

RULEBOOK 2016



**AMERICA'S
SWIM TEAM**

USASWIMMING.ORG



DECK
PASS and



HAS DECK PASS UPDATED THE PATCHES YET?
DARN SKIPPY WE DID.
CHECK IT!



CHECK YOUR
NEW PATCHES.

CHECK YOUR
NEW PERKS.

AND CHECK
YOUR NEW
MEMBER CARD.



DON'T HAVE DECK PASS?
GET IT TODAY!



and

Google play

2016 USA Swimming

Rules and Regulations

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USA Swimming's Calendar of Events

(calendar tentative and subject to change)

Date	Event		City
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Jan. 15-17	Arena Pro Swim Series	LCM	Austin, TX
March 3-5	Arena Pro Swim Series	LCM	Orlando, FL
April 8-10	Open Water National Championships	OW	Miromar Lakes, FL
April 14-16	Arena Pro Swim Series	LCM	Mesa, AZ
May 12-15	Arena Pro Swim Series	LCM	Charlotte, NC
June 2-5	Arena Pro Swim Series	LCM	Indianapolis, IN
June 2-5	Arena Pro Swim Series	LCM	Santa Clara, CA
June 26-July 3	U.S. Olympic Team Trials		Omaha, NE
Aug. 2-6	U.S. Open	LCM	Minneapolis, MN
Aug. 5-21	Olympic Games (Swimming: Aug. 6-13; Open Water: Aug. 15-16)		Rio de Janeiro, BRA
Aug. 8-12	Speedo Junior National Championships	LCM	Minneapolis, MN
Aug. 21-24	Junior Pan Pacific Championships	LCM	Kihei, Maui, HI
Sept. 18-25	U.S. Aquatic Sports Convention		Atlanta, GA
Nov. 30-Dec. 3	AT&T Winter National Championships	SCY	Atlanta, GA
Dec. 6-11	FINA World Championships	SCM	Windsor, CAN
Dec. 7-10	Speedo Winter Junior Championships West	SCY	College Station, TX
Dec. 7-10	Speedo Winter Junior Championships East	SCY	Columbus, OH
2017			
Jan.	Arena Pro Swim Series	LCM	TBD
Feb.	Arena Pro Swim Series	LCM	TBD
April	Arena Pro Swim Series	LCM	TBD
May	Arena Pro Swim Series	LCM	TBD
June	Arena Pro Swim Series	LCM	TBD
June 27-July 1	Phillips 66 National Championships (World Championships and University Games Trials)	LCM	Indianapolis, IN
July 15-30	FINA World Championships (Open Water: July 15-22; Swimming: July 23-30)	LSM	Budapest, HUN
Aug. 2-6	U.S. Open	LCM	East Meadow, NY
Aug. 8-12	Speedo Junior National Championships	LCM	East Meadow, NY
Aug. 19-28	World University Games (Swimming: Aug. 20-26)	LCM	Chinese Taipei
Sept. 10-17	U.S. Aquatic Sports Convention		Dallas, TX
Nov. 29-Dec. 2	AT&T Winter National Championships	SCY	TBD
Dec. 6-9	Speedo Winter Junior Championships West	SCY	TBD
Dec. 6-9	Speedo Winter Junior Championships East	SCY	TBD

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OFFICIAL GLOSSARY

Swimming Words and Terms

ABANDONMENT — termination of an open water event prior to its completion due to safety considerations.

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 ACT — the Ted Stevens Olympic and Amateur Sports Act (1998) (or as applicable, the Amateur Sports Act of 1978), as amended from time to time.

APPRECIABLE — sufficient in extent to be recognized.

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.

ARM — that part of the body that extends from the shoulder to the wrist.

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

BOARD OF DIRECTORS — unless otherwise noted, shall mean the USA Swimming Board of Directors.

BODY — the torso, including shoulders and hips.

BONUS (C) FINAL — the third fastest heat of swimmers competing in Finals.

BULLYING — the severe or repeated use, regardless of when or where it may occur, by one or more USA Swimming members of an oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member or Participating Non-Member that to a reasonably objective person has the effect of: (i) causing physical or emotional harm to the other person or damage to the other person's property; (ii) placing the other person in reasonable fear of harm to himself/herself or of damage to his/her property; (iii) creating a hostile environment for the other person at any USA Swimming activity; (iv) infringing on the rights of the other person at any USA Swimming activity; or (v) materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which shall include, without limitation, practices, workouts and other events of a member club, LSC or Zone).

CHAMPIONSHIP (A) Final — the fastest heat of swimmers competing in Finals.

CLOSED COMPETITION

- Competition exclusively among members of a single club
- Competition or series of competitions within an independent organization open only to members of that organization, such as:

- YMCA competition
- Summer league competition
- Conference competition
- Closed competition does not include representing a group within USA Swimming such as LSC, Zone, Region, or Section

CLUB — an organization which has been accepted for membership in USA Swimming.

CONFORMING TIME — time achieved in a course that corresponds to the meet competition course.

CONSOLATION (B) FINAL — the second fastest heat of swimmers competing in Finals.

COURSE — designated distance over which the competition is conducted.

LONG COURSE — 50 meters.

SHORT COURSE — 25 yards or 25 meters.

DECK CHANGE — changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes.

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

DRAW — random selection by chance.

DUAL COMPETITION — competition between two teams.

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

ESCORT CRAFT — boats or paddle boards used in open water competition for the swimmers' safety and logistical support.

ESCORTED SWIM — an open water event in which each swimmer is required to have an escort craft accompany the swimmer throughout the race.

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

EXECUTIVE DIRECTOR — unless otherwise noted, the Executive Director of USA Swimming.

EX-OFFICIO — a member of a board or committee serving by virtue of some other office or position held (whether in USA Swimming, in an Allied or Affiliate Member, or otherwise), or by virtue of an appointment to such committee or board pursuant to the Bylaws of USA Swimming. Ex-officio members have full rights of membership including the right to vote (unless otherwise provided in the Bylaws or Policy

Manual). Ex-officio members without the right to vote are not counted to establish a quorum (unless expressly provided otherwise in the Bylaws).

FEED POLE — a mechanical implement used by coaches or support personnel to deliver fluid and/or food to open water swimmers during the race.

FINALS — a session of a meet in which the concluding heats of an event are contested which may include championship, consolation, or bonus finals.

FINISH — the instant that a swimmer touches the wall at the end of the prescribed distance.

FINISH POINT — the physical location where an open water race terminates.

FIRST DAY OF MEET — day on which the 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 — an entry made while facing the course.

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

HEADQUARTERS — USA Swimming's office in Colorado Springs, Colorado.

HEATS — a division of an event in which there are too many swimmers to compete at one time. (See Preliminary Heats and Timed Final Heats)

HORIZONTAL — parallel to the surface 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 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.

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

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

LEAD BOAT — the boat used as a course guide for open water swimmers.

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.

- MANUAL START** — the start of any timing device by an individual in response to the same starting signal given to the swimmer(s).
- MAY** — permissive, not mandatory.
- MEET ANNOUNCEMENT** — document setting forth information of the meet events, schedule, and procedures.
- MEET COMMITTEE** — Unless otherwise specified in the meet announcement, the Meet Committee shall consist of the Meet Director, Meet Referee, and coach and athlete members as appropriate.
- MIXED CLASSIFICATION** — meet in which events of Age Group and Junior, Senior, or any other classification are offered.
- NATIONAL AGE GROUP (NAG) RECOGNITION TIME** — an official time that qualifies as one of the fastest for a given age group as defined in the SWIMS portion of the Policy Manual.
- NON-CONFORMING TIME** — entry time achieved in a course which does not correspond to the course in which the meet will be conducted.
- NOTICE** — A written communication notifying about a scheduled meeting of a committee, board or other governing body or group, or other fact or occurrence, required to be made by law, bylaw, rule or regulation. To be considered written, the communication must be addressed, using the last known address on file with the LSC or in SWIMS, to the intended or required recipient(s) and delivered by hand, first class mail, overnight or second day delivery by a national delivery service, facsimile transmission, electronic mail or text message.
- 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.
- ON THE BACK** — position of the body when the shoulders are at or past vertical towards the back.
- ON THE BREAST** — position of the body when the shoulders are at or past vertical towards the breast.
- OPEN COMPETITION** — competition which any qualified club, organization or individual may enter.
- OPEN WATER SWIMMING** — any swimming competition that takes place in rivers, lakes, or oceans.
- OUTREACH MEMBERSHIP** — a reduced-fee category of athlete membership for under-represented and/or economically disadvantaged swimmers.
- PACING** — an attempt by a person not participating in an open water race to enter the 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 an open water swimmer or group of swimmers.
- PERSONAL ASSISTANT** — person assigned to aid a disabled swimmer.
- PLACE JUDGE** — official assigned to record the order of finish of all swimmers by lane in each heat.
- POLICY MANUAL** — document adopted by the USA Swimming Board of Directors that specifies policies and procedures not contained in Rules & Regulations.
- PRACTICE** — the instruction of swimming techniques, skills, knowledge, conditioning, aptitude and motivation.
- PRELIMINARY HEATS OR PRELIMINARIES** — competition in which a number of heats are swum to qualify the fastest swimmers for the Finals.
- 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 the meet announcement.
- PROPULSIVE** — having power to propel.
- REINSTATEMENT** — return of all or limited rights of membership in USA Swimming.
- RELAY** — a race in which each team member swims a specified portion of the course.
- RELAY LEG** — the part of a relay event that is swum by a single team member.
- SANCTION** — a permit issued by an LSC to a USA Swimming group member to conduct a meet in conformance with all USA Swimming rules in which all participating swimmers are athlete members of USA Swimming, except as provided in Article 202.5.1.
- SCISSOR KICK** — use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick.
- SCRATCH** (from an event) — withdraw an entry from competition.
- SEASONAL ATHLETE MEMBERSHIP** — an individual athlete membership in USA Swimming which may be offered at the option of the LSC for one or two periods of not more than 150 days in a registration year pursuant to Article 302.
- SEASONAL CLUB** — an organization which has been accepted for membership in USA Swimming and which operates within 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.
- DECK-SEED** — swimmers are required to check in for their events on the day of the meet. After scratches are determined, events are seeded.
- PRE-SEED** — all entrants are seeded 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.

SHOULD — recommended but not mandatory.

SIMULTANEOUSLY — occurring at the same time.

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)

SPORTS ORGANIZATION — a corporation, club, federation, union, association, or other group organized in the United States which sponsors or conducts any athletic competition.

SUPPORT PERSONNEL — persons in an open water swimmer's escort craft who provide for feeding, navigating, coaching, and other supporting activities.

SWIMS (SWIMMING WEB-BASED INTERACTIVE MEMBERSHIP SYSTEM) — a single integrated database system which includes USA Swimming membership data and a databank of achieved times that are considered official and are recognized for proof of entry and recognition programs.

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

TAPPER — personal assistant who uses a pole with a soft-tipped end to tap a blind or visually-impaired swimmer as notification of turns and the finish.

TEXTILE MATERIALS — natural and/or synthetic, individual and non-consolidating yarns used to constitute a fabric by weaving, knitting, and/or braiding, or as further defined under current FINA swimwear rules.

TIME STANDARD — the time a swimmer must have previously achieved in order to compete in that event at a designated competition.

TIME TRIAL — an event conducted within or independently of a meet where the swimmer races against the clock to establish an official time.

TIMED FINAL HEATS OR TIMED FINALS — competition in which only heats are swim and final placings are determined by the times achieved in the heats.

TOUCH — contact with the end of the course.

TRYOUT — practices where a swimmer who is not a member of USA Swimming participates with a USA Swimming member club for a period not to exceed thirty (30) consecutive days in a twelve (12) month period to determine the swimmer's interest in becoming a member of USA Swimming.

TURN — a point where the swimmers reverse or change direction.

UNATTACHED — status of a member who does not represent a club or FINA member Federation in competition.

UNESCORTED SWIM — an open water event where swimmers compete without a designated support craft.

USA SWIMMING — USA Swimming, Inc., a Colorado corporation.

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 an outdoor pool), locker rooms, and such other areas as may be specifically designated by the host club or organization, meet director, or referee. In open water competition, the geographical area and environs where the meet is conducted.

VERTICAL — perpendicular to the water surface.

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 bell, whistle, air horn, or other appropriate audible device.

WAVE — at an open water event, a second or subsequent start used if the start area cannot accommodate all contestants at the same time.

WEBSITE — the official site maintained by USA Swimming on the internet (usaswimming.org).

PART ONE

TECHNICAL RULES

1

Except as otherwise noted, all provisions under Part One, the Technical Rules, are effective beginning May 1, 2016, and until changed. All provisions under Parts Two through Seven are effective beginning January 1, 2016, unless otherwise indicated. 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.

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 STARTS

- .1 **Equipment** — A loudspeaker start system conforming to 103.17, with or without an underwater recall device, and an electronic strobe signal visible to all manual timers for forward and backstroke starts, shall be the preferred starting device.
- .2 **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.

- 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 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.
- E A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter.

.3 **False Starts**

- A Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms the 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.
- 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 disqualified 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 A swimmer who would 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.
- E 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 207.11.6D(1).

.4 **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 leading 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 for that lane.

.5 **Deliberate Delay or Misconduct**

- A The Starter shall report a swimmer to the Referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may disqualify a swimmer for such delay, willful disobedience or misconduct.
- 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 disqualification shall not be charged as a false start.

101.2 **BREASTSTROKE**

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

.2 **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 except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. 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 be brought back on or under the surface of the water. 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.

.3 **Kick** — After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. Following which, 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. Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

101.2

- .4 **Turns and Finish** — At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. 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 preceding the touch.

101.3 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 except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.
- .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 separated and 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 separated and simultaneously at, above, or below the water surface.

101.4 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. 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. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad 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 is 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 after 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 an immediate continuous single arm pull or immediate continuous 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.
- .4 **Finish** — Upon the finish of the race, the swimmer must touch the wall while on the back.

101.5 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.

101.6 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 101.3.5. 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.

101.6

- (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 101.2.4. 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.

101.7 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 **Mixed Gender Relays** — must consist of two (2) males and two (2) females.
- .4 **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 touch-plate 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.

101.8 LONG DISTANCE SWIMMING — POOL EVENTS

- .1 Events 5000Y/5000m or greater conducted in a pool will be subject to the following special rules:
- A 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 re-entry is not permitted.
- B The swimmer's time includes the period the swimmer is out of the pool.

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 and 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.
- 50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle
 100, 200 backstroke
 100, 200 butterfly
 100, 200 breaststroke
 200, 400 individual medley
 200, 400, 800 freestyle relay
 200, 400 medley relay
 200, 400, 800 mixed gender freestyle relay
 200, 400 mixed gender 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, 400m/500y freestyle

50, 100 backstroke

50, 100 breaststroke

50, 100 butterfly

100, 200 individual medley

200 freestyle relay

200 medley relay

200 mixed gender freestyle relay

200 mixed gender medley relay

11, 12 Years50, 100, 200, 400m/500y, 800m/1000y,
1500m/1650y freestyle

50, 100, 200 backstroke

50, 100, 200 breaststroke

50, 100, 200 butterfly

100, 200, 400 individual medley

200, 400 freestyle relay

200, 400 medley relay

200, 400 mixed gender freestyle relay

200, 400 mixed gender medley relay

13, 14, 15, 16, 17, 18 Years

50, 100, 200, 400m/500y, 800m/1000y, 1500m/1650y freestyle

100, 200 backstroke

100, 200 breaststroke

100, 200 butterfly

200, 400 individual medley

200, 400, 800 freestyle relay

200, 400 medley relay

200, 400, 800 mixed gender freestyle relay

200, 400 mixed gender medley relay

- .3 **OPEN WATER AND LONG DISTANCE POOL EVENTS** — The following events are recommended for Sectional, Zone, and LSC competitions. Competitions may be composed of events selected from the following list of events or other such events/meet types as may be sanctioned by the LSC.

10 Years and Younger

1 kilometer open water

800m/1000y—pool

11, 12 Years

1, 3, 5 kilometer open water

1600m/2000y—pool

13, 14, 15, 16, 17, 18 Years

1, 3, 5, 10 kilometer open water

2400m/3000y—pool

Senior

5, 10, 25 kilometer open water

4000m/5000y—pool

- .4 **CONSOLIDATED EVENTS** — As a local option, events may be sanctioned and 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.

- .5 **TIME TRIALS** — Time trial events may be held in conjunction with a sanctioned, approved, or observed competition if all information about the conduct of the time trials is included in the meet announcement as sanctioned or approved by the LSC. Time trials may be a separate event, sanctioned, approved, or observed in compliance with Article 202.

102.2 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 finals for an event(s) are scheduled to be contested on a day subsequent to preliminaries for that event(s), that finals event(s) shall not be counted in the daily event limitation.
- .6 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.
- .7 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.
- .8 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.
- .9 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. Meet hosts may specify in the meet announcement that swimmers must submit estimated times if they have no official times.

102.3 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 similar all-star competition sanctioned or approved by USA Swimming. Foreign relays competing in USA Swimming sanctioned meets must consist of members of the same foreign club or may represent their recognized FINA federation if so authorized by that federation.
- .2 Relays may be conducted on a timed final basis or with preliminaries and finals.

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- .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 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 in accordance with the meet announcement.
- .6 The composition of a relay team may be changed between preliminaries and finals. All members competing on a relay team disqualified during preliminaries shall be barred from further competition in that event.
- .7 Names of eligible relay swimmers and order of swimming shall be submitted to the clerk of course 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.

102.4 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.

102.5 SEEDING, LANE ASSIGNMENTS, SWIM-OFFS, AND ORDER OF HEATS

- .1 **Preliminary Heats When Finals are Scheduled** — Entry times shall be 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. Swimmers shall be seeded in heats according to submitted times in the following manner:

A Fewer than three heats

- (1) If there is only one heat, it shall be swum as scheduled during the preliminaries and finals.
- (2) If there are 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.
- 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 102.24. 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. For the seeding of finals, the times used for the swimmers involved shall be the times achieved in their original preliminary heats. This elimination may be held at any time set by the Referee, but not more than 45 minutes after the last heat of any event in which any one of these swimmers is competing in that session. In the case of a disqualification in a swim-off the swimmer so disqualified is relegated to the lowest qualifying position for which he/she is competing. Disqualification in a swim-off for a qualifying position shall not eliminate a swimmer from eligibility to compete in the accompanying finals, or as an alternate. 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, with the swimmer having the next fastest time in the adjacent lane, then alternating the other swimmer(s) to the right or 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** — 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 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. For heats other than team selection finals where athletes are not provided any recognition other than the opportunity to swim (e.g., scoring points, earning prize money, etc.) alternates may be inserted into empty lanes in any heat regardless of order swum.

