for when a timer misses a start.
- Stands at the end of assigned lane and times each swimmer in that lane for the duration of the shift.
- Change sides of the pool depending on the event.
- Required to listen to the Starter.
- Three timers per lane; not all from the same team.
- One timer records the times on the timing sheet and hands to runner.
- Required to stand at the edge of the pool to get the best view of finishes.
- May only guide swimmers to a stop on the backstroke with their hand when an obvious collision with the wall is about to happen.

**SET-UP / TEAR-DOWN** — Home Team Responsibility, although it is good sportsmanship / etiquette that visiting team discuss needs with the Home Meet Director. Home Meet Director will relay times of arrival and completion to the visiting Meet Director during the pre-meet communications.

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## **SECTION X – STROKE RULES**

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### **STROKE RULES**

The technical rules of swimming are designed to provide fair and equitable conditions for competition and to promote uniformity in the sport. Each swimming stroke has specific rules to ensure that no swimmer gets an unfair competitive advantage over another swimmer.

For the most part, USA rules for technical strokes are followed, with a few minor adjustments pertaining to false starts, turns, and relays.

## 1. THE START

- **Procedure** — Starters should strive to be consistent throughout the season and amongst one another, using the vocal commands and adhering to the rules and procedures outlined below.
- **Vocal Commands**
  - *“Swimmers Up”* signifies the “ok” to approaching heat to get ready on block or in water.
  - *“Event # / Heat / Event Name”* (order of strokes if appropriate) — announced to all
  - *“Timers & judges, ready?”* Starter proceeds when officials signal readiness by raising a hand
  - *“Swimmers, take your mark”*
  - *“BEEP”* sound the starting equipment

## 2. RULES OF THE START

- NAAL has implemented the “No-False-Start” Rule — The purpose of implementing this rule is to keep the flow of the meet and prevent swimmers from re-swimming an event due to a false start. In lieu of the false start rope, the starter from the visiting team will fulfill the role of False Start Judge to work jointly with the home team starter to verify false starts. Final confirmation of Disqualification of a swimmer is left to the discretion of the Starters.
- At the Starter’s command: “Take your mark” swimmers should be ready for the starting sound.
- A swimmer who may otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer’s reaction to the “stand up” command.

## 3. STARTING DQ’s (Disqualifications)

- If a swimmer is moving in a forward motion when the start is sounded, or posing intentional disruption prior to the starting sound, he may be disqualified.
- Once the starting signal is given the race shall continue without recall (no use of multiple signals or recall rope).
- 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 False Start Judge.
- DQ’s shall be left up to the discretion of the Starter and False Start Judge.
- A DQ due to a false start will count toward Championship Eligibility as an “attempted” event.
- From the time a swimmer “takes his/her mark” until the end of that heat, that lane belongs to that swimmer. Anyone not swimming who interferes with that swimmer and lane (except for the obvious safety of the swimmer) will be considered an intruder. If the intruder is from that swimmer’s team, that swimmer is disqualified. If the intruder is from the opposing team, the highest seeded swimmer from the opposing team for that event will be disqualified.

## 4. STROKE DETAILS

- **FREESTYLE**
  - **Start** – The forward shall be used. Swimmers may utilize the blocks; start from the pool deck, or from the water.
  - **Stroke** – In any event designated freestyle, the swimmer may swim any style. The swimmer

must break the surface of the water at or prior to 15 meters (16.4 yards) after the start and each turn. The stroke must be maintained throughout the course of the event.

- **Turns** – Upon completion of each length any part of the body must touch the wall.
- **Finish** – The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

- **BACKSTROKE**

- **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. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.
- **Stroke** – The swimmer shall push off on his back and continue swimming on the back throughout the race. The swimmer must break the surface of the water at or prior to 15 meters (16.4 yards) after the start and each turn.
- **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 single arm pull or simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.
  - Clarification: The swimmer may float or kick into the wall for backstroke turns after they've taken the one single or simultaneous double arm pull.
- **Finish** – Upon the finish of the race, the swimmer must touch the wall while on the back.