- C The order of heats shall be stated in the meet announcement.

102.6 COUNTERS

- A A swimmer in the 500/1000/1650 yard or 800/1500 meter freestyle or other long distance pool event (see 102.1.3) 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 nor interfere with another swimmer 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.

102.7 POSTPONEMENTS AND CHANGES IN PROGRAM

- .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. The Referee may waive the empty lane requirement with the concurrence of the coaches of the affected swimmers.
- .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 all affected swimmers or their coaches. 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, all affected swimmers or their coaches must voluntarily agree in writing that they have been notified and are in accord with such change. Any affected swimmer or his or her coach may file a written protest with the Referee prior to running of the 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

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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 Incomplete events will not be awarded or scored; however, times achieved in accordance with 102.24 up to the point of cancellation shall be considered official.
- F 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 Administrative Board or Zone Board of Review for hearing under the provisions of Part Four.

102.8 SWIMWEAR

.1 Design

- A Swimwear shall include only a swimsuit, cap, and goggles. It is not permissible to wear more than two (2) caps. Armbands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.
- B In swimming competitions, the swimmer must wear only one swimsuit in one or two pieces, except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee (see 701.4.4 for open water exception).
 - (1) Exemptions to the foregoing restriction may be granted to a swimmer, on a case by case basis, by the Chair of the Rules & Regulations Committee, or his/her designee. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs, verified medical conditions or other reasons deemed appropriate by the Rules Chair.

- (2) Procedures for applying for an exemption will be established by the Rules & Regulations Committee and posted on the USA Swimming website.
 - (3) No exemption to this restriction will be granted for a swimsuit that will give the swimmer a competitive advantage.
 - (4) The decision of the Rules Chair may be appealed only to the entire Rules & Regulations Committee, whose decision shall be final and binding on all parties.
- C Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.
 - D Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.
 - E No swimmer is permitted to wear or use any device, substance or swimsuit to help his/ her speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, power bands, adhesive substances, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Any kind of tape on the body is not permitted unless approved by the Referee.
 - F The Referee shall have authority to bar offenders from the competition until they comply with the 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 or the insignia of their FINA National Federation or Organizing Committees for Olympic, World, Continental or Regional Championships, except as otherwise provided in 202.8.3 for international competition and in FINA rules GR5 and GR6. 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 Advertising means the normal display of the name, designation, trademark, logo, or any other distinctive sign of the manufacturer of the item or any other advertiser permitted in accordance with this rule. FINA labeling and the USA Swimming logo or club logo shall not be considered as advertisements. Logos of the swimwear manufacturer shall be considered as advertising and are included in the limits described in (1) through (3) below. In the competition venue or complex of all events conducted by and under the control of USA Swimming or any LSC or division thereof, advertising appearing on swimwear is allowed as follows:

- (1) **Swimsuits** — A total of two separate advertising logos of a maximum size of 30 square centimeters (4.65 sq. in.) each, measured as worn, shall be permitted.
 - (2) **Caps** — A total of two separate advertising logos of a maximum size of 20 square centimeters (3.1 sq. in.) each, as measured as applied, shall be permitted. A club logo is not considered as advertising and is not subject to the size limitations.
 - (3) **Goggles** — A total of two separate advertising logos of a maximum size of 6 square centimeters (.9 sq. in.) each, as measured as applied, shall be permitted, but only on the spectacle frame or band.
- B Body advertising in the form of temporary tattoos or other embellishments is not allowed.
- C Advertising for the following shall not be allowed:
- (1) Products involving tobacco, alcohol or pharmaceuticals containing substances banned under IOC or FINA rules;
 - (2) Political statements; and
 - (3) Any products or services that would be counter to the values of the sport or bring disrepute to USA Swimming.
- D Swimmers in violation of the above provisions may be barred from the competition venue until they comply. However, any swimmer who competes in an event wearing swimwear in violation of these advertising provisions shall not be subject to disqualification.

102.9 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 102.24), 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.

102.10 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, Administrative Official, 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 Article 202 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 and Administrative Official 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. An LSC House of Delegates may establish additional minimum requirements.

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

.5 **Officials For USA Swimming Championships**

- A Officials for USA Swimming championship meets shall be assigned by the National Officials Chair with the approval of the Program Operations Vice President.
- B The following officials shall be required and assigned for all USA Swimming championships and team selection trials competitions:
 - 1 Referee
 - 1 Starter
 - 1 Administrative Referee
 - 1 Chief Timer
 - 1 Place Judge where overhead video cameras are not used (2 are preferred)
 - 1 Chief Judge
 - 1 Stroke Judge per each side of pool
 - 1 Timer/Relay Take-off Judge per lane (start end)
 - 1 Head Lane Timer per lane (start end)
 - 1 Timer/Turn Judge per lane (start end)

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- 1 Turn Judge per lane (turn end)
- 4 Relay Take-off Judges — two each side of pool
- 1 Recall Rope Operator
- 4 Marshals (minimum)

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 102.10.3. Where overhead video cameras are used, the Referee may make further modifications as appropriate.

D Additional Required Meet Personnel

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

102.11 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 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 disqualification.
- .3 Shall signal the Starter before each race that all officials are in position, that the course is clear, and that the competition can begin.
- .4 Shall assign marshals with specific instructions.
- .5 Shall give a decision on any point where the opinions of the judges differ; and shall have authority to intercede in a competition at any stage, to ensure that the appropriate racing conditions are observed.
- .6 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 102.24 and Article 104.
- .7 Shall make an immediate investigation when an apparent malfunction of the automatic or semi-automatic timing equipment has occurred, to determine whether the swimmer finished in accordance with the rules and/or if there was an actual equipment malfunction.

- .8 May prohibit the use of any device that disrupts or interferes with the meet, such as a laser pointing device or artificial noisemaker.
- .9 May modify any rule for a competitive swimmer who has a disability. Any such modification shall be in accordance with Article 105 of the USA Swimming Rules and Regulations, shall affect only the current meet, and shall not set a precedent.
- .10 Shall establish the necessary administrative and officiating procedures to conform to Part One of the rules and local conditions when the meet sanction allows conducting the events by starting them from the alternate ends of a 50-meter course.
- .11 Refer to 102.23 concerning protests.

102.12 STARTER

- .1 **Preparation** — The Starter shall stand on the side of the pool within approximately five meters of the starting end of the pool and, upon signal from the Referee, shall assume control of the swimmers until a fair start has been achieved.
- .2 **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 starts, give the command, "Place your feet."

102.13 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. 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** — One or two place judges shall be positioned on the side of the course near the finish and shall judge the order of finish of all swimmers. If two place judges are used, they shall independently record 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 102.24.5C in determining the order of finish.
- .3 **Stroke Judge** — Shall operate on both sides of the pool, preferably walking slightly behind the swimmers during all strokes except freestyle, during which events they may leave pool-side, 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 and the infraction.

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- .4 **Turn Judge** — Shall operate on both ends of the pool; shall ensure that after the start and when turning or finishing, the swimmer complies with the 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 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 feet of the departing swimmer(s) as they leave the starting platform and the touch of the incoming swimmer(s), 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 backup timing cameras are not available, the Referee will determine the confirmation process.

102.14 ADMINISTRATIVE OFFICIAL

- .1 Shall be responsible to the Referee for the supervision of the following:
 - A The entry and registration process
 - B Clerk of Course
 - C Timing Equipment Operator
 - D Scoring personnel
 - E Other administrative personnel
- .2 Shall be responsible to the Referee for:
 - A The accurate processing of entries and scratches.
 - B Accurate seeding of preliminary, semi-final and final heats.
 - C Determination and recording of official time.
 - (1) Receiving and reviewing the automatic and/or semi-automatic timing

results from the Timing Equipment Operator and comparing primary timing results with the back-up timing results to determine their validity.

- (2) Receiving the times recorded by the Head Lane Timers from the Chief Timer and the order of finish data from the Place Judges and using that data to the extent needed to determine the official time for each swimmer.
- (3) Unless otherwise directed, notifying the Referee whenever a time obtained by the primary timing system cannot be used as the Official Time.
- (4) Recording disqualifications approved by the Referee.

- D Determination of the official results.
- E Publication and posting of results and scores.

.3 Shall perform other duties assigned by the Referee.

102.15 SCORERS — In a scored meet, shall receive from the Administrative Official the results in timed finals, or consolation finals and championship finals for each event. They shall compile team and high-point scores as applicable.

102.16 RECORDER OF RECORDS — Shall obtain from the Administrative Official 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.

102.17 TIMING PERSONNEL AND THEIR DUTIES

.1 **Chief Timer** — The Chief Timer shall:

- A Assure the assignment of Lane Timers to lanes and the designation of one timer on each lane to be the Head Lane Timer.
- B 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.
- C Be responsible for delivering all manual watch times, including those of disqualified swimmers, to the Timing Judge.

.2 **Head Lane Timer** — The Head Lane Timer shall:

- A Determine whether the swimmer or relay team is present and in the correct lane, heat and event, and record the names and order of relay swimmers prior to the start of the race, and determine that the relay swimmers are swimming in the order listed.
- B Determine and record manual watch times or the absence of a swimmer or the relay team seeded in that lane.

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- C Assign one timer to time relay splits and initial distance times if requested by the Chief Timer.
 - D Report and indicate on the timing recording form if the swimmer has delayed in touching or has missed the touch pad at the finish, or if there is reason to believe the semiautomatic or manual times may be inaccurate.
- .3 **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:
- A 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 starting signal.
 - B 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.
 - C 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.
- .4 **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 or Administrative Official 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.

102.18 PRESS STEWARD — Shall obtain from the Clerk of Course or the Administrative Official 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.

102.19 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.

102.20 CLERK OF COURSE — 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. If manual seeding is used, the Clerk of Course shall assign heats and lanes. A Clerk of Course may be used to organize swimmers and escort them to the blocks for their assigned heats.

102.21 ANNOUNCER — The announcer shall make any announcements requested by the Referee, the Clerk of Course, or meet management.

102.22 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 102.13.6B, 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. Failure to notify does not negate 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 or otherwise interfering with another swimmer 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 swimmer'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 swimmer(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 committing the foul.

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- .10 Grasping lane dividers to assist forward motion is not permitted.
- .11 For relay disqualifications, refer to 101.7.4.
- .12 The time and/or place of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event. If awards have been made prior to the decision to disqualify they shall be returned and made to the proper recipient(s) and if points have been scored by those disqualified the event shall be rescored.
- .13 Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.
- .14 Video replay footage from cameras approved in writing in advance of the competition by the Vice President of Program Operations may be used to review stroke or turn infractions called on deck. The official(s) reviewing the video may only confirm the call made on deck, overrule the call, or advise the Referee that the review proved inconclusive.

102.23 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 representation, must be made to the Referee and submitted in writing within thirty (30) minutes after the race in which the alleged infraction occurred.
- .5 Except as provided in 102.23.1, 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 Chair 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 Zone Board of Review for the Zone in which the

sanctioning LSC is located or, in the case of a National Championship or trials class meet, to the National Board of Review, in accordance with Part Four of the USA Swimming Rules & 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.

102.24 TIMING RULES

.1 Requirements for Official Time

A Performance Requirements

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

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

C System Requirements for Specific Purposes

- (1) Official times achieved using a timing system in accordance with 102.24.3 are valid for all entry time and recognition program purposes with the following exception: World, American, and U.S. Open Records can be established only when timed by an automatic timing system, a backup camera system, or semi-automatic system if the automatic system fails.

- (2) A backup time adjusted as described in 102.24.4 may be used as an official time.

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 re-swim 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 102.24.1C.

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.

.2 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 activated by a starting device and stopped at the finish by the swimmer touching the touchpad.

B Semi-Automatic — A timing system activated by a starting device 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 102.17.3. Only hand-held, battery-powered, digital read-out type watches designed for timing purposes shall be used.

.3 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) 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) Stationary overhead video cameras recording 100 images per second. The cameras must be fully integrated with the primary 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 is a fully integrated video system or includes at least one (1) manual watch per lane, a tertiary system of at least one (1) manual watch per lane shall be provided.

.4 Determining 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, only valid times shall be used in calculating the official time. 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 three valid buttons or watches disagree, the time of the intermediate button or watch shall be the time for that timing system.
- (3) If only two valid button or watch times are available, the time shall be the average of those two buttons or the average of the two 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 provided it is supported by other information.

C Primary Timing System Malfunction — A malfunction may have occurred if:

- (1) The difference between the time obtained by the primary system and the back-up system(s) is approximately .30 second or greater; or
- (2) The place judge(s) reports a different order of finish; or
- (3) It is reported the swimmer missed the touchpad or had a soft touch.

D Adjustment for Malfunction on a Lane — When a malfunction is confirmed on a lane, the back-up times for that lane shall be calculated in accordance with 102.24.4B and integrated with the accurate primary times in establishing the official time and determining the results.

- E 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 Appendix 1 on page 53)

.5 Determining Results

- A Place and Ranking** — The results shall be by integration of official times including those times adjusted in accordance with 102.24.4.
- B Ties** — official times identical to the hundredths shall be ties, with swim-offs as required to determine qualifiers or alternates for semi-final, consolation or final heats.
- C Judging** — Judging shall only be used to change the results 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) The Place Judges both 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 results:

- (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.
- (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 102.24.5C. 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.

102.25 SCORING**.1 Dual Meets**

Individual events: 5-3-1-0

Relays: 7-0

.2 Triangular meets

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

Relays: 8-4-0

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

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

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

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

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

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

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

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

When consolation 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

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

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

.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 announcement.**.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.**

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102.26 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.

102.27 MEET RESULTS — Meet results shall be provided, as directed by the LSC, within fourteen (14) days after the meet. The results may also be provided in an electronic format 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 satisfying the requirements listed in 102.24.1A 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.

APPENDIX 1-A

EXAMPLE OF HEAT MALFUNCTION

Primary - Automatic (Late manual start confirmed);

Secondary - Semi-automatic, three buttons (button time not valid);

Tertiary - Manual, one watch

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

*Adjustment calculation:

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

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, LSCs 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 all racing starts, prior to certification, in any setting from any height starting blocks, from backstroke ledges or from the deck shall be 6 feet (1.84 meters) measured for a distance of 3 feet 31/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall. Teaching racing starts shall only take place under the direct supervision of a USA Swimming member coach and shall include:
 - A All racing start instruction until a swimmer has been certified by his or her USA Swimming member coach as proficient in performing a racing start, and
 - B Subsequent to certification, instruction which seeks to alter a swimmer's basic technique in performing a racing start.

Prior to certification, all racing starts must take place from a position in the water, regardless of pool depth. Subsequent to certification, practicing of racing starts may take place in water depth of four (4) feet (1.22 meters) and deeper.
- .3 **/M/ Racing Starts** — Minimum water depth for racing starts during practice and competition shall be measured for a distance 3 feet 31/2 inches (1.0 meter) to 16 feet 5 inches (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 feet (1.22 meters) at the starting end;
 - (1) The swimmer must start in the water;
 - (2) Backstroke starting ledges are not permitted.
 - B In pools with water depth 4 feet (1.22 meters) or more at the starting end, starting platforms shall meet the height requirements of 103.13.1.

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 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 or ten lanes, minimum width of 2.5 meters (8 feet 2 1/2 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 (or 10). The Vice President of Program Operations may waive this requirement for National Championships.
- B /LSC/ Minimum lane width for competitive swimming shall be 7 feet (2.13 meters).

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

103.7 WATER AND AIR TEMPERATURE

- .1 /LSC/ Water temperature between 25 to 28 degrees Celsius (77 to 82.4 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 /LSC/ 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.
- .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 /LSC/ 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.
- .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 warm-up period and preliminaries.

103.11 /M/ TOBACCO PRODUCTS — Smoking and use of other tobacco products is prohibited in all areas of the venue.

103.12 /M/ ALCOHOLIC BEVERAGES — Alcoholic beverages are prohibited in all areas of the venue. Exceptions to this provision may be made only with the approval of the USA Swimming Board of Directors.

103.13 /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 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. It may have an adjustable setting back plate. 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.

103.14 BACKSTROKE LEDGE — The backstroke ledge shall conform to FINA's specifications when used in competition as follows:

- .1 /M/ The ledge may be adjustable to 4 centimeters above or 4 centimeters below the water level.

103.14

- .2 /M/ The ledge shall be a minimum of 65 centimeters in length.
- .3 /M/ The ledge must be 8 centimeters in height, 2 centimeters at the width with 10 degrees of slope.
- .4 /M/ The ledge may not be used in water depth less than 4 feet (1.22 meters).

103.15 /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.
 - B /LSC/ Be outside the outermost lanes being used.
- .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 short course meters and 15 feet for short course yards 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 feet 21/2 inches) 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. Damaged or broken floats shall be removed and/or replaced, to the extent possible.
- .3 /LSC/ 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.
- .4 /NC/ Minimum 11 centimeter diameter floats shall be required for National Championships.

103.16 /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.

103.17 /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 final lap signal option.

103.18 /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.

103.19 /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 in all warm-up/warm-down areas.

103.20 AUTOMATIC OFFICIATING EQUIPMENT

- .1 /NC/ See 102.24 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, 117/16 inches) high, 2.4 meters (7 feet, 101/2 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 (113/16 inches) above and 0.6 meters (1 foot, 115/8 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 print-out.
- .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.

103.21 /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 (GFCI) 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 GFCI 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 governing regulations of the Federation International de Natation (FINA).
- .2 All claims shall be sent by facsimile transmission immediately following performance to the National Headquarters. Supporting evidence must be filed on official FINA World Record application forms, which must be in the National Headquarters within 21 days following performance. Responsibility for this filing shall rest with the meet recorder of records, official scorer, or LSC Records Chair.

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 102.24.
- 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 One, Two and Seven of USA Swimming Rules and Regulations unless such swim is observed in accordance with 202.7.

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 Executive Director or designee, for consideration. Such application must be supported by documentary or other evidence of performance as may be requested.

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

.2 American and United States Open Records

A Classification

- (1) American — May be established only by United States Citizens who are also U.S. Sports Citizens who achieve 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, 1650 yards
Backstroke	100, 200 yards
Breaststroke	100, 200 yards
Butterfly	100, 200 yards
Individual Medley	200, 400 yards
Freestyle Relay	200, 400, 800 yards
Medley Relay	200, 400 yards

- (2) **Short Course Meters** — Made only over courses 25 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 |
| Individual Medley | 100, 200, 400 meters |
| Freestyle Relay | 200, 400, 800 meters |
| Medley Relay | 200, 400 meters |
- (3) **Long Course** — Made only over courses 55 yards or 50 meters long
- | | |
|-------------------|-------------------------------------|
| Freestyle | 50, 100, 200, 400, 800, 1500 meters |
| Backstroke | 50, 100, 200 meters |
| Breaststroke | 50, 100, 200 meters |
| Butterfly | 50, 100, 200 meters |
| Individual Medley | 200, 400 meters |
| Freestyle Relay | 200, 400, 800 meters |
| Medley Relay | 200, 400 meters |

C Special Requirements and Conditions

- (1) Lead-off legs/initial distances of mixed gender relays shall not count for American or U.S. Open records.
- (2) 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 FINA without further certification.
- (3) When a record is claimed, an official record application form shall be filled out, signed by the designated officials, and transmitted to Headquarters with all supporting data, including official meet results and the primary printout tape from the automatic timing equipment, within 14 days after the performance.
- (4) 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.
- (5) Pool Measurement
 - (a) The length of the course shall be measured and certified by a qualified person in accordance with the standards established by USA Swimming. Such measurements shall be stated in feet and

inches and fractions of an inch, or feet and hundredths of a foot for short course yards pools, or in meters for long or short course meters pools.

- (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 the lane in which the record was set must be confirmed at the conclusion of the session during which the time was achieved.
- (6) Pending record claims properly documented and approved by the Vice President of Program Operations or designee may be approved and declared effective immediately.
- (7) American and United States Open Records established at the USA Swimming National Championships, the U.S. Open, any World Cup event sponsored by USA Swimming, and at events conducted by FINA, shall, upon receipt of final results, proper completion of pool certification, and approval by the Vice President of Program Operations or designee, be declared effective immediately unless a faster claim is pending.
- (8) Record claims not previously accepted and declared effective under (6) or (7) above shall be considered by the Vice President of Program Operations or designee for recommendation and acceptance. Applications ruled incomplete may be reconsidered by the Vice President of Program Operations or designee and final action recommended to the Board of Directors.
- (9) Swimmers who establish a record shall be presented with a certificate signed by the President of USA Swimming and the Vice President of Program Operations or designee.

.3 **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 of the National Age Group Recognition Program as listed in 205.9.

- B Reporting** — When a listed Age Group record is bettered, an official Age Group Record Application Form (provided by Headquarters to the LSC and posted on the USA Swimming website) shall be filled out, signed by the designated officials, and transmitted within thirty (30) days. The swimmer or the

swimmer's representative shall be responsible for initiating the record validation and reporting procedures established by the Vice President of Program Operations or designee.

- C **Recognition** — 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 better the current National Age Group Record.

.4 **Zone Age Group Records**

- A **Requirements** — Zone records must be achieved in Zone championship meets.
- B **Reporting** — Each Zone shall determine the means of reporting Zone records.
- C **Recognition** — Each Zone shall determine appropriate recognition for Zone records.

.5 **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 NAG Recognition Times.

- 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

105.1

as a permanent physical or cognitive disability that substantially limits one or more major life activities. This section contains guidelines and suggestions for making such modifications.

.2 Responsibilities

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

B **Referee** — The Referee's responsibilities include:

- (1) Determining if the requested modifications are appropriate and can be met.
- (2) Instructing the Starter and Stroke & Turn officials as to the accommodations to be made for that swimmer.

.3 **Modifications** — Aids to buoyancy or speed are not allowed (See 102.8.1E). Some of the modifications which the Referee may make to accommodate the swimmer with a disability are:

A A change in starting position.

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

C Allowing the swimmer to have a personal assistant(s). A personal assistant is not required to be a member of USA Swimming unless acting in a coaching capacity.

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

105.2 BLIND AND VISION LOSS

.1 **Start** — With an audible starting system, no modification is usually required for a swimmer who is blind or has vision loss. A swimmer may, however, require assistance getting to and on the block. Should the swimmer feel insecure starting from the block or deck, an in-the-water start is allowed.

.2 **Turns and Finishes** — A swimmer who is blind or has vision loss is permitted to have personal assistants ("tappers" who use poles with soft-tipped ends to tap the swimmer as notification of turns and the finish). Sound devices shall not be used. It is the swimmer's responsibility to provide the tapper(s), who shall be positioned within the confines of the swimmer's lane at the ends of the pool.

.3 **Relay Take-Offs** — A physical touch may be required to signal the relay swimmer when his/ her teammate has touched the wall. The specific method may be tailored to the swimmer's preference so long as it does not aid the swimmer's take-off or interfere with the timing.

105.3 DEAF AND HARD OF HEARING

- .1 Deaf and hard of hearing swimmers require a visual starting signal, i.e., a strobe light and/or Starter's arm signals. The Referee may reassign lanes within the swimmer's heat, i.e., exchanging one lane for another, so that the strobe light or Starter's arm signal can more readily be seen by the deaf or hard of hearing swimmer. Standard Starter's arm signals are shown in Figures 1 and 2. A false start rope is required in the event of a recall, provided the meet host is notified by the entry deadline that a deaf or hard of hearing swimmer will be participating.
- .2 **Strobe Light Location** — The Starter shall advise the swimmers about the location of the strobe light and the light shall be located where the swimmers can clearly see it for the start. For backstroke starts, the light should be positioned so that the swimmers don't have to turn their heads to look backwards.

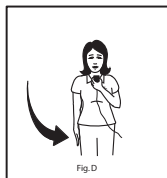
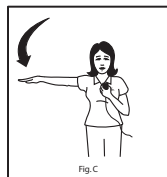
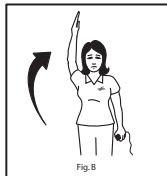
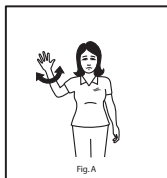


FIGURE 1: FORWARD START

- A. Twist hand at chin level — short whistles
- B. Arm overhead — swimmer steps onto starting block
- C. Arm moves to shoulder level — signal to "take your mark"
- D. Arm moves to side of body — starting signal

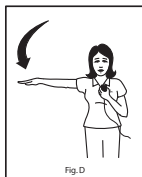
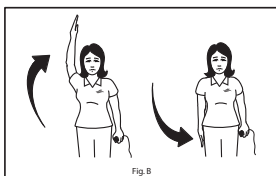
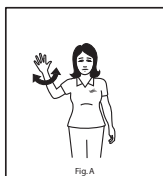


FIGURE 2: BACKSTROKE START

- A. Twist hand at chin level — short whistles
- B. Arm overhead — swimmer enters water; drop arm to side while swimmer enters water
- C. Arm overhead — swimmer returns to backstroke start position
- D. Arm moves to shoulder level — signal to "take your mark"
- E. Arm moves to side of body — starting signal

105.4

105.4 COGNITIVELY DISABLED — A swimmer may be permitted to have an assistant on the deck when necessary. No other specific rule modifications are required other than patience and clarity in communicating instructions.

105.5 PHYSICAL DISABILITIES

.1 **Start** — Swimmers with physical disabilities:

- A May take longer to assume their starting position;
- B May have difficulty holding the starting platform or pool end for a start;
- C May need assistance from someone on the deck to maintain a starting position;
- D May use a modified starting position on the blocks, deck or in the water.
- E Shall use a forward start for freestyle, breaststroke and butterfly. The Referee, however, may allow modifications such as the following:
 - (1) The swimmer may start from a sitting position on the block or on the deck;
 - (2) The swimmer may assume a starting position in the water, with or without assistance;
 - (3) If the swimmer cannot use a hand and/or foot to maintain contact with the wall, some other part of the body may be used.
 - (4) For breaststroke and butterfly, after the start and after each turn, a swimmer who is unable to push off with the leg(s) may perform one arm stroke that need not be simultaneous or on the horizontal plane to attain the breast position.

Examples of modified starting positions are shown in Figures 3 through 7.

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

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.

FIGURE 3 —
Sitting on block
or deck

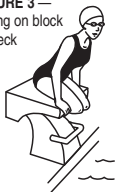


FIGURE 4 — Kneeling start



FIGURE 5 — Unassisted in-the-water
forward start

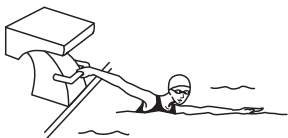
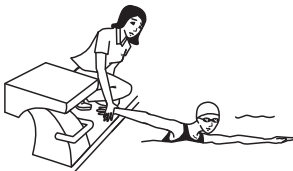


FIGURE 6 — Assisted in-the-water forward start



.3 Turn/Finishes

- A 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.

FIGURE 7 — Assisted on
block or deck forward start



- B At the turn and finish of the butterfly, an athlete with no leg function is permitted to perform a partial stroke with the arm(s) recovering forward under the surface of the water in order to touch the wall.

- .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.

APPENDIX 2-A

2016 CHAMPIONSHIP MEET SITES AND DATES

U.S. Olympic Team Trials

June 26 – July 3
Omaha, Nebraska

U.S. Open (LCM)

August 2-6
Minneapolis, Minnesota

Speedo Junior National Championships (LCM)

August 8-12
Minneapolis, Minnesota

AT&T Winter National Championships (LCM)

November 30 – December 3
Atlanta, Georgia

Speedo Winter Junior Championships West (SCY)

December 7-10
College Station, Texas

Speedo Winter Junior Championships East (SCY)

December 7-10
Columbus, Ohio



OFFICIAL TIME STANDARDS



OLYMPIC TRIALS SWIMMING

Women	Event	Men
26.19	50 Freestyle	23.29
56.49	100 Freestyle	50.69
2:02.39	200 Freestyle	1:51.89
4:17.99	400 Freestyle	3:58.69
8:49.99	800 Freestyle	x
x	1500 Freestyle	15:49.99
1:03.39	100 Backstroke	57.19
2:16.59	200 Backstroke	2:03.79
1:11.49	100 Breaststroke	1:03.69
2:34.99	200 Breaststroke	2:18.39
1:01.19	100 Butterfly	54.79
2:14.99	200 Butterfly	2:01.99
2:18.69	200 Individual Medley	2:05.09
4:54.99	400 Individual Medley	4:27.49

Times are Long Course Meters only.

Qualifying Period is July 30, 2014, through the entry deadline.

U.S. OPEN



USA CHAMPIONSHIP SERIES *****

TIME STANDARDS

2016

U.S. OPEN

Qualification Period 7/1/2015 through Entry Deadline

Women			Men	
SCY	LCM		LCM	SCY
22.49	26.19	50 Freestyle	23.29	19.89
49.09	56.59	100 Freestyle	50.79	43.39
1:46.49	2:02.39	200 Freestyle	1:51.89	1:36.09
4:44.99	4:17.99	400/500 Freestyle	3:58.69	4:20.29
9:49.99	8:49.99	800/1000 Freestyle	8:15.49	9:07.49
16:21.89	16:52.99	1500/1650 Freestyle	15:49.99	15:15.59
53.69	1:03.39	100 Backstroke	57.19	47.19
1:56.39	2:16.59	200 Backstroke	2:03.99	1:45.49
1:01.29	1:11.59	100 Breaststroke	1:03.89	53.89
2:12.89	2:34.99	200 Breaststroke	2:18.99	1:59.19
53.29	1:01.19	100 Butterfly	54.79	47.59
1:58.49	2:15.29	200 Butterfly	2:02.29	1:45.69
1:58.99	2:18.69	200 Individual Medley	2:05.29	1:45.79
4:13.89	4:54.99	400 Individual Medley	4:27.99	3:47.99
x	3:52.69	4x100 Fr-R	3:29.29	x
x	8:22.19	4x200 Fr-R	7:42.79	x
x	4:18.29	4x100 Med-R	3:50.09	x

Women		18 & Under Bonus	Men	
SCY	LCM		LCM	SCY
22.89	26.69	50 Freestyle	24.09	20.59
49.89	57.79	100 Freestyle	52.19	44.59
1:47.79	2:04.69	200 Freestyle	1:54.69	1:38.79
4:49.09	4:22.19	400/500 Freestyle	4:03.59	4:29.29
9:58.79	9:00.29	800/1000 Freestyle	8:24.69	9:15.19
16:35.89	17:14.29	1500/1650 Freestyle	16:08.09	15:37.49
54.69	1:04.59	100 Backstroke	58.99	49.89
1:58.09	2:18.69	200 Backstroke	2:07.39	1:48.39
1:03.09	1:13.49	100 Breaststroke	1:06.29	55.99
2:15.89	2:38.69	200 Breaststroke	2:23.69	2:01.59
54.19	1:02.59	100 Butterfly	56.69	49.19
1:59.59	2:17.39	200 Butterfly	2:05.49	1:48.29
2:00.99	2:21.39	200 Individual Medley	2:08.69	1:49.29
4:15.59	4:58.09	400 Individual Medley	4:33.89	3:53.49



TIME STANDARDS 2016

SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS

Qualification Period 7/1/2015 through Entry Deadline

2

Girls			Boys	
SCY	LCM		LCM	SCY
22.89	26.69	50 Freestyle	24.09	20.59
49.89	57.79	100 Freestyle	52.19	44.59
1:47.79	2:04.69	200 Freestyle	1:54.69	1:38.79
4:49.09	4:22.19	400/500 Freestyle	4:03.59	4:29.29
9:58.79	9:00.29	800/1000 Freestyle	8:24.69	9:15.19
16:35.89	17:14.29	1500/1650 Freestyle	16:08.09	15:37.49
54.69	1:04.59	100 Backstroke	58.99	49.89
1:58.09	2:18.69	200 Backstroke	2:07.39	1:48.39
1:03.09	1:13.49	100 Breaststroke	1:06.29	55.99
2:15.89	2:38.69	200 Breaststroke	2:23.69	2:01.59
54.19	1:02.59	100 Butterfly	56.69	49.19
1:59.59	2:17.39	200 Butterfly	2:05.49	1:48.29
2:00.99	2:21.39	200 Individual Medley	2:08.69	1:49.29
4:15.59	4:58.09	400 Individual Medley	4:33.89	3:53.49
x	3:56.49	4x100 Fr-R	3:34.89	x
x	8:29.99	4x200 Fr-R	7:47.69	x
x	4:22.69	4x100 Med-R	3:56.99	x

Girls		Bonus	Boys	
SCY	LCM		LCM	SCY
23.49	27.19	50 Freestyle	24.49	21.19
50.79	58.29	100 Freestyle	52.89	45.39
1:49.39	2:05.69	200 Freestyle	1:56.49	1:40.09
4:52.19	4:23.89	400/500 Freestyle	4:05.49	4:30.09
10:05.19	9:05.09	800/1000 Freestyle	8:27.69	9:19.39
16:45.09	17:29.69	1500/1650 Freestyle	16:27.39	15:46.39
56.09	1:05.59	100 Backstroke	59.69	50.49
2:00.69	2:20.89	200 Backstroke	2:09.69	1:49.69
1:03.89	1:14.29	100 Breaststroke	1:07.09	56.59
2:18.89	2:40.49	200 Breaststroke	2:25.09	2:02.89
55.69	1:03.59	100 Butterfly	57.69	49.89
2:02.39	2:19.29	200 Butterfly	2:07.29	1:49.89
2:03.99	2:22.39	200 Individual Medley	2:10.09	1:50.69
4:22.09	5:00.49	400 Individual Medley	4:37.29	3:56.89



TIME STANDARDS 2016

FUTURES CHAMPIONSHIPS

Qualification Period 7/1/2015 through Entry Deadline

WOMEN

	LCM	SCY
50 Freestyle	27.49	24.39
100 Freestyle	59.59	52.19
200 Freestyle	2:08.19	1:52.99
400/500 Freestyle	4:28.79	5:03.49
800/1000 Freestyle	9:13.79	10:20.49
1500/1650 Freestyle	17:40.19	17:14.39
100 Backstroke	1:07.29	58.49
200 Backstroke	2:24.79	2:05.79
100 Breaststroke	1:16.19	1:06.29
200 Breaststroke	2:43.79	2:23.09
100 Butterfly	1:05.19	57.89
200 Butterfly	2:21.89	2:06.19
200 Individual Medley	2:26.39	2:08.29
400 Individual Medley	5:07.29	4:30.69
4 x 100 Freestyle Relay	4:04.29	3:34.09
4 x 200 Freestyle Relay	8:40.89	7:36.39
4 x 100 Medley Relay	4:33.79	3:57.09

MEN

	LCM	SCY
50 Freestyle	24.89	21.49
100 Freestyle	53.79	46.69
200 Freestyle	1:58.09	1:42.09
400/500 Freestyle	4:09.99	4:37.09
800/1000 Freestyle	8:40.69	9:34.29
1500/1650 Freestyle	16:38.99	16:05.49
100 Backstroke	1:00.79	52.49
200 Backstroke	2:11.89	1:53.59
100 Breaststroke	1:08.69	58.89
200 Breaststroke	2:29.09	2:08.59
100 Butterfly	58.39	51.59
200 Butterfly	2:10.19	1:53.69
200 Individual Medley	2:12.79	1:55.09
400 Individual Medley	4:42.39	4:07.59
4 x 100 Freestyle Relay	3:40.89	3:12.89
4 x 200 Freestyle Relay	8:00.49	6:58.59
4 x 100 Medley Relay	4:05.89	3:32.79



TIME STANDARDS 2016

SPEEDO SECTIONALS

2

Individual event qualifying times cannot be faster than the times listed above
For minimum qualifying standards, please refer to the specific Speedo Sectional website

WOMEN

	LCM	SCY
50 Freestyle	28.09	24.49
100 Freestyle	1:00.69	53.09
200 Freestyle	2:10.99	1:53.79
400/500 Freestyle	4:35.29	5:05.09
800/1000 Freestyle	9:27.39	10:28.79
1500/1650 Freestyle	18:06.09	17:25.69
100 Backstroke	1:07.89	58.99
200 Backstroke	2:26.99	2:07.19
100 Breaststroke	1:17.19	1:06.89
200 Breaststroke	2:46.69	2:24.69
100 Butterfly	1:05.79	58.19
200 Butterfly	2:25.09	2:08.89
200 Individual Medley	2:28.49	2:09.29
400 Individual Medley	5:12.99	4:33.39

MEN

	LCM	SCY
50 Freestyle	25.29	21.69
100 Freestyle	54.79	47.39
200 Freestyle	2:00.49	1:43.79
400/500 Freestyle	4:15.79	4:42.79
800/1000 Freestyle	8:49.99	9:42.99
1500/1650 Freestyle	16:56.49	16:24.39
100 Backstroke	1:01.99	53.39
200 Backstroke	2:13.79	1:54.89
100 Breaststroke	1:09.69	59.79
200 Breaststroke	2:30.89	2:09.69
100 Butterfly	59.59	52.09
200 Butterfly	2:11.79	1:55.09
200 Individual Medley	2:15.19	1:57.09
400 Individual Medley	4:47.59	4:11.19