- **BREASTSTROKE**

- **Start** – The forward shall be used. Swimmers may utilize the blocks; start from the pool deck, or from the water.
- **Stroke** – After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.
  - All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.
  - During each complete cycle, some part of the swimmer's head, shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- **KICK** – All movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
  - The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- **TURNS AND FINISH** – At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. 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 the last complete or incomplete cycle immediately before the

touch.

- During the pull down, at start & turns, one single dolphin kick is allowed.

- **BUTTERFLY**

- **Start** – The forward shall be used. Swimmers may utilize the blocks; start from the pool deck, or from the water.
- **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. The swimmer must break the surface of the water at or prior to 15 meters (16.4 yards) after the start and each turn. 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.
- **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.
- **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.
- **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.

**5. INDIVIDUAL MEDLEY** – The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, the backstroke; the third one fourth, breaststroke; and the last one-fourth, freestyle (FLY, BACK, BREAST, FREE).

- **Start** – The forward shall be used. Swimmers may utilize the blocks; start from the pool deck, or from the water.
- **Stroke** – The above stroke rules will be used to judge each stroke individually.
- **Turns** – Intermediate turns within each stroke shall conform to the turn rules for that stroke. 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:
  - **Butterfly to Backstroke** – The swimmer must utilize a two-handed touch as described in the butterfly stroke detail. 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.
  - **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.
  - **Breaststroke to Freestyle** – The swimmer must utilize a two handed touch as described in the breaststroke stroke detail. Once a legal touch has been made, the swimmer may turn in any manner.
- **Finish** – The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

**6. RELAYS**

- **Freestyle Relay** – Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s), shall make a relay. Freestyle finish rules apply.
- **Medley Relay** – Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: backstroke, breaststroke, butterfly, and freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies.
- **TECHNICAL DETAILS**
  - No swimmer shall swim more than one leg in any relay event.
  - When automatic relay take-off judging is used, each swimmer must touch the wall in his/her lane at the end of the course to have finished his/her leg of the relay race.
  - In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
  - With the exception of in the water exchanges, no two swimmers on the same team shall be in the water at the same time.
  - Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.

## 7. RELAY EXCHANGES

- Again, benefit of the doubt is given to the swimmer.
- Judged by corner judges; on the Freestyle Relays, Stroke and Turn Judges may walk down to the non-start area of the pool and assume the corner judge role.
  - Diving Exchanges
    - *Foot to hand exchanges*: when the diver's feet or last foot has left the block, platform, or pool deck, look down to make sure the swimmer's hand has touched the wall.
  - In Water Exchanges
    - Any movement of in water swimmers before the exchange is legal.
    - *Hand to food exchanges*: Ensure that the *hand* of the incoming swimmer has touched the wall before the outgoing swimmer's *foot* leaves the wall.
    - The outgoing swimmer may not push or jump off the bottom of the pool for an advantages start.

## 8. DISQUALIFICATIONS

- The benefit of the doubt goes to the swimmer.
- A disqualification can be made only by the officials within whose jurisdiction the infraction has been committed.
- The designated judges making a disqualification shall initial the DQ slip and make every effort to fill out the form accurately.
- Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the Judge.
- A swimmer must start and finish the race in the same lane.
- 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.
- Obstructing another swimmer by swimming across or otherwise interfering shall disqualify the offender, subject to the discretion of the Judge.
- No swimmer is permitted to wear or use any device or substance to help his/her speed, pace or

buoyancy during a race.

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

## 9. RELAY DISQUALIFICATIONS

- Individual stroke disqualifications follow stroke rules
- All preceding rules pertain to relays as well as individual events.
- False starts will be judged ONLY at the start of the race and only by the Starters / False Start Judge.
  - False starts on relay legs shall be judged by the corner judges.
  - In relay races if any swimmer leaves early, before the swimmer touches the wall, that team shall be disqualified. This includes in the water starts.
  - In the water relay exchanges

## SECTION XI – PREPARING FOR THE POSTSEASON CHAMPS MEET(S)

### 1. PLANNING — CHAMPS planning takes place at the league level.

- **Location:** and dates are to be determined by the League Reps and included in the finalized season calendar.
- **Structure:** Every effort will be made to keep the structure to a one or two day format. Structure will also be determined at the league level and published with the season schedule.
- **Timeline:** 2-3 weeks prior to the CHAMPS meet, all league coaches and meet directors will host a meeting to determine which teams will take the lead in particular jobs and the number of volunteers needed per job per team in each volunteer role.

### 2. ELIGIBILITY — Swimmer Eligibility is listed in Section IV.10

- Exemptions are also note in Section IV.10

### 3. CHAMPS MEET DIRECTOR — Established by league roles as noted in League Rotation Schedule.

### 4. CHAMPS MEET SCORING & AWARDS — Champs Meets Individual events shall be scored 1st – 6th and awarded 1st – 8th with Medals going to top 8. Champs Relays shall be scored 1st – 6th with medals going to top 3 places and ribbons being awarded to 4th-8th.

- **High Point Plaques** — Awarded to the top three (3) swimmers who accumulate the highest *Individual Event* points by sex in each age group at CHAMPS (season meets are not included). The maximum points earned by a swimmer are 21.

- **Points are awarded as follows:**

Place	Individual Events		Relay Events	
<b>1st</b>	7 points	Gold Medal	14 points	Gold Medal
<b>2nd</b>	5 points	Silver Medal	10 points	Silver Medal
<b>3rd</b>	4 points	Bronze Medal	8 points	Bronze Medal
<b>4th</b>	3 points	Antique Medal	6 points	Pink

<b>5th</b>	2 points	Antique Medal	4 points	Yellow
<b>6th</b>	1 point	Antique Medal	2 points	Green
<b>7th</b>	—	Antique Medal	—	Orange
<b>8th</b>	—	Antique Medal	—	Purple

- **Time Improvement Ribbons** — provided by the League for CHAMPS meet are red/white/blue striped.

**5) VOLUNTEER ROLES**

- League Reps take on the Lead for each volunteer position at the CHAMPS planning meeting and volunteer numbers for each position are also decided at this time.
- All volunteer roles remain the same as regular season meets with the exception of set-up and tear-down.
- These teams will be determined at the league level at the planning meeting of meet directors.

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**APPENDIX I – ORDER OF EVENTS**

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Girls Event #		Boys Event #
1	6&U 100 Free Relay	2
3	8&U 100 Medley Relay	4
5	10&U 100 Medley Relay	6
7	12&U 200 Medley Relay	8
9	14&U 200 Medley Relay	10
11	18&U 200 Medley Relay	12
13	6&U 25 Freestyle	14
15	8&U 25 Freestyle	16
17	10&U 25 Freestyle	18
19	12&U 50 Freestyle	20
21	14&U 50 Freestyle	22
23	18&U 50 Freestyle	24
25	10&U 100 I.M.	26
27	12&U 100 I.M.	28
29	14&U 100 I.M.	30
31	18&U 100 I.M.	32
33	6&U 25 Backstroke	34
35	8&U 25 Backstroke	36
37	10&U 25 Backstroke	38
39	12&U 50 Backstroke	40
41	14&U 50 Backstroke	42
43	18&U 50 Backstroke	44
45	6&U 25 Breaststroke	46
47	8&U 25 Breaststroke	48

49	10&U 25 Breaststroke	50
51	12&U 50 Breaststroke	52
53	14&U 50 Breaststroke	54
55	18&U 50 Breaststroke	56
57	6&U 25 Butterfly	58
59	8&U 25 Butterfly	60
61	10&U 25 Butterfly	62
63	12&U 50 Butterfly	64
65	14&U 50 Butterfly	66
67	18&U 50 Butterfly	68
69	8&U 100 Freestyle Relay	70
71	10&U 100 Freestyle Relay	72
73	12&U 200 Freestyle Relay	74
75	14&U 200 Freestyle Relay	76
77	18&U 200 Freestyle Relay	78