SCHOLASTIC ALL-AMERICA

OFFICIAL TIME STANDARDS

2015-2016

MEN

	LCM	SCY
50 Fr	24.39	20.99
100 Fr	52.89	45.79
200 Fr	1:56.29	1:40.29
400/500 Fr	4:06.29	4:32.69
800/1000 Fr	8:33.79	9:25.49
1500/1650 Fr	16:14.99	15:46.99
100 Bk	59.69	50.99
200 Bk	2:09.59	1:50.69
100 Br	1:07.59	57.69
200 Br	2:27.19	2:05.89
100 FI	57.39	50.09
200 FI	2:08.19	1:51.59
200 IM	2:10.49	1:52.49
400 IM	4:38.39	4:00.19

WOMEN

	SCY	LCM
50 Fr	23.49	26.99
100 Fr	50.99	58.39
200 Fr	1:49.79	2:05.39
400/500 Fr	4:52.09	4:23.79
800/1000 Fr	10:03.59	9:03.49
1500/1650 Fr	16:46.19	17:20.49
100 Bk	56.59	1:05.59
200 Bk	2:01.29	2:20.69
100 Br	1:04.29	1:14.29
200 Br	2:19.79	2:40.09
100 FI	55.99	1:03.39
200 FI	2:03.29	2:19.59
200 IM	2:03.79	2:22.49
400 IM	4:23.69	5:01.89

*Qualifying period August 16, 2015, through August 15, 2016

APPENDIX 2-B

2013-2016 National Age Group Motivational Times — Traditional Age Groups

(* indicates time improved from last quad)

Long Course Meters

B Min	BB Min	A Min	AA Min	AAA	AAAA	AAAA	AAA	AA Min	A Min	BB Min	B Min	
10 & Under Girls						10 & Under Boys						
44.99*	40.69*	36.29*	34.89*	33.39*	31.99*	50 M Free	31.59*	32.89*	34.29*	35.69*	39.69*	43.79*
1:43.09*	1:32.19*	1:21.19*	1:17.49*	1:13.89*	1:10.19*	100 M Free	1:09.99*	1:13.39*	1:16.89*	1:20.39*	1:30.89*	1:41.29*
3:48.49*	3:23.39*	2:58.39*	2:50.09*	2:41.69*	2:33.39*	200 M Free	2:30.39*	2:37.49*	2:44.69*	2:51.89*	3:13.29*	3:34.79*
7:37.29	6:51.59	6:05.89	5:50.59	5:35.39	5:20.19	400 M Free	5:14.69*	5:29.69*	5:44.59*	5:59.59*	6:44.59*	7:29.49*
55.69*	49.59*	43.49*	41.49*	39.39*	37.39*	50 M Back	37.09*	39.19*	41.29*	43.29*	49.49*	55.69*
2:01.89*	1:48.39*	1:34.79*	1:30.29*	1:25.79*	1:21.29*	100 M Back	1:19.59*	1:23.59*	1:27.69*	1:31.69*	1:43.89*	1:56.09*
1:01.29*	54.69*	48.09*	45.89*	43.69*	41.49*	50 M Breast	41.69*	43.89*	45.99*	48.19*	54.69*	1:01.19*
2:16.89*	2:01.69*	1:46.49*	1:41.49*	1:36.39*	1:31.29*	100 M Breast	1:31.09*	1:35.59*	1:40.19*	1:44.69*	1:58.39*	2:11.99*
54.39*	47.89*	41.49*	39.39*	37.19*	35.09*	50 M Fly	34.99*	36.89*	38.89*	40.89*	46.79*	52.79*
2:11.19*	1:53.99*	1:36.79*	1:31.09*	1:25.39*	1:19.69*	100 M Fly	1:19.49*	1:25.09*	1:30.59*	1:36.09*	1:52.79*	2:09.39*
4:10.09*	3:43.89*	3:17.59*	3:08.89*	3:00.19*	2:51.39*	200 M IM	2:51.19*	2:59.79*	3:08.29*	3:16.89*	3:42.49*	4:08.09*
11-12 Girls						11-12 Boys						
38.69*	35.99*	33.39*	31.99*	30.69*	29.29*	50 M Free	28.39*	29.79*	31.09*	32.49*	35.09*	37.79*
1:24.99*	1:18.99*	1:12.89*	1:09.89*	1:06.79*	1:03.79*	100 M Free	1:01.69*	1:04.59*	1:07.49*	1:10.49*	1:16.29*	1:22.19*
3:03.79*	2:50.69*	2:37.59*	2:30.99*	2:24.39*	2:17.89*	200 M Free	2:14.19*	2:20.59*	2:26.99*	2:33.39*	2:46.19*	2:58.99*
6:23.89*	5:56.49*	5:29.09*	5:15.39*	5:01.69*	4:47.99*	400 M Free	4:41.59*	4:55.09*	5:08.49*	5:21.89*	5:46.69*	6:15.49*
13:27.89	12:30.19	11:32.49	11:03.59	10:34.79	10:05.89	800 M Free	9:57.39*	10:25.79	10:54.19	11:22.69	12:19.59	13:16.49
25:45.79	23:55.39	22:04.99	21:09.79	20:14.59	19:19.39	1500 M Free	19:03.09	19:57.59	20:51.99	21:46.39	23:35.29	25:24.09
44.89*	41.69*	38.49*	36.89*	35.29*	33.69*	50 M Back	32.89*	34.59*	36.29*	37.99*	41.49*	44.89*
1:38.89	1:31.09	1:23.29	1:19.39	1:15.49	1:11.59	100 M Back	1:10.79*	1:14.69*	1:18.49*	1:22.39*	1:30.09*	1:37.79*
3:27.69*	3:12.89*	2:57.99*	2:50.59*	2:43.19*	2:35.79*	200 M Back	2:32.09*	2:39.29*	2:46.59*	2:53.79*	3:08.29*	3:22.79*
49.09	45.59	42.09	40.39	38.59	36.89	50 M Breast	36.19*	38.09*	40.09*	41.99*	45.99*	49.89*
1:49.99*	1:41.89	1:33.79	1:29.69	1:25.59	1:21.59	100 M Breast	1:19.29*	1:23.49*	1:27.59*	1:31.69*	1:39.99*	1:48.29*
3:54.59*	3:37.89*	3:21.09*	3:12.69*	3:04.29*	2:55.99*	200 M Breast	2:52.49*	3:00.69*	3:08.89*	3:17.09*	3:33.59*	3:49.99*
41.79*	38.79*	35.79*	34.29*	32.79*	31.29*	50 M Fly	30.69*	32.39*	34.09*	35.89*	39.29*	42.69*
1:37.49*	1:29.69*	1:21.89*	1:17.99*	1:14.09*	1:10.19*	100 M Fly	1:08.49*	1:12.49*	1:16.39*	1:20.39*	1:28.29*	1:36.19*
3:29.09	3:14.19	2:59.29	2:51.79	2:44.29	2:36.89	200 M Fly	2:31.89*	2:39.09*	2:46.39*	2:53.59*	3:08.09*	3:22.49*
3:28.39*	3:13.49*	2:58.59*	2:51.19*	2:43.79*	2:36.29*	200 M IM	2:32.49*	2:40.29*	2:48.09*	2:55.89*	3:11.39*	3:26.99*
7:23.79*	6:52.09*	6:20.39*	6:04.59*	5:48.69*	5:32.89*	400 M IM	5:25.09*	5:40.59*	5:56.09*	6:11.49*	6:42.49*	7:13.49*
13-14 Girls						13-14 Boys						
37.59*	34.89*	32.19*	30.89*	29.49*	28.19*	50 M Free	25.79*	27.09*	28.29*	29.49*	31.99*	34.39*
1:21.29*	1:15.49*	1:09.69*	1:06.79*	1:03.89*	1:00.99*	100 M Free	57.19*	59.89*	1:02.59*	1:05.29*	1:10.79*	1:16.19*
2:55.19*	2:42.69*	2:30.19*	2:23.89*	2:17.69*	2:11.39*	200 M Free	2:04.29*	2:10.19*	2:16.09*	2:21.99*	2:33.79*	2:45.69*
6:07.39*	5:41.19*	5:14.89*	5:01.79*	4:48.69*	4:35.59*	400 M Free	4:24.89*	4:37.49*	4:50.09*	5:02.69*	5:27.89*	5:53.19*
12:35.99	11:41.99	10:47.99	10:20.99	9:53.99	9:26.99	800 M Free	9:10.69	9:36.89	10:03.19	10:29.39	11:21.79	12:14.29
24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	18:04.79	1500 M Free	17:26.19	18:16.09	19:05.89	19:55.69	21:35.29	23:14.99
1:30.09*	1:23.69*	1:17.19*	1:13.99*	1:10.79*	1:07.59*	100 M Back	1:03.79*	1:06.79*	1:09.89*	1:12.89*	1:18.99*	1:24.99*
3:13.19*	2:59.39*	2:45.59*	2:38.69*	2:31.79*	2:24.89*	200 M Back	2:17.19*	2:23.79*	2:30.29*	2:36.79*	2:48.89*	3:02.99*
1:42.89*	1:35.49*	1:28.19*	1:24.49*	1:20.79*	1:17.19*	100 M Breast	1:11.19	1:14.59	1:17.89	1:21.29	1:28.09	1:34.89
3:42.59*	3:26.69*	3:10.79*	3:02.89*	2:54.89*	2:46.99*	200 M Breast	2:37.09*	2:44.59*	2:52.09*	2:59.49*	3:14.49*	3:29.49*
1:28.09*	1:21.79*	1:15.49*	1:12.39*	1:09.19*	1:06.09*	100 M Fly	1:01.59*	1:04.59*	1:07.49*	1:10.39*	1:16.29*	1:22.19*
3:13.29*	2:59.49*	2:45.69*	2:38.79*	2:31.89*	2:24.99*	200 M Fly	2:16.99*	2:23.49*	2:29.99*	2:36.59*	2:49.59*	3:02.59*
3:19.49*	3:05.29*	2:50.99*	2:43.89*	2:36.79*	2:29.69*	200 M IM	2:20.29*	2:26.99*	2:33.69*	2:40.39*	2:53.69*	3:07.09*
7:00.49*	6:30.39*	6:00.39*	5:45.39*	5:30.39*	5:15.39*	400 M IM	4:57.89*	5:11.99*	5:26.19*	5:40.39*	6:08.79*	6:37.09*
15-16 Girls						15-16 Boys						
36.99*	34.29*	31.69*	30.39*	29.09*	27.69*	50 M Free	24.39*	25.59*	26.79*	27.89*	30.19*	32.59*
1:19.79*	1:14.09*	1:08.39*	1:05.49*	1:02.69*	99.79*	100 M Free	54.39*	56.99*	59.59*	1:02.19*	1:07.39*	1:12.59*
2:51.79	2:39.49	2:27.19	2:21.09	2:14.99	2:08.79	200 M Free	1:59.39*	2:05.09*	2:10.79*	2:16.49*	2:27.89*	2:39.19*
6:00.39	5:34.69	5:08.89	4:55.99	4:43.19	4:30.29	400 M Free	4:12.59*	4:24.69*	4:36.69*	4:48.69*	5:12.79*	5:36.79*
12:23.29	11:30.19	10:37.09	10:10.59	9:44.09	9:17.49	800 M Free	8:45.59*	9:10.59*	9:35.69*	10:00.69	10:50.69	11:40.79
23:51.99	22:09.69	20:27.39	19:36.29	18:45.09	17:53.99	1500 M Free	16:44.29	17:32.09	18:19.89	19:07.79	20:43.39	22:18.99
1:28.69*	1:22.29*	1:15.99*	1:12.79*	1:09.69*	1:06.49*	100 M Back	1:00.99*	1:03.89*	1:06.79*	1:09.69*	1:15.49*	1:21.29*
3:09.29*	2:55.79*	2:42.29*	2:35.49*	2:28.79*	2:21.99*	200 M Back	2:10.29*	2:16.49*	2:22.69*	2:28.89*	2:41.39*	2:53.79*
1:41.09	1:33.89	1:26.69	1:23.09	1:19.39*	1:15.79	100 M Breast	1:08.99*	1:12.29*	1:15.59*	1:18.89*	1:25.49*	1:31.99*
3:36.59	3:21.19	3:05.69	2:57.99	2:50.19	2:42.49	200 M Breast	2:28.69*	2:35.79*	2:42.89*	2:49.99*	3:04.09*	3:18.29*
1:26.09*	1:19.99*	1:13.89*	1:10.79*	1:07.69*	1:04.59*	100 M Fly	58.69*	1:01.49*	1:04.29*	1:07.09*	1:12.69*	1:18.19*
3:09.39*	2:55.89*	2:42.29*	2:35.59*	2:28.79*	2:22.09*	200 M Fly	2:10.49*	2:16.69*	2:22.89*	2:29.09*	2:41.49*	2:53.89*
3:14.19*	3:00.29*	2:46.39*	2:39.49*	2:32.59*	2:25.59*	200 M IM	2:13.69*	2:20.09*	2:26.39*	2:32.79*	2:45.49*	2:58.19*
6:47.89*	6:18.79*	5:49.69*	5:35.09*	5:20.49*	5:05.99*	400 M IM	4:43.99*	4:57.49*	5:10.99*	5:24.49*	5:51.59*	6:18.59*

B Min	BB Min	A Min	AA Min	AAA	AAAA	AAAA	AAA	AA Min	BB Min	B Min
17-18 Girls						17-18 Boys				
36.79	34.09	31.49	30.19	28.89	27.59	50 M Free	24.49	25.69	26.79	32.59
1:19.69*	1:13.99*	1:08.29*	1:05.39*	1:02.59*	59.79*	100 M Free	53.59*	56.19*	58.69*	1:06.39*
2:50.89*	2:38.69*	2:26.49*	2:20.39*	2:14.29*	2:08.19*	200 M Free	1:57.89*	2:03.49*	2:09.09*	2:25.89*
5:58.99*	5:33.29*	5:07.69*	4:54.89*	4:42.09*	4:29.19*	400 M Free	4:08.49*	4:21.29*	4:33.19*	5:08.89*
12:19.59	11:26.79	10:33.99	10:07.59	9:41.09	9:14.69	800 M Free	8:39.99*	9:04.69*	9:24.49*	10:43.79
23:38.99	21:58.49	20:17.09	19:26.39	18:35.59	17:44.89	1500 M Free	16:30.49	17:17.59	18:04.79	20:26.29
1:27.89*	1:21.59*	1:15.29*	1:12.19*	1:08.99*	1:05.89*	100 M Back	1:00.09*	1:02.89*	1:05.79*	1:20.09*
3:08.49*	2:54.99*	2:41.59*	2:34.79*	2:28.09*	2:21.39*	200 M Back	2:09.79*	2:15.99*	2:22.09*	2:46.69*
1:39.59	1:32.49	1:25.29	1:21.79	1:18.19	1:14.69	100 M Breast	1:07.39*	1:10.69*	1:13.89*	1:24.49*
3:34.79*	3:19.39*	3:04.09*	2:56.39*	2:48.79*	2:41.09*	200 M Breast	2:25.29*	2:32.19*	2:39.09*	2:59.89*
1:25.59	1:19.49	1:13.39	1:10.29	1:07.29	1:04.19	100 M Fly	57.29*	59.99*	1:02.69*	1:18.29*
3:08.49	2:55.09	2:41.59	2:34.89	2:28.09	2:21.39	200 M Fly	2:07.79*	2:13.79*	2:19.89*	2:38.19*
3:13.09*	2:59.29*	2:45.49*	2:38.59*	2:31.69*	2:24.79*	200 M IM	2:11.39*	2:17.69*	2:23.89*	2:55.19*
6:47.09*	6:18.09*	5:48.99*	5:34.39*	5:19.89*	5:05.39*	400 M IM	4:36.69*	4:52.99*	5:06.29*	5:46.29*

2013-2016 National Age Group Motivational Times — Traditional Age Groups

(* indicates time improved from last quad)

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA	AAAA	AAAA	AAA	AA Min	A Min	BB Min	B Min
10 & Under Girls						10 & Under Boys					
38.49*	35.69*	31.89*	30.59*	29.29*	28.09*	50 Y Free	27.79*	28.99*	30.19*	31.39*	34.99*
1:30.69*	1:21.09*	1:11.39*	1:08.19*	1:04.99*	1:01.79*	100 Y Free	1:01.09*	1:04.09*	1:07.19*	1:10.19*	1:28.49*
2:19.49	2:08.29	2:06.39	2:09.09	2:11.39	2:14.39	200 Y Free	2:12.39*	2:18.69*	2:24.99*	2:31.29*	2:50.19*
8:30.49	7:39.49	6:48.39	6:31.39	6:14.39	5:57.39	500 Y Free	5:51.99*	6:08.79*	6:25.49*	6:42.29*	8:22.79*
48.59*	43.29*	37.99*	36.19*	34.39*	32.69*	50 Y Back	32.39*	34.19*	35.99*	37.79*	43.19*
1:45.09*	1:33.49*	1:21.79*	1:17.89*	1:13.99*	1:10.09*	100 Y Back	1:08.49*	1:13.09*	1:16.59*	1:20.09*	1:30.79*
53.59	47.79	41.99	40.09	38.19	36.29	50 Y Breast	36.19*	38.09*	39.99*	41.89*	47.49*
1:58.79*	1:45.59*	1:32.39*	1:27.99*	1:23.69*	1:19.29*	100 Y Breast	1:18.49*	1:22.39*	1:26.29*	1:30.19*	1:41.99*
47.99*	42.39*	36.69*	34.79*	32.89*	30.99*	50 Y Fly	30.89*	32.69*	34.39*	36.19*	41.39*
1:55.49*	1:40.39*	1:25.29*	1:20.19*	1:15.19*	1:10.19*	100 Y Fly	1:10.09*	1:14.99*	1:19.89*	1:24.79*	1:38.39*
1:43.39*	1:32.39*	1:21.39*	1:17.69*	1:13.99*	1:10.39*	100 Y IM	1:10.29*	1:13.69*	1:16.99*	1:20.39*	1:40.39*
3:40.39*	3:17.29*	2:54.19*	2:46.49*	2:38.79*	2:31.09*	200 Y IM	2:31.09*	2:38.69*	2:46.19*	2:53.69*	3:16.29*
11-12 Girls						11-12 Boys					
34.09*	31.69*	29.39*	28.19*	26.99*	25.79*	50 Y Free	24.79*	25.99*	27.19*	28.39*	30.69*
1:13.59	1:08.29	1:03.09	1:00.49	97.79	55.19	100 Y Free	54.19*	56.69*	59.29*	1:01.89*	1:06.99*
2:41.19*	2:29.69*	2:18.19*	2:12.39*	2:06.69*	2:00.89*	200 Y Free	1:57.89*	2:03.49*	2:09.19*	2:14.79*	2:25.99*
7:09.29*	6:38.59*	6:07.99*	5:52.59*	5:37.29*	5:21.99*	500 Y Free	5:17.29*	5:32.39*	5:47.49*	6:02.59*	6:32.79*
14:48.09	13:44.69	12:41.19	12:09.49	11:37.79	11:06.09	1000 Y Free	10:55.49	11:26.69	11:57.89	12:29.09	13:31.49
25:01.49	23:14.19	21:26.99	20:33.39	19:39.69	18:46.09	1650 Y Free	18:32.79	19:25.79	20:18.79	21:11.79	22:57.79
38.79*	36.09*	33.29*	31.89*	30.49*	29.09*	50 Y Back	28.59*	30.09*	31.59*	33.09*	36.09*
1:26.29*	1:19.49*	1:12.69*	1:09.29*	1:05.89*	1:02.49*	100 Y Back	1:00.89*	1:04.19*	1:07.49*	1:10.79*	1:14.49*
2:58.49*	2:46.69*	2:33.79*	2:27.39*	2:20.99*	2:14.59*	200 Y Back	2:11.49*	2:17.79*	2:23.99*	2:30.29*	2:42.79*
43.69*	40.59*	37.49*	35.89*	34.29*	32.79*	50 Y Breast	31.69*	33.39*	35.19*	36.89*	40.29*
1:35.79*	1:28.69*	1:21.69*	1:18.09*	1:14.59*	1:10.99*	100 Y Breast	1:08.59*	1:12.19*	1:15.79*	1:19.29*	1:26.49*
3:25.79*	3:11.09*	2:56.39*	2:49.09*	2:41.69*	2:34.39*	200 Y Breast	2:28.29*	2:35.29*	2:42.39*	2:49.39*	3:03.49*
37.29*	34.59*	31.89*	30.59*	29.29*	27.99*	50 Y Fly	27.19*	28.69*	30.19*	31.69*	34.69*
1:26.29*	1:19.39*	1:12.49*	1:08.99*	1:05.59*	1:02.09*	100 Y Fly	1:00.19*	1:03.69*	1:07.09*	1:10.59*	1:17.59*
3:02.39*	2:49.39*	2:36.39*	2:29.79*	2:23.29*	2:16.79*	200 Y Fly	2:13.59*	2:18.89*	2:26.29*	2:32.69*	2:45.39*
1:25.29*	1:19.19*	1:13.09*	1:10.09*	1:06.99*	1:03.99*	100 Y IM	1:01.99*	1:05.09*	1:08.09*	1:11.09*	1:17.19*
3:02.49*	2:49.49*	2:36.39*	2:29.89*	2:23.39*	2:16.89*	200 Y IM	2:13.39*	2:20.19*	2:26.99*	2:33.79*	2:47.39*
6:28.59*	6:00.89*	5:33.09*	5:19.19*	5:05.29*	4:51.49*	400 Y IM	4:45.09*	4:58.69*	5:12.19*	5:25.79*	5:52.99*
13-14 Girls						13-14 Boys					
32.89*	30.49*	28.19*	26.99*	25.79*	24.69*	50 Y Free	22.79*	23.89*	24.89*	25.99*	28.19*
1:11.39*	1:06.29*	1:01.19*	98.69*	96.09*	93.59*	100 Y Free	49.79*	52.09*	54.49*	56.89*	1:01.59*
2:33.89*	2:22.89*	2:11.99*	2:06.49*	2:00.99*	1:55.49*	200 Y Free	1:48.39*	1:53.59*	1:58.69*	2:03.89*	2:14.19*
6:51.79	6:22.39	5:52.99	5:38.29	5:23.49	5:08.79	500 Y Free	4:52.09*	5:05.99*	5:19.99*	5:33.89*	6:01.69*
14:08.89	13:08.29	12:07.59	11:37.29	11:06.99	10:36.69	1000 Y Free	10:03.89	10:32.69	11:01.39	11:30.19	12:27.69
23:34.19	21:53.19	20:12.19	19:21.69	18:31.19	17:40.69	1650 Y Free	16:51.29	17:39.39	18:27.59	19:15.69	20:51.99
1:18.29*	1:12.69*	1:07.09*	1:04.29*	1:01.49*	98.69*	100 Y Back	55.19*	57.79*	60.39*	63.09*	1:08.29*
2:48.39*	2:36.29*	2:24.29*	2:18.29*	2:12.29*	2:06.29*	200 Y Back	1:58.79*	2:04.49*	2:10.09*	2:15.79*	2:27.09*
1:29.39*	1:22.99*	1:16.59*	1:13.49*	1:10.29*	1:07.09*	100 Y Breast	1:01.99*	1:04.89*	1:07.89*	1:10.79*	1:16.69*
3:13.99*	3:00.19*	2:46.29*	2:39.39*	2:32.39*	2:25.49*	200 Y Breast	2:15.39*	2:21.79*	2:28.29*	2:34.69*	2:47.59*
1:17.69*	1:12.19*	1:06.59*	1:03.89*	1:01.09*	98.29*	100 Y Fly	54.19*	56.79*	59.29*	1:01.89*	1:07.09*
2:52.39*	2:40.09*	2:27.79*	2:21.69*	2:15.49*	2:09.29*	200 Y Fly	2:00.29*	2:05.99*	2:11.69*	2:17.49*	2:28.89*
2:53.19*	2:40.79*	2:28.49*	2:22.29*	2:16.09*	2:09.89*	200 Y IM	2:01.39*	2:07.19*	2:12.99*	2:18.79*	2:30.29*
6:08.49*	5:42.19*	5:15.89*	5:02.69*	4:49.59*	4:36.39*	400 Y IM	4:18.69*	4:31.09*	4:43.39*	4:55.69*	5:20.29*

B Min	BB Min	A Min	AA Min	AAA	AAAA		AAAA	AAA	AA Min	A Min	BB Min	B Min	
15-16 Girls							15-16 Boys						
32.29*	29.99*	27.69*	26.59*	25.39*	24.29*	50 Y Free	21.69*	22.79*	23.79*	24.79*	26.89*	28.99*	
1:09.99	1:04.99*	59.99*	57.49*	54.99*	52.49*	100 Y Free	47.49*	49.69*	51.99*	54.19*	58.69*	1:03.29*	
2:30.79*	2:19.99*	2:09.29*	2:03.89*	1:58.49*	1:53.09*	200 Y Free	1:43.69*	1:48.69*	1:53.59*	1:58.59*	2:08.39*	2:18.29*	
6:41.29*	6:12.69*	5:43.99*	5:29.69*	5:15.39*	5:00.99*	500 Y Free	4:40.99*	4:54.39*	5:07.79*	5:21.19*	5:47.89*	6:14.69*	
13:51.09	12:51.69	11:52.39	11:22.69	10:52.99	10:23.29	1000 Y Free	9:42.79*	10:10.49	10:38.29	11:05.99	12:01.49	12:56.99	
23:06.29	21:27.19	19:48.19	18:58.69	18:09.19	17:19.69	1650 Y Free	16:19.99	17:06.69	17:53.29	18:39.99	20:13.29	21:46.69	
1:16.29*	1:10.79*	1:05.39*	1:02.69*	59.89*	57.19*	100 Y Back	52.29*	54.79*	57.29*	59.79*	1:04.69*	1:06.69*	
2:44.79*	2:32.99*	2:21.19*	2:15.29*	2:09.49*	2:03.59*	200 Y Back	1:53.69*	1:59.09*	2:04.49*	2:09.89*	2:20.69*	2:31.59*	
1:28.29	1:21.99	1:15.69	1:12.49	1:09.39	1:06.19	100 Y Breast	59.39*	1:02.19*	1:05.09*	1:07.89*	1:13.59*	1:19.19*	
3:09.99	2:56.39	2:42.79	2:35.99	2:29.29	2:22.49	200 Y Breast	2:09.59*	2:15.79*	2:21.99*	2:28.09*	2:40.49*	2:52.79*	
1:16.19*	1:10.69*	1:05.29*	1:02.59*	59.89*	57.09*	100 Y Fly	51.59*	53.99*	56.49*	58.99*	1:03.89*	1:08.79*	
2:46.79*	2:34.89*	2:22.99*	2:16.99*	2:10.99*	2:05.09*	200 Y Fly	1:54.99*	2:00.39*	2:05.89*	2:11.39*	2:22.29*	2:33.29*	
2:48.89*	2:36.79*	2:24.79*	2:18.69*	2:12.69*	2:06.69*	200 Y IM	1:55.69*	2:01.29*	2:06.79*	2:12.29*	2:23.29*	2:34.29*	
5:58.49*	5:32.89*	5:07.29*	4:54.49*	4:41.69*	4:28.89*	400 Y IM	4:08.49*	4:20.39*	4:32.19*	4:43.99*	5:07.69*	5:31.39*	

17-18 Girls						17-18 Boys						
31.99*	29.69*	27.49*	26.29*	25.19*	23.99*	50 Y Free	21.29*	22.29*	23.29*	24.29*	26.29*	28.29*
1:09.39*	1:04.49*	59.49*	56.99*	54.49*	52.09*	100 Y Free	46.59*	48.79*	50.99*	53.19*	57.69*	1:02.09*
2:29.19*	2:18.49*	2:07.89*	2:02.49*	1:57.19*	1:51.89*	200 Y Free	1:41.99*	1:46.89*	1:51.69*	1:56.59*	2:06.29*	2:15.99*
6:39.39*	6:10.89*	5:42.29*	5:28.09*	5:13.79*	4:59.59*	500 Y Free	4:36.19*	4:49.39*	5:02.49*	5:15.69*	5:41.99*	6:08.29*
13:46.19	12:47.19	11:48.19	11:18.69	10:49.19	10:19.69	1000 Y Free	9:38.39*	10:05.89	10:33.39	11:00.99	11:56.09	12:51.09
23:06.19	21:27.19	19:48.19	18:58.69	18:09.19	17:19.69	1650 Y Free	16:05.89	16:51.89	17:37.89	18:23.89	19:55.79	21:27.79
1:15.29*	1:09.99*	1:04.59*	1:01.89*	59.19*	56.49*	100 Y Back	50.79*	53.19*	55.69*	58.09*	1:02.89*	1:07.69*
2:42.59*	2:30.99*	2:19.39*	2:13.59*	2:07.79*	2:01.99*	200 Y Back	1:50.59*	1:55.79*	2:01.09*	2:06.29*	2:16.89*	2:27.39*
1:25.89*	1:19.79*	1:13.59*	1:10.59*	1:07.49*	1:04.39*	100 Y Breast	57.99*	1:00.79*	1:03.59*	1:06.29*	1:11.79*	1:17.39*
3:06.89*	2:53.49*	2:40.19*	2:33.49*	2:26.79*	2:20.19*	200 Y Breast	2:05.39*	2:11.29*	2:17.29*	2:23.29*	2:35.19*	2:47.09*
1:14.99*	1:09.59*	1:04.29*	1:01.59*	58.89*	56.19*	100 Y Fly	50.49*	52.89*	55.29*	57.69*	1:02.49*	1:07.29*
2:44.59*	2:32.79*	2:21.09*	2:15.19*	2:09.29*	2:03.49*	200 Y Fly	1:52.69*	1:57.99*	2:03.39*	2:08.69*	2:19.49*	2:30.19*
1:42.29*	1:35.29*	1:23.39*	1:17.39*	1:11.49*	1:05.49*	200 Y IM	1:52.89*	1:58.29*	2:03.69*	2:09.09*	2:19.79*	2:30.59*
5:55.79*	5:30.39*	5:04.99*	4:52.29*	4:39.59*	4:26.89*	400 Y IM	4:02.59*	4:14.19*	4:25.69*	4:37.29*	5:00.39*	5:23.49*

2013-2016 National Age Group Motivational Times — Traditional Age Groups

(* indicates time improved from last quad)

Short Course Meters

B Min	BB Min	A Min	AA Min	AAA	AAAA	AAAA	AAA	AA Min	A Min	BB Min	B Min	
10 & Under Girls						10 & Under Boys						
43.59*	39.39*	35.19*	33.79*	32.39*	30.99*	50 M Free	30.69*	31.99*	33.29*	34.69*	38.59*	42.59*
1:40.29*	1:29.59*	1:18.89*	1:15.39*	1:11.79*	1:08.29*	100 M Free	1:07.49*	1:10.89*	1:14.19*	1:17.59*	1:27.69*	1:37.79*
3:41.19	3:16.99	2:52.79	2:44.69	2:36.59	2:28.59	200 M Free	2:26.29*	2:33.19*	2:40.19*	2:47.19*	3:08.09*	3:28.89*
7:26.79	6:42.09	5:57.39	5:42.49	5:27.69	5:12.79	400 M Free	5:08.09*	5:22.69*	5:37.39*	5:52.09*	6:36.09*	7:20.09*
53.69*	47.79*	41.99*	39.99*	37.99*	36.09*	50 M Back	35.79*	37.79*	39.79*	41.79*	47.79*	53.69*
1:56.19*	1:43.29*	1:30.39*	1:26.09*	1:21.79*	1:17.49*	100 M Back	1:16.79*	1:20.69*	1:24.59*	1:28.59*	1:40.29*	1:51.99*
59.19	52.79	46.49	44.29	42.19	40.09	50 M Breast	39.99*	42.09*	44.19*	46.29*	52.49*	58.79*
2:11.29*	1:56.69*	1:42.09*	1:37.29*	1:32.39*	1:27.59*	100 M Breast	1:26.69*	1:31.09*	1:35.39*	1:39.69*	1:52.69*	2:05.69*
53.09*	46.79*	40.49*	38.39*	36.39*	34.29*	50 M Fly	34.19*	36.09*	38.09*	39.99*	45.79*	51.59*
2:07.69*	1:50.89*	1:34.19*	1:28.69*	1:23.09*	1:17.49*	100 M Fly	1:17.49*	1:22.89*	1:28.29*	1:33.69*	1:49.89*	2:06.09*
1:54.19*	1:42.09*	1:28.89*	1:25.89*	1:21.79*	1:17.69*	100 M IM	1:17.69*	1:21.39*	1:25.09*	1:28.79*	1:39.89*	1:50.99*
4:03.49*	3:37.99*	3:12.39*	3:03.89*	2:55.39*	2:46.89*	200 M IM	2:46.99*	2:55.29*	3:03.59*	3:11.99*	3:36.99*	4:01.89*
11-12 Girls						11-12 Boys						
37.69*	35.09*	32.49*	31.19*	29.89*	28.49*	50 M Free	27.39*	28.69*	29.99*	31.29*	33.99*	36.59*
1:21.29	1:15.49	1:09.69	1:06.79	1:03.89	1:00.99	100 M Free	59.79*	1:02.69*	1:05.49*	1:08.39*	1:14.09*	1:19.79*
2:58.09*	2:45.39*	2:32.69*	2:26.29*	2:19.99*	2:13.59*	200 M Free	2:10.29*	2:16.49*	2:22.69*	2:28.89*	2:41.29*	2:53.69*
6:15.69*	5:48.89*	5:21.99*	5:08.59*	4:55.19*	4:41.79*	400 M Free	4:37.69*	4:50.89*	5:04.09*	5:17.39*	5:43.79*	6:10.19*
12:57.19	12:01.69	11:06.19	10:38.49	10:10.69	9:42.89*	800 M Free	9:33.59*	10:00.99	10:28.29	10:55.59	11:50.19	12:44.79
24:52.69	23:06.09	21:19.49	20:26.19	19:32.89	18:39.59	1500 M Free	18:26.39	19:18.99	20:11.69	21:04.39	22:49.79	24:35.09
42.89*	39.79*	36.79*	35.19*	33.69*	32.19*	50 M Back	31.59*	33.29*	34.89*	36.59*	39.79*	43.09*
1:35.29*	1:27.79*	1:20.29*	1:16.59*	1:12.79*	1:09.09*	100 M Back	1:07.29*	1:10.99*	1:14.59*	1:18.29*	1:25.59*	1:32.89*
3:18.29*	3:04.19*	2:49.99*	2:42.89*	2:35.79*	2:28.69*	200 M Back	2:25.29*	2:32.19*	2:39.09*	2:46.09*	2:59.89*	3:16.69*
48.29*	44.79*	41.39*	39.69*	37.89*	36.19*	50 M Breast	34.99*	36.99*	38.89*	40.79*	44.59*	48.39*
1:45.89*	1:37.99*	1:30.19*	1:26.29*	1:22.39*	1:18.49*	100 M Breast	1:15.79*	1:19.79*	1:23.69*	1:27.69*	1:35.59*	1:43.49*
3:47.39*	3:31.19*	3:14.99*	3:06.79*	2:58.69*	2:50.59*	200 M Breast	2:43.79*	2:51.59*	2:59.39*	3:07.19*	3:22.79*	3:38.39*
41.19*	38.19*	35.29*	33.79*	32.39*	30.89*	50 M Fly	29.99*	31.69*	33.39*	34.99*	38.39*	41.69*
1:35.29*	1:27.69*	1:20.09*	1:16.29*	1:12.49*	1:08.69*	100 M Fly	1:06.49*	1:10.39*	1:14.19*	1:17.99*	1:25.69*	1:33.39*
3:21.49*	3:07.19*	2:52.79*	2:45.59*	2:38.39*	2:31.19*	200 M Fly	2:27.59*	2:34.59*	2:41.69*	2:48.69*	3:02.69*	3:16.79*
1:34.19*	1:27.49*	1:20.79*	1:17.39*	1:13.99*	1:10.69*	100 M IM	1:08.59*	1:11.89*	1:15.19*	1:18.59*	1:25.19*	1:31.89*
3:21.69*	3:07.29*	2:52.89*	2:45.69*	2:38.49*	2:31.29*	200 M IM	2:27.39*	2:34.89*	2:42.39*	2:49.89*	3:04.99*	3:19.99*
7:09.39*	6:38.69*	6:08.09*	5:52.69*	5:37.39*	5:22.09*	400 M IM	5:14.99*	5:29.99*	5:44.99*	5:59.99*	6:29.99*	6:59.99*

B Min	BB Min	A Min	AA Min	AAA	AAAA		AAAA	AAA	AA Min	A Min	BB Min	B Min
13-14 Girls						13-14 Boys						
36.29*	33.69*	31.09*	29.79*	28.59*	27.29*	50 M Free	25.19*	26.39*	27.59*	28.79*	31.19*	33.49*
1:18.89*	1:13.29*	1:07.59*	1:04.79*	1:01.99*	59.19*	100 M Free	54.99*	57.59*	1:00.19*	1:02.79*	1:08.09*	1:13.29*
2:50.09*	2:37.99*	2:25.79*	2:19.69*	2:13.69*	2:07.59*	200 M Free	1:59.79*	2:05.49*	2:11.19*	2:16.89*	2:28.29*	2:39.69*
6:00.39*	5:34.59*	5:08.89*	4:55.99*	4:43.19*	4:30.29*	400 M Free	4:15.69*	4:27.79*	4:39.99*	4:52.19*	5:16.49*	5:40.89*
12:22.89*	11:29.89*	10:36.79*	10:10.29*	9:43.69*	9:17.19*	800 M Free	8:48.49*	9:13.69*	9:38.89*	10:03.99*	10:54.39*	11:44.69*
23:25.99*	21:45.59*	20:05.09*	19:14.89*	18:24.69*	17:34.49*	1500 M Free	16:45.39*	17:33.29*	18:21.09*	19:08.99*	20:44.69*	22:20.49*
1:26.49*	1:20.39*	1:14.19*	1:11.09*	1:07.99*	1:04.89*	100 M Back	1:00.99*	1:03.89*	1:06.79*	1:09.69*	1:15.49*	1:21.29*
3:05.99*	2:52.79*	2:39.49*	2:32.79*	2:26.19*	2:19.49*	200 M Back	2:11.29*	2:17.49*	2:23.79*	2:29.99*	2:42.49*	2:54.99*
1:38.79*	1:31.69*	1:24.69*	1:21.19*	1:17.59*	1:14.09*	100 M Breast	1:08.49*	1:11.69*	1:14.99*	1:18.29*	1:24.79*	1:31.29*
3:34.39*	3:19.09*	3:03.79*	2:56.09*	2:48.39*	2:40.79*	200 M Breast	2:29.59*	2:36.69*	2:43.79*	2:50.99*	3:05.19*	3:19.39*
1:25.89*	1:19.79*	1:13.59*	1:10.59*	1:07.49*	1:04.39*	100 M Fly	58.89*	1:02.69*	1:05.59*	1:08.39*	1:14.09*	1:19.79*
3:10.49*	2:56.89*	2:43.29*	2:36.49*	2:29.69*	2:22.89*	200 M Fly	2:12.89*	2:19.19*	2:25.59*	2:31.89*	2:44.49*	2:57.19*
3:11.39*	2:57.69*	2:43.99*	2:37.19*	2:30.39*	2:23.49*	200 M IM	2:14.19*	2:20.59*	2:26.89*	2:33.29*	2:46.09*	2:58.89*
6:47.19*	6:18.09*	5:48.99*	5:34.49*	5:19.99*	5:05.39*	400 M IM	4:45.89*	4:59.49*	5:13.09*	5:26.69*	5:53.99*	6:21.19*

15-16 Girls						15-16 Boys						
35.69*	33.19*	30.59*	29.29*	28.09*	26.79*	50 M Free	23.99*	25.19*	26.29*	27.39*	29.69*	31.99*
1:17.29*	1:11.79*	1:06.29*	1:03.49*	1:00.79*	57.99*	100 M Free	52.39*	54.89*	57.39*	59.89*	1:04.89*	1:09.89*
2:46.59*	2:34.69*	2:22.79*	2:16.89*	2:10.89*	2:04.99*	200 M Free	1:54.59*	2:00.09*	2:05.49*	2:10.99*	2:21.89*	2:32.79*
5:51.19*	5:26.19*	5:01.09*	4:48.49*	4:35.99*	4:23.39*	400 M Free	4:05.99*	4:17.69*	4:29.39*	4:41.09*	5:04.49*	5:27.89*
12:07.29*	11:15.39*	10:23.39*	9:57.49*	9:31.49*	9:05.49*	800 M Free	8:29.99*	8:54.29*	9:18.59*	9:42.89*	10:31.49*	11:19.99*
22:58.19*	21:19.79*	19:41.29*	18:52.09*	18:02.89*	17:13.69*	1500 M Free	16:14.29*	17:00.69*	17:47.09*	18:33.49*	20:06.29*	21:39.09*
1:24.29*	1:18.29*	1:12.19*	1:09.19*	1:06.19*	1:03.19*	100 M Back	57.79*	1:00.49*	1:03.29*	1:05.99*	1:11.49*	1:16.99*
3:02.09*	2:49.09*	2:36.09*	2:29.59*	2:23.09*	2:16.59*	200 M Back	2:05.59*	2:11.59*	2:17.59*	2:23.59*	2:35.49*	2:47.49*
1:37.59*	1:30.59*	1:23.59*	1:20.09*	1:16.69*	1:13.19*	100 M Breast	1:05.69*	1:08.79*	1:11.89*	1:14.99*	1:21.29*	1:27.49*
3:29.89*	3:14.89*	2:59.89*	2:52.39*	2:44.89*	2:37.39*	200 M Breast	2:23.19*	2:29.99*	2:36.89*	2:43.69*	2:57.29*	3:10.89*
1:24.19*	1:18.19*	1:12.09*	1:09.09*	1:06.09*	1:03.09*	100 M Fly	56.99*	59.69*	1:02.39*	1:05.09*	1:10.59*	1:15.99*
3:04.29*	2:51.09*	2:37.99*	2:31.39*	2:24.79*	2:18.19*	200 M Fly	2:06.99*	2:13.09*	2:19.09*	2:25.19*	2:37.29*	2:49.39*
3:06.59*	2:53.29*	2:39.99*	2:33.29*	2:26.59*	2:19.99*	200 M IM	2:07.89*	2:13.99*	2:20.09*	2:26.19*	2:38.29*	2:50.49*
6:36.09*	6:07.89*	5:39.59*	5:25.39*	5:11.29*	4:57.09*	400 M IM	4:34.59*	4:47.69*	5:00.79*	5:13.79*	5:39.99*	6:06.09*

17-18 Girls						17-18 Boys						
35.39*	32.89*	30.29*	29.09*	27.79*	26.59*	50 M Free	23.49*	24.59*	25.69*	26.79*	29.09*	31.29*
1:16.69*	1:11.19*	1:05.69*	1:02.99*	1:00.29*	57.49*	100 M Free	51.49*	53.89*	56.39*	58.79*	1:03.69*	1:08.59*
2:44.79*	2:33.09*	2:21.29*	2:15.39*	2:09.49*	2:03.59*	200 M Free	1:52.69*	1:58.09*	2:03.49*	2:08.79*	2:19.59*	2:30.29*
5:49.49*	5:24.59*	4:59.59*	4:47.09*	4:34.69*	4:22.19*	400 M Free	4:01.79*	4:13.29*	4:24.79*	4:36.29*	4:59.29*	5:22.29*
12:03.09*	11:11.39*	10:19.79*	9:53.89*	9:28.09*	9:02.29*	800 M Free	8:26.19*	8:50.29*	9:14.39*	9:38.49*	10:26.69*	11:14.89*
22:58.19*	21:19.69*	19:41.29*	18:52.09*	18:02.79*	17:13.59*	1500 M Free	16:00.29*	16:45.99*	17:31.69*	18:17.39*	19:48.89*	21:20.29*
1:23.19*	1:17.29*	1:11.29*	1:08.39*	1:05.39*	1:02.39*	100 M Back	56.09*	58.79*	1:01.49*	1:04.19*	1:09.49*	1:14.79*
2:59.69*	2:46.89*	2:34.09*	2:27.59*	2:21.19*	2:14.79*	200 M Back	2:02.19*	2:07.99*	2:13.79*	2:19.59*	2:31.19*	2:42.89*
1:34.89*	1:28.19*	1:21.39*	1:17.99*	1:14.59*	1:11.19*	100 M Breast	1:04.09*	1:07.19*	1:10.19*	1:13.29*	1:19.39*	1:25.49*
3:26.49*	3:11.69*	2:56.99*	2:49.59*	2:42.19*	2:34.89*	200 M Breast	2:18.49*	2:25.09*	2:31.69*	2:38.29*	2:51.49*	3:04.69*
1:22.79*	1:16.89*	1:10.99*	1:07.99*	1:05.09*	1:02.09*	100 M Fly	55.79*	58.49*	1:01.09*	1:03.79*	1:09.09*	1:14.39*
3:01.89*	2:48.89*	2:35.89*	2:29.39*	2:22.89*	2:16.39*	200 M Fly	2:04.49*	2:10.39*	2:16.29*	2:22.29*	2:34.09*	2:45.99*
3:04.89*	2:51.69*	2:38.49*	2:31.89*	2:25.29*	2:18.69*	200 M IM	2:04.79*	2:10.69*	2:16.69*	2:22.59*	2:34.49*	2:46.39*
6:33.19*	6:05.09*	5:36.99*	5:22.99*	5:08.89*	4:54.89*	400 M IM	4:28.09*	4:40.79*	4:53.59*	5:06.39*	5:31.89*	5:57.39*

2013-2016 National Age Group Motivational Times — Single Year Age Groups

(* indicates time improved from last quad)

Long Course Meters

B Min	BB Min	A Min	AA Min	AAA	AAAA		AAAA	AAA	AA Min	A Min	BB Min	B Min	
10 Year Olds – Girls							10 Year Olds – Boys						
44.99*	40.69*	36.29*	34.89*	33.39*	31.99*	50 M Free	31.59*	32.89*	34.29*	35.69*	39.69*	43.79*	
1:43.09*	1:32.19*	1:21.19*	1:17.49*	1:13.89*	1:10.19*	100 M Free	1:09.99*	1:13.39*	1:16.89*	1:20.39*	1:30.89*	1:41.29*	
3:48.49*	3:23.39*	2:58.39*	2:50.09*	2:41.69*	2:33.39*	200 M Free	2:30.39*	2:37.49*	2:44.69*	2:51.89*	3:13.29*	3:34.79*	
7:37.29	6:51.59	6:05.89	5:50.59	5:35.39	5:20.19	400 M Free	5:14.69*	5:29.69*	5:44.59*	5:59.59*	6:44.59*	7:29.49*	
55.69*	49.59*	43.49*	41.49*	39.39*	37.39*	50 M Back	37.09*	39.19*	41.29*	43.29*	49.49*	55.69*	
2:01.89*	1:48.39*	1:34.79*	1:30.29*	1:25.79*	1:21.29*	100 M Back	1:19.59*	1:23.59*	1:27.69*	1:31.69*	1:43.89*	1:56.09*	
1:01.29*	54.69*	48.09*	45.89*	43.69*	41.49*	50 M Breast	41.69*	43.89*	45.99*	48.19*	54.69*	1:01.19*	
2:16.89*	2:01.69*	1:46.49*	1:41.49*	1:36.39*	1:31.29*	100 M Breast	1:31.09*	1:35.59*	1:40.19*	1:44.69*	1:58.39*	2:11.99*	
54.39*	47.89*	41.49*	39.39*	37.19*	35.09*	50 M Fly	34.99*	36.89*	38.89*	40.89*	46.79*	52.79*	
2:11.19*	1:53.99*	1:36.79*	1:31.09*	1:25.39*	1:19.69*	100 M Fly	1:19.49*	1:25.09*	1:30.59*	1:36.09*	1:52.79*	2:09.39*	
4:10.09*	3:43.89*	3:17.59*	3:08.89*	3:00.19*	2:51.39*	200 M IM	2:51.19*	2:59.79*	3:08.29*	3:16.89*	3:42.49*	4:08.09*	

B Min	BB Min	A Min	AA Min	AAA	AAAA	AAAA	AAA	AA Min	A Min	BB Min	B Min	
11 Year Olds – Girls						11 Year Olds – Boys						
40.29*	37.49*	34.69*	33.29*	31.89*	30.49*	50 M Free	30.19*	31.59*	33.09*	34.49*	37.39*	40.19*
1:29.09*	1:22.79*	1:16.39*	1:13.19*	1:09.99*	1:06.89*	100 M Free	1:05.89*	1:09.09*	1:12.19*	1:15.39*	1:21.59*	1:27.89*
3:13.29*	2:59.49*	2:45.69*	2:38.79*	2:31.89*	2:24.99*	200 M Free	2:22.39*	2:29.09*	2:35.89*	2:42.69*	2:56.19*	3:09.79*
6:42.59*	6:13.89*	5:45.09*	5:30.69*	5:16.39*	5:01.99*	400 M Free	5:00.49*	5:14.79*	5:29.09*	5:43.39*	6:11.99*	6:40.59*
14:07.59*	13:06.99*	12:06.49*	11:36.19*	11:05.99*	10:35.69*	800 M Free	10:38.19*	11:08.59*	11:38.89*	12:09.29*	13:10.09*	14:10.89*
27:17.49*	25:20.59*	23:23.59*	22:25.09*	21:26.59*	20:28.19*	1500 M Free	20:31.89*	21:30.49*	22:29.19*	23:27.89*	25:25.19*	27:22.49*
46.99*	43.59*	40.29*	38.59*	36.89*	35.29*	50 M Back	35.29*	37.09*	38.89*	40.79*	44.39*	48.09*
1:45.89*	1:37.59*	1:29.29*	1:25.09*	1:20.89*	1:16.79*	100 M Back	1:15.49*	1:19.59*	1:23.79*	1:27.89*	1:36.09*	1:44.29*
3:39.09*	3:23.39*	3:07.79*	2:59.99*	2:52.09*	2:44.29*	200 M Back	2:40.99*	2:48.69*	2:56.29*	3:03.99*	3:19.29*	3:34.69*
52.29*	48.49*	44.79*	42.89*	41.09*	39.19*	50 M Breast	39.29*	41.39*	43.59*	45.69*	49.99*	54.29*
1:55.79*	1:47.19*	1:38.69*	1:34.39*	1:30.09*	1:25.79*	100 M Breast	1:25.89*	1:30.39*	1:34.89*	1:39.29*	1:48.29*	1:57.19*
4:07.29*	3:49.59*	3:31.99*	3:23.19*	3:14.29*	3:05.49*	200 M Breast	3:07.29*	3:16.19*	3:25.19*	3:34.09*	3:51.89*	4:09.69*
43.79*	40.59*	37.49*	35.99*	34.39*	32.79*	50 M Fly	32.99*	34.79*	36.69*	38.49*	42.19*	45.79*
1:42.49*	1:34.29*	1:26.09*	1:21.99*	1:17.89*	1:13.79*	100 M Fly	1:13.69*	1:17.89*	1:22.19*	1:26.39*	1:34.89*	1:43.39*
3:39.49*	3:23.79*	3:08.19*	3:00.29*	2:52.49*	2:44.59*	200 M Fly	2:44.99*	2:52.79*	3:00.69*	3:08.49*	3:24.19*	3:39.89*
3:38.79*	3:23.19*	3:07.59*	2:59.79*	2:51.99*	2:44.09*	200 M IM	2:42.79*	2:51.09*	2:59.39*	3:07.69*	3:24.29*	3:40.99*
7:51.49*	7:17.89*	6:44.19*	6:27.29*	6:10.49*	5:53.69*	400 M IM	5:49.79*	6:06.49*	6:23.19*	6:39.79*	7:13.09*	7:46.39*
12 Year Olds – Girls						12 Year Olds – Boys						
36.69*	35.99*	33.39*	31.99*	30.69*	29.29*	50 M Free	28.49*	29.79*	31.19*	32.49*	35.19*	37.89*
1:24.99*	1:18.99*	1:12.89*	1:09.89*	1:06.79*	1:03.79*	100 M Free	1:01.69*	1:04.59*	1:07.49*	1:10.49*	1:16.29*	1:22.19*
3:03.79*	2:50.69*	2:37.59*	2:30.99*	2:24.39*	2:17.89*	200 M Free	2:14.19*	2:20.59*	2:26.99*	2:33.39*	2:46.19*	2:58.99*
6:42.89*	5:56.49*	5:29.09*	5:15.39*	5:01.69*	4:47.99*	400 M Free	4:41.59*	4:55.09*	5:08.49*	5:21.89*	5:48.69*	6:15.49*
13:28.39*	12:30.59*	11:32.89*	11:03.99*	10:35.19*	10:06.29*	800 M Free	9:57.39*	10:25.79*	10:54.19*	11:22.69*	12:19.59*	13:16.49*
25:49.99*	23:59.29*	22:08.59*	21:13.19*	20:17.89*	19:22.49*	1500 M Free	19:06.39*	20:00.89*	20:55.49*	21:50.09*	23:39.29*	25:28.49*
44.89*	41.69*	38.49*	36.99*	35.29*	33.69*	50 M Back	32.99*	34.79*	36.49*	38.19*	41.59*	45.09*
1:38.89*	1:31.09*	1:23.29*	1:19.39*	1:15.49*	1:11.59*	100 M Back	1:10.79*	1:14.69*	1:18.49*	1:22.39*	1:30.09*	1:37.79*
3:27.69*	3:12.89*	2:57.99*	2:50.59*	2:43.19*	2:35.79*	200 M Back	2:32.09*	2:39.39*	2:46.59*	2:53.89*	3:08.39*	3:22.79*
49.09*	45.59*	42.09*	40.39*	38.59*	36.89*	50 M Breast	36.19*	38.09*	40.09*	41.99*	45.99*	48.89*
1:49.99*	1:41.89*	1:33.79*	1:29.69*	1:25.59*	1:21.59*	100 M Breast	1:19.39*	1:23.49*	1:27.69*	1:31.79*	1:40.09*	1:48.39*
3:54.59*	3:37.89*	3:21.09*	3:12.69*	3:04.29*	2:55.99*	200 M Breast	2:52.49*	3:00.69*	3:08.89*	3:17.09*	3:33.59*	3:49.99*
41.79*	38.79*	35.79*	34.29*	32.79*	31.29*	50 M Fly	30.69*	32.39*	34.09*	35.89*	39.29*	42.69*
1:37.49*	1:29.69*	1:21.89*	1:17.99*	1:14.09*	1:10.19*	100 M Fly	1:08.49*	1:12.49*	1:16.39*	1:20.39*	1:28.29*	1:36.19*
3:29.09*	3:14.19*	2:59.29*	2:51.79*	2:44.29*	2:36.89*	200 M Fly	2:31.89*	2:39.09*	2:46.39*	2:53.59*	3:08.09*	3:22.49*
3:28.39*	3:13.49*	2:58.59*	2:51.19*	2:43.79*	2:36.29*	200 M IM	2:32.59*	2:40.39*	2:48.19*	2:55.99*	3:11.49*	3:27.09*
7:23.79*	6:52.09*	6:20.39*	6:04.59*	5:48.69*	5:32.89*	400 M IM	5:25.29*	5:40.79*	5:56.29*	6:11.79*	6:42.79*	7:13.79*
13 Year Olds – Girls						13 Year Olds – Boys						
38.49*	35.69*	32.99*	31.59*	30.19*	28.89*	50 M Free	27.29*	28.59*	29.89*	31.19*	33.79*	36.39*
1:23.29*	1:17.29*	1:11.39*	1:08.39*	1:05.39*	1:02.49*	100 M Free	59.29*	1:02.09*	1:04.89*	1:07.79*	1:13.39*	1:18.99*
2:58.89*	2:46.99*	2:34.19*	2:27.69*	2:21.29*	2:14.89*	200 M Free	2:08.99*	2:15.09*	2:21.29*	2:27.39*	2:38.69*	2:51.99*
6:14.19*	5:47.49*	5:20.79*	5:07.39*	4:54.09*	4:40.69*	400 M Free	4:34.59*	4:47.59*	5:00.69*	5:13.79*	5:39.89*	6:06.09*
12:57.19*	12:01.69*	11:06.19*	10:38.39*	10:10.69*	9:42.89*	800 M Free	9:31.59*	9:58.79*	10:25.99*	10:53.19*	11:47.59*	12:42.09*
24:45.79*	22:59.69*	21:13.59*	20:20.49*	19:27.39*	18:34.39*	1500 M Free	18:13.19*	19:05.19*	19:57.29*	20:49.39*	22:33.49*	24:17.59*
1:32.99*	1:26.29*	1:19.69*	1:16.39*	1:13.09*	1:09.69*	100 M Back	1:06.79*	1:09.99*	1:13.09*	1:16.29*	1:22.69*	1:28.99*
3:19.19*	3:04.89*	2:50.69*	2:43.59*	2:36.49*	2:29.39*	200 M Back	2:23.99*	2:30.89*	2:37.69*	2:44.59*	2:58.29*	3:11.99*
1:45.79*	1:38.29*	1:30.69*	1:26.89*	1:23.09*	1:19.39*	100 M Breast	1:14.89*	1:18.39*	1:21.99*	1:25.59*	1:32.69*	1:38.79*
3:48.29*	3:31.99*	3:15.69*	3:07.59*	2:59.39*	2:51.29*	200 M Breast	2:42.89*	2:50.59*	2:58.39*	3:06.09*	3:21.69*	3:37.19*
1:29.99*	1:23.59*	1:17.19*	1:13.89*	1:10.69*	1:07.49*	100 M Fly	1:04.59*	1:07.59*	1:10.69*	1:13.79*	1:19.89*	1:26.09*
3:20.59*	3:06.29*	2:51.89*	2:44.79*	2:37.59*	2:30.49*	200 M Fly	2:23.69*	2:30.59*	2:37.39*	2:44.29*	2:57.89*	3:11.59*
3:23.89*	3:09.29*	2:54.79*	2:47.49*	2:40.19*	2:32.89*	200 M IM	2:26.19*	2:33.19*	2:40.19*	2:47.09*	3:00.99*	3:14.99*
7:09.99*	6:39.29*	6:08.59*	5:53.19*	5:37.89*	5:22.49*	400 M IM	5:10.19*	5:24.99*	5:39.69*	5:54.49*	6:23.99*	6:53.59*
14 Year Olds – Girls						14 Year Olds – Boys						
37.59*	34.89*	32.19*	30.89*	29.49*	28.19*	50 M Free	26.29*	27.59*	28.79*	30.09*	32.59*	35.09*
1:21.29*	1:15.49*	1:09.69*	1:06.79*	1:03.89*	1:00.99*	100 M Free	57.19*	59.89*	1:02.69*	1:05.39*	1:10.79*	1:16.29*
2:55.79*	2:43.19*	2:30.69*	2:24.39*	2:18.09*	2:11.79*	200 M Free	2:04.29*	2:10.19*	2:16.09*	2:22.09*	2:33.89*	2:45.69*
6:07.79*	5:41.59*	5:15.29*	5:02.19*	4:48.99*	4:35.89*	400 M Free	4:24.99*	4:37.59*	4:50.19*	5:02.79*	5:27.99*	5:53.29*
12:35.99*	11:41.99*	10:47.99*	10:20.99*	9:53.99*	9:26.99*	800 M Free	9:10.69*	9:36.89*	10:03.19*	10:29.39*	11:21.79*	12:14.29*
24:06.39*	22:23.09*	20:39.79*	19:48.09*	18:56.49*	18:04.79*	1500 M Free	17:26.19*	18:16.09*	19:05.89*	19:55.69*	21:35.29*	23:14.99*
1:30.19*	1:23.79*	1:17.29*	1:14.09*	1:10.89*	1:07.69*	100 M Back	1:04.59*	1:07.69*	1:10.79*	1:13.89*	1:19.99*	1:26.19*
3:14.59*	3:00.69*	2:46.79*	2:39.89*	2:32.89*	2:25.99*	200 M Back	2:17.19*	2:23.79*	2:30.29*	2:36.79*	2:48.89*	3:02.99*
1:43.69*	1:36.29*	1:28.89*	1:25.19*	1:21.49*	1:17.79*	100 M Breast	1:11.19*	1:14.59*	1:17.89*	1:21.29*	1:28.09*	1:34.89*
3:42.99*	3:27.09*	3:11.19*	3:03.19*	2:55.29*	2:47.29*	200 M Breast	2:37.59*	2:45.09*	2:52.59*	3:00.09*	3:15.09*	3:30.09*
1:28.09*	1:21.79*	1:15.49*	1:12.39*	1:09.19*	1:06.09*	100 M Fly	1:01.59*	1:04.59*	1:07.49*	1:10.39*	1:16.29*	1:22.19*
3:14.39*	3:00.49*	2:46.59*	2:39.69*	2:32.79*	2:25.79*	200 M Fly	2:16.99*	2:23.49*	2:29.99*	2:36.59*	2:49.59*	3:02.59*
3:19.49*	3:05.29*	2:50.99*	2:43.89*	2:36.79*	2:29.69*	200 M IM	2:20.29*	2:26.99*	2:33.69*	2:40.39*	2:53.69*	3:07.09*
7:01.09*	6:30.99*	6:00.89*	5:45.89*	5:30.89*	5:15.79*	400 M IM	4:57.89*	5:11.99*	5:26.19*	5:40.39*	6:08.79*	6:37.09*

B Min	BB Min	A Min	AA Min	AAA	AAAA		AAAA	AAA	AA Min	A Min	BB Min	B Min	
15 Year Olds – Girls							15 Year Olds – Boys						
37.29	34.59	31.89*	30.59	29.29	27.99	50 M Free	25.69*	26.89*	28.09*	29.29*	31.79*	34.19*	
1:20.19*	1:14.49*	1:08.69*	1:05.89*	1:02.99*	1:00.19*	100 M Free	56.09*	58.69*	1:01.39*	1:04.09*	1:09.39*	1:14.69*	
2:53.59*	2:41.19*	2:28.79*	2:22.59*	2:16.39*	2:10.19*	200 M Free	2:01.49*	2:07.29*	2:13.09*	2:18.79*	2:30.39*	2:41.99*	
6:02.99	5:37.09	5:11.19	4:58.19	4:45.19	4:32.29	400 M Free	4:19.79	4:32.19	4:44.49	4:56.89	5:21.69	5:46.39	
12:29.69	11:36.09	10:42.59	10:15.79	9:48.99	9:22.29	800 M Free	8:57.49	9:23.09	9:48.69	10:14.19	11:05.39	11:56.59	
24:05.69	22:22.39	20:39.19	19:47.49	18:55.89	18:04.29	1500 M Free	17:09.49	17:58.49	18:47.49	19:36.49	21:14.59	22:52.59	
1:29.69*	1:23.29*	1:16.89*	1:13.69*	1:10.49*	1:07.29*	100 M Back	1:02.49*	1:05.49*	1:08.39*	1:11.39*	1:17.29*	1:23.29*	
3:12.89*	2:59.09*	2:45.39*	2:38.49*	2:31.59*	2:24.69*	200 M Back	2:14.29*	2:20.69*	2:27.09*	2:33.49*	2:46.29*	2:59.09*	
1:41.69	1:34.39	1:27.09	1:23.49	1:19.89	1:16.29	400 M Breast	1:10.09*	1:13.49*	1:16.79*	1:20.09*	1:26.79*	1:33.49*	
3:39.49	3:23.79	3:08.19	3:00.29	2:52.49	2:44.59	200 M Breast	2:34.49*	2:41.89*	2:49.19*	2:56.59*	3:11.29*	3:25.99*	
1:26.79*	1:20.59*	1:14.39*	1:11.29*	1:08.19*	1:05.09*	100 M Fly	59.99*	1:02.79*	1:05.69*	1:08.49*	1:14.19*	1:19.89*	
3:12.09	2:58.39	2:44.59	2:37.79	2:30.89	2:24.09	200 M Fly	2:14.19*	2:20.59*	2:26.99*	2:33.39*	2:46.19*	2:58.89*	
3:17.09*	3:02.99*	2:48.89*	2:41.89*	2:34.79*	2:27.79*	200 M IM	2:16.29*	2:22.79*	2:29.29*	2:35.69*	2:48.69*	3:01.69*	
6:55.89	6:26.19	5:56.49	5:41.59	5:26.79	5:11.89	400 M IM	4:49.69*	5:03.39*	5:17.19*	5:30.99*	5:58.59*	6:26.19*	

16 Year Olds – Girls						16 Year Olds – Boys						
37.09	34.49	31.79	30.49	29.19	27.79	50 M Free	25.09*	26.29*	27.49*	28.59*	30.99*	33.39*
1:20.09	1:14.39	1:08.59	1:05.79	1:02.89	1:00.09	100 M Free	54.79*	57.39*	59.99*	1:02.59*	1:07.79*	1:12.99*
2:51.79	2:39.49	2:27.19	2:21.09	2:14.99	2:08.79	200 M Free	1:59.89*	2:05.59*	2:11.29*	2:17.09*	2:28.49*	2:39.89*
6:00.39	5:34.69	5:08.89	4:55.99	4:43.19	4:30.29	400 M Free	4:13.99	4:26.09	4:38.09	4:50.19	5:14.39	5:38.59
12:23.29	11:30.19	10:37.09	10:10.59	9:44.09	9:17.49	800 M Free	8:46.69	9:11.79	9:36.89	10:01.89	10:52.09	11:42.19
23:53.09	22:10.69	20:28.39	19:37.19	18:45.99	17:54.79	1500 M Free	16:49.19	17:37.29	18:25.29	19:13.39	20:49.49	22:25.59
1:28.99	1:22.69	1:16.29	1:13.09	1:09.89	1:06.79	100 M Back	1:00.89*	1:03.79*	1:06.69*	1:09.59*	1:15.29*	1:21.09*
3:11.49*	2:57.79*	2:44.19*	2:37.29*	2:30.49*	2:23.59*	200 M Back	2:10.29*	2:16.49*	2:22.69*	2:28.89*	2:41.39*	2:53.79*
1:41.09	1:33.89	1:26.69	1:23.09	1:19.49	1:15.79	100 M Breast	1:09.09*	1:12.39*	1:15.69*	1:18.99*	1:25.59*	1:32.09*
3:36.59	3:21.19	3:05.69	2:57.99	2:50.19	2:42.49	200 M Breast	2:29.69*	2:36.79*	2:43.89*	2:50.99*	3:05.29*	3:19.49*
1:26.29*	1:20.19*	1:13.99*	1:10.89*	1:07.89*	1:04.79*	100 M Fly	59.09*	1:01.89*	1:04.79*	1:07.59*	1:13.19*	1:18.79*
3:09.69	2:56.19	2:42.69	2:35.89	2:29.09	2:22.29	200 M Fly	2:10.59*	2:16.79*	2:22.99*	2:29.19*	2:41.69*	2:54.09*
3:14.89*	3:00.99*	2:47.09*	2:40.09*	2:33.09*	2:26.19*	200 M IM	2:13.69*	2:20.09*	2:26.49*	2:32.79*	2:45.59*	2:58.29*
6:48.99	6:19.79	5:50.59	5:35.99	5:21.39	5:06.79	400 M IM	4:45.69*	4:59.29*	5:12.89*	5:26.49*	5:53.69*	6:20.89*

17 Year Olds – Girls						17 Year Olds – Boys						
36.79	34.09	31.49	30.19	28.89	27.59	50 M Free	24.79*	25.99*	27.19*	28.39*	30.69*	33.09*
1:19.69	1:13.99	1:08.39	1:05.49	1:02.69	99.79	100 M Free	53.89*	56.49*	59.09*	1:01.59*	1:06.79*	1:11.89*
2:51.69	2:39.39	2:27.19	2:21.09	2:14.89	2:08.79	200 M Free	1:58.49*	2:04.09*	2:09.79*	2:15.39*	2:26.69*	2:37.99*
5:59.69	5:33.99	5:08.29	4:55.49	4:42.59	4:29.79	400 M Free	4:13.79	4:25.89	4:37.99	4:49.99	5:14.19	5:38.39
12:24.29	11:31.09	10:37.89	10:11.39	9:44.79	9:18.19	800 M Free	8:48.59	9:13.69	9:38.89	10:04.09	10:54.39	11:44.79
23:55.89	22:13.39	20:30.79	19:39.49	18:48.19	17:56.99	1500 M Free	16:45.59	17:33.39	18:21.29	19:09.19	20:44.99	22:26.69
1:28.69	1:22.39	1:15.99	1:12.89	1:09.69	1:06.49	100 M Back	1:00.19*	1:02.99*	1:05.89*	1:08.69*	1:14.49*	1:20.19*
3:09.69	2:56.19	2:42.59	2:35.89	2:29.09	2:22.29	200 M Back	2:10.29*	2:16.49*	2:22.69*	2:28.89*	2:41.29*	2:53.69*
1:40.29	1:33.19	1:25.99	1:22.39	1:18.79	1:15.29	100 M Breast	1:08.39*	1:11.59*	1:14.89*	1:18.09*	1:24.59*	1:31.09*
3:37.19	3:21.69	3:06.19	2:58.39	2:50.59	2:42.89	200 M Breast	2:27.89*	2:34.89*	2:41.89*	2:48.99*	3:03.09*	3:17.09*
1:26.19	1:20.09	1:13.89	1:10.89	1:07.79	1:04.69	100 M Fly	57.89*	1:00.69*	1:03.39*	1:06.19*	1:11.69*	1:17.19*
3:07.19	2:53.89	2:40.49	2:33.79	2:27.09	2:20.39	200 M Fly	2:09.59*	2:15.79*	2:21.99*	2:28.19*	2:40.49*	2:52.79*
3:13.59	2:59.69	2:45.89	2:38.99	2:32.09	2:25.19	200 M IM	2:13.39*	2:19.69*	2:26.09*	2:32.39*	2:45.09*	2:57.79*
6:51.19	6:21.79	5:52.49	5:37.79	5:23.09	5:08.39	400 M IM	4:44.89	4:58.49	5:12.09	5:25.59	5:52.79	6:19.89

18 Year Olds – Girls						18 Year Olds – Boys						
36.79	34.09	31.49	30.19	28.89	27.59	50 M Free	24.49	25.69	26.79	27.99	30.29	32.59
1:19.79	1:14.09	1:08.39	1:05.59	1:02.69	99.89	100 M Free	54.09	56.59	59.19	1:01.79	1:06.89	1:12.09
2:51.09	2:38.89	2:26.69	2:20.59	2:14.39	2:08.29	200 M Free	1:57.99	2:03.59	2:09.19	2:14.79	2:26.09	2:37.29
6:00.99	5:35.19	5:09.39	4:56.49	4:43.59	4:30.69	400 M Free	4:11.29	4:23.29	4:35.19	4:47.19	5:11.09	5:34.99
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
1:28.59*	1:22.29*	1:15.99*	1:12.79*	1:09.59*	1:06.49*	100 M Back	1:00.49	1:03.29*	1:06.19*	1:09.09*	1:14.79*	1:20.59*
3:10.59*	2:56.99*	2:43.39*	2:36.59*	2:29.69*	2:22.89*	200 M Back	2:11.19*	2:17.39*	2:23.69*	2:29.89*	2:42.39*	2:54.89*
1:39.59	1:32.49	1:25.29	1:21.79	1:18.19	1:14.69	100 M Breast	1:07.89*	1:11.09*	1:14.29*	1:17.59*	1:23.99*	1:30.49*
3:36.19	3:20.79	3:05.29	2:57.59	2:49.89	2:42.19	200 M Breast	2:27.09*	2:34.09*	2:41.09*	2:48.09*	3:02.19*	3:16.19*
1:25.59	1:19.49	1:13.39	1:10.29	1:07.29	1:04.19	100 M Fly	58.19*	1:00.99*	1:03.79*	1:06.59	1:12.09*	1:17.59*
3:08.49	2:55.09	2:41.59	2:34.89	2:28.09	2:21.39	200 M Fly	2:08.29	2:14.39	2:20.49	2:26.69	2:38.89	2:51.09
3:13.49	2:59.69	2:45.89	2:38.99	2:31.99	2:25.09	200 M IM	2:12.19*	2:18.49*	2:24.79*	2:30.99*	2:43.59*	2:56.19*
6:49.89*	6:20.69*	5:51.39*	5:36.69*	5:22.09*	5:07.49*	400 M IM	4:40.59*	4:53.99*	5:07.39*	5:20.69*	5:47.39*	6:14.19*

2013-2016 National Age Group Motivational Times — Single Year Age Groups

(* indicates time improved from last quad)

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA	AAAA	AAAA	AAA	AA Min	A Min	BB Min	B Min	
10 Year Olds – Girls						10 Year Olds – Boys						
39.49*	35.69*	31.89*	30.59*	29.29*	28.09*	50 Y Free	27.79*	28.99*	30.19*	31.39*	34.99*	38.49*
1:30.69*	1:21.09*	1:11.39*	1:08.19*	1:04.99*	1:01.79*	100 Y Free	1:01.09*	1:04.09*	1:07.19*	1:10.19*	1:19.39*	1:28.49*
3:20.19	2:58.29	2:36.39	2:29.09	2:21.79	2:14.39	200 Y Free	2:12.39*	2:18.69*	2:24.99*	2:31.29*	2:50.19*	3:09.09*
8:30.49	7:39.49	6:48.39	6:31.39	6:14.39	5:57.39	500 Y Free	5:51.99*	6:08.79*	6:25.49*	6:42.29*	7:32.59*	8:22.79*
48.59*	43.29*	37.99*	36.19*	34.39*	32.69*	50 Y Back	32.39*	34.19*	35.99*	37.79*	43.19*	48.59*
1:45.09*	1:33.49*	1:21.79*	1:17.89*	1:13.99*	1:10.09*	100 Y Back	1:09.49*	1:13.09*	1:16.59*	1:20.09*	1:30.79*	1:41.39*
53.59	47.79	41.99	40.09	38.19	36.29	50 Y Breast	36.19*	38.09*	39.99*	41.89*	47.49*	53.19*
1:58.79*	1:45.59*	1:32.39*	1:27.99*	1:23.69*	1:19.29*	100 Y Breast	1:18.49*	1:22.39*	1:26.29*	1:30.19*	1:41.99*	1:53.69*
47.99*	42.39*	36.69*	34.79*	32.89*	30.99*	50 Y Fly	30.89*	32.69*	34.39*	36.19*	41.39*	46.69*
1:55.49*	1:40.39*	1:25.29*	1:20.19*	1:15.19*	1:10.19*	100 Y Fly	1:10.09*	1:14.99*	1:18.89*	1:24.79*	1:38.39*	1:54.09*
1:43.39*	1:32.39*	1:21.39*	1:17.69*	1:13.99*	1:10.39*	100 Y IM	1:10.29*	1:13.69*	1:16.99*	1:20.39*	1:30.39*	1:40.39*
3:40.39*	3:17.29*	2:54.19*	2:46.49*	2:38.79*	2:31.09*	200 Y IM	2:31.09*	2:38.69*	2:46.19*	2:53.69*	3:16.29*	3:38.89*
11 Year Olds – Girls						11 Year Olds – Boys						
35.59*	33.09*	30.69*	29.39*	28.19*	26.99*	50 Y Free	26.79	27.99	29.29	30.59	33.09	35.69
1:18.19*	1:12.59*	1:06.99*	1:04.19*	1:01.39*	98.59*	100 Y Free	57.59*	1:00.29*	1:03.09*	1:05.79*	1:11.29*	1:16.79*
2:48.49*	2:36.49*	2:24.39*	2:18.39*	2:12.39*	2:06.39*	200 Y Free	2:05.79*	2:11.79*	2:17.79*	2:23.69*	2:35.69*	2:47.69*
7:28.29*	6:56.29*	6:24.29*	6:08.29*	5:52.29*	5:36.19*	500 Y Free	5:35.69*	5:51.69*	6:07.59*	6:23.59*	6:55.59*	7:27.49*
15:40.79	14:33.59	13:26.39	12:52.79	12:19.19	11:45.59	1000 Y Free	11:43.49	12:16.99	12:50.49	13:23.99	14:30.99	15:37.99
26:26.49	24:33.19	22:39.79	21:43.19	20:46.49	19:49.89	1650 Y Free	19:48.39	20:44.99	21:41.59	22:38.19	24:31.39	26:24.59
40.59*	37.69*	34.79*	33.39*	31.89*	30.49*	50 Y Back	30.29*	31.89*	33.49*	34.99*	38.19*	41.29*
1:30.99*	1:23.89*	1:16.69*	1:13.09*	1:09.49*	1:05.99*	100 Y Back	1:05.19*	1:08.79*	1:12.29*	1:15.79*	1:22.89*	1:29.99*
3:09.29*	2:55.79*	2:42.29*	2:35.49*	2:28.79*	2:21.99*	200 Y Back	2:20.39*	2:27.09*	2:33.79*	2:40.39*	2:53.79*	3:07.19*
45.69*	42.39*	39.09*	37.49*	35.89*	34.29*	50 Y Breast	33.99*	35.79*	37.69*	39.49*	43.19*	46.89*
1:40.69*	1:33.29*	1:25.79*	1:22.09*	1:18.39*	1:14.69*	100 Y Breast	1:13.99*	1:17.89*	1:21.69*	1:25.59*	1:33.29*	1:40.99*
3:35.49*	3:20.09*	3:04.69*	2:56.99*	2:49.39*	2:41.69*	200 Y Breast	2:40.09*	2:47.69*	2:55.29*	3:02.89*	3:18.19*	3:33.39*
38.79*	35.99*	33.29*	31.89*	30.49*	29.09*	50 Y Fly	29.19*	30.79*	32.39*	33.99*	37.19*	40.49*
1:29.59*	1:22.49*	1:15.29*	1:11.69*	1:08.19*	1:04.59*	100 Y Fly	1:04.59*	1:08.29*	1:11.99*	1:15.79*	1:23.19*	1:30.69*
3:14.29*	3:00.39*	2:46.49*	2:39.59*	2:32.69*	2:25.69*	200 Y Fly	2:24.59*	2:31.49*	2:38.29*	2:45.19*	2:58.99*	3:12.69*
1:29.79*	1:23.39*	1:16.99*	1:13.79*	1:10.59*	1:07.39*	100 Y IM	1:06.29*	1:08.49*	1:12.79*	1:15.99*	1:22.39*	1:28.89*
3:11.39*	2:57.79*	2:44.09*	2:37.29*	2:30.39*	2:23.59*	200 Y IM	2:22.49*	2:29.79*	2:37.09*	2:44.29*	2:58.89*	3:13.39*
6:48.59*	6:19.49*	5:50.29*	5:35.69*	5:21.09*	5:06.49*	400 Y IM	5:04.29*	5:18.79*	5:33.29*	5:47.79*	6:16.69*	6:45.69*
12 Year Olds – Girls						12 Year Olds – Boys						
34.09*	31.69*	29.39*	28.19*	26.99*	25.79*	50 Y Free	24.79*	25.99*	27.19*	28.39*	30.69*	33.09*
1:13.59	1:08.29	1:03.09	1:00.49	97.79	95.19	100 Y Free	54.19*	56.79*	59.39*	1:01.89*	1:07.09*	1:12.19*
2:41.29*	2:29.79*	2:18.29*	2:12.49*	2:06.79*	2:00.99*	200 Y Free	1:57.89*	2:03.49*	2:09.19*	2:14.79*	2:25.99*	2:37.19*
7:09.29*	6:38.59*	6:07.99*	5:52.59*	5:37.29*	5:21.99*	500 Y Free	5:17.29*	5:32.39*	5:47.49*	6:02.59*	6:32.79*	7:02.99*
14:48.09	13:44.69	12:41.19	12:09.49	11:37.79	11:06.09	1000 Y Free	10:56.59	11:27.79	11:59.09	12:30.29	13:32.89	14:35.39
25:02.99	23:15.59	21:28.29	20:34.59	19:40.89	18:47.19	1650 Y Free	18:32.79	19:25.79	20:18.79	21:11.79	22:57.79	24:43.79
38.79*	36.09*	33.29*	31.89*	30.49*	29.09*	50 Y Back	28.59*	30.09*	31.59*	33.09*	36.09*	38.99*
1:26.29*	1:19.49*	1:12.69*	1:09.29*	1:05.89*	1:02.49*	100 Y Back	1:00.89*	1:04.19*	1:07.49*	1:10.79*	1:17.49*	1:24.09*
2:58.89*	2:46.99*	2:34.19*	2:27.79*	2:21.29*	2:14.89*	200 Y Back	2:11.49*	2:17.79*	2:23.99*	2:30.29*	2:42.79*	2:55.29*
43.69*	40.59*	37.49*	35.89*	34.29*	32.79*	50 Y Breast	31.69*	33.39*	35.19*	36.89*	40.29*	43.79*
1:35.89*	1:28.79*	1:21.69*	1:18.19*	1:14.59*	1:11.09*	100 Y Breast	1:08.69*	1:12.29*	1:15.89*	1:19.49*	1:26.59*	1:33.79*
3:25.99*	3:11.29*	2:56.59*	2:49.19*	2:41.89*	2:34.49*	200 Y Breast	2:28.79*	2:35.89*	2:42.99*	2:50.09*	3:04.19*	3:18.39*
37.29*	34.59*	31.99*	30.59*	29.29*	27.99*	50 Y Fly	27.19*	28.69*	30.19*	31.69*	34.69*	37.69*
1:26.29*	1:19.39*	1:12.49*	1:08.99*	1:05.59*	1:02.09*	100 Y Fly	1:00.19*	1:03.69*	1:07.09*	1:10.59*	1:17.59*	1:24.49*
3:02.39*	2:49.39*	2:36.39*	2:29.79*	2:23.29*	2:16.79*	200 Y Fly	2:13.59*	2:19.89*	2:26.29*	2:32.69*	2:45.39*	2:58.09*
1:25.29*	1:19.19*	1:13.09*	1:10.09*	1:06.99*	1:03.99*	100 Y IM	1:02.09*	1:05.09*	1:08.09*	1:11.09*	1:17.19*	1:23.19*
3:02.49*	2:49.49*	2:36.49*	2:29.99*	2:23.39*	2:16.89*	200 Y IM	2:13.49*	2:20.29*	2:27.09*	2:33.89*	2:47.49*	3:01.09*
6:28.59*	6:00.89*	5:33.09*	5:19.19*	5:05.29*	4:51.49*	400 Y IM	4:45.09*	4:58.69*	5:12.19*	5:25.79*	5:52.99*	6:20.09*

B Min	BB Min	A Min	AA Min	AAA	AAAA		AAAA	AAA	AA Min	A Min	BB Min	B Min	
13 Year Olds – Girls							13 Year Olds – Boys						
33.69"	31.29"	28.89"	27.69"	26.49"	25.29"	50 Y Free	23.69"	24.79"	25.99"	27.09"	29.39"	31.59"	
1:12.79"	1:07.59"	1:02.39"	59.79"	57.19"	54.59"	100 Y Free	51.79"	54.29"	56.69"	59.19"	1:04.09"	1:08.99"	
2:37.29"	2:26.09"	2:14.89"	2:09.19"	2:03.59"	1:57.99"	200 Y Free	1:53.09"	1:58.49"	2:03.89"	2:09.29"	2:19.99"	2:30.79"	
6:59.79"	6:29.79"	5:59.79"	5:44.79"	5:29.79"	5:14.89"	500 Y Free	4:32.59"	4:45.59"	4:58.49"	5:11.49"	5:37.49"	6:03.39"	
14:28.89	13:26.89	12:24.79	11:53.79	11:22.69	10:51.69	1000 Y Free	9:23.79"	9:50.69"	10:17.49	10:44.39	11:38.09	12:31.79	
23:14.69	22:29.79	20:45.99	19:54.09	19:02.19	18:10.29	1650 Y Free	17:35.39	18:25.69	19:15.89	20:06.19	21:46.69	23:27.19	
1:19.89"	1:14.19"	1:08.49"	1:05.69"	1:02.79"	59.99"	100 Y Back	57.39"	1:00.09"	1:02.89"	1:05.59"	1:11.09"	1:16.49"	
2:53.49"	2:41.09"	2:28.69"	2:22.49"	2:16.29"	2:10.09"	200 Y Back	2:04.29"	2:10.19"	2:16.09"	2:21.99"	2:33.79"	2:46.69"	
1:31.79"	1:25.29"	1:18.69"	1:15.39"	1:12.19"	1:08.89"	100 Y Breast	1:05.29"	1:08.39"	1:11.49"	1:14.59"	1:20.79"	1:27.09"	
3:18.59"	3:04.39"	2:50.19"	2:43.09"	2:36.09"	2:28.99"	200 Y Breast	2:21.69"	2:28.49"	2:35.19"	2:41.99"	2:55.49"	3:08.99"	
1:19.89"	1:14.19"	1:08.49"	1:05.59"	1:02.79"	59.89"	100 Y Fly	56.39"	59.09"	1:01.79"	1:04.49"	1:09.89"	1:15.19"	
2:56.29"	2:43.69"	2:31.09"	2:24.79"	2:18.49"	2:12.19"	200 Y Fly	2:05.39"	2:11.39"	2:17.39"	2:23.29"	2:35.29"	2:47.19"	
2:57.69"	2:44.99"	2:32.29"	2:25.99"	2:19.69"	2:13.29"	200 Y IM	2:06.59"	2:12.59"	2:18.59"	2:24.69"	2:36.69"	2:48.69"	
6:15.49"	5:48.69"	5:21.89"	5:08.49"	4:55.09"	4:41.59"	400 Y IM	4:29.59"	4:42.49"	4:55.29"	5:08.19"	5:33.79"	5:59.49"	

14 Year Olds – Girls

32.89"	30.49"	28.19"	26.99"	25.89"	24.69"
1:11.49"	1:06.39"	1:01.29"	58.79"	56.19"	53.69"
2:33.89"	2:22.89"	2:11.99"	2:06.49"	2:00.99"	1:55.49"
6:51.79	6:22.39	5:52.99	5:38.29	5:23.49	5:08.79
14:08.89	13:08.29	12:07.59	11:37.29	11:06.99	10:36.69
23:34.19	21:53.19	20:12.19	19:21.69	18:31.19	17:40.69
1:18.59"	1:12.99"	1:07.39"	1:04.59"	1:01.79"	58.99"
2:48.49"	2:36.39"	2:24.39"	2:18.39"	2:12.39"	2:06.39"
1:29.89"	1:23.49"	1:17.09"	1:13.89"	1:10.69"	1:07.49"
3:14.59	3:00.69	2:46.79	2:39.79	2:32.89	2:25.89
1:17.99"	1:12.39"	1:06.89"	1:04.09"	1:01.29"	58.49"
2:52.99"	2:40.59"	2:28.29"	2:22.09"	2:15.89"	2:09.69"
2:53.49"	2:41.09"	2:28.79"	2:22.59"	2:16.39"	2:10.19"
6:08.99"	5:42.59"	5:16.29"	5:03.09"	4:49.89"	4:36.69"

14 Year Olds – Boys

50 Y Free	22.79"	23.89"	24.99"	26.09"	28.29"	30.39"
100 Y Free	49.79"	52.19"	54.49"	56.89"	59.19"	1:06.39"
200 Y Free	1:48.09"	1:53.29"	1:58.39"	2:03.59"	2:13.89"	2:24.19"
500 Y Free	4:24.19"	4:36.79"	4:49.29"	5:01.89"	5:27.09"	5:52.19"
1000 Y Free	9:10.59"	9:36.79"	10:02.99"	10:29.19	11:21.69	12:14.09
1650 Y Free	16:51.29	17:39.39	18:27.59	19:15.69	20:51.99	22:28.29
100 Y Back	55.19"	57.79"	1:00.49"	1:03.09"	1:08.29"	1:13.59"
200 Y Back	1:58.79"	2:04.49"	2:10.09"	2:15.79"	2:27.09"	2:38.39"
100 Y Breast	1:02.19"	1:05.19"	1:08.09"	1:11.09"	1:16.99"	1:22.89"
200 Y Breast	2:00.29"	2:11.89"	2:22.39"	2:34.79"	2:47.69"	3:00.59"
100 Y Fly	54.49"	57.09"	59.59"	1:02.19"	1:07.39"	1:12.59"
200 Y Fly	2:00.29"	2:05.99"	2:11.69"	2:17.49"	2:28.89"	2:40.39"
200 Y IM	2:01.49"	2:07.29"	2:13.09"	2:18.89"	2:30.49"	2:41.99"
400 Y IM	4:18.69"	4:31.09"	4:43.39"	4:55.69"	5:20.29"	5:44.99"

15 Year Olds – Girls

32.69"	30.39"	27.99"	26.89"	25.69"	24.49"
1:10.89"	1:05.89"	1:00.79"	58.29"	55.69"	53.19"
2:32.99"	2:22.09"	2:11.19"	2:05.69"	2:00.19"	1:54.79"
6:47.19"	6:18.09"	5:49.09"	5:34.49"	5:19.99"	5:05.39"
14:05.19	13:04.79	12:04.49	11:34.29	11:04.09	10:33.89
23:34.69	21:53.59	20:12.59	19:22.09	18:31.49	17:40.99
1:17.49"	1:11.99"	1:06.39"	1:03.69"	1:00.89"	58.09"
2:47.39"	2:35.39"	2:23.49"	2:17.49"	2:11.49"	2:05.59"
1:29.09"	1:22.79	1:16.39	1:13.19"	1:09.99"	1:06.89
3:12.49"	2:58.69"	2:44.99"	2:38.09"	2:31.29"	2:24.39"
1:17.29"	1:11.69"	1:06.19"	1:03.49"	1:00.69"	57.99"
2:48.69"	2:37.59"	2:25.49"	2:19.39"	2:13.39"	2:07.29"
2:51.79"	2:39.49"	2:27.19"	2:21.09"	2:14.99"	2:08.79"
6:05.49"	5:39.39"	5:13.29"	5:00.29"	4:47.19"	4:34.19"

15 Year Olds – Boys

50 Y Free	22.29"	23.39"	24.39"	25.49"	27.59"	29.69"
100 Y Free	48.69"	50.99"	53.29"	55.59"	57.29"	1:04.89"
200 Y Free	1:45.69"	1:50.79"	1:55.79"	2:00.79"	2:10.89"	2:20.99"
500 Y Free	4:16.69"	4:28.89"	4:41.19"	4:53.39"	5:17.79"	5:42.29"
1000 Y Free	9:01.59"	9:27.39"	9:53.19"	10:18.89	11:10.49	12:02.09
1650 Y Free	16:34.29	17:21.59	18:08.99	18:56.29	20:30.99	22:05.69
100 Y Back	53.49"	55.99"	58.49"	1:01.09"	1:06.19"	1:11.29"
200 Y Back	1:56.09"	2:01.59"	2:07.19"	2:12.69"	2:23.69"	2:34.79"
100 Y Breast	1:00.39"	1:03.29"	1:06.19"	1:09.09"	1:14.79"	1:20.59"
200 Y Breast	2:11.79"	2:18.09"	2:24.29"	2:30.59"	2:43.09"	2:55.69"
100 Y Fly	52.69"	55.19"	57.69"	1:00.19"	1:05.19"	1:10.19"
200 Y Fly	1:57.09"	2:02.69"	2:08.29"	2:13.89"	2:24.99"	2:36.19"
200 Y IM	1:57.69"	2:03.29"	2:08.99"	2:14.59"	2:25.79"	2:36.99"
400 Y IM	4:12.99"	4:24.99"	4:37.09"	4:49.09"	5:13.19"	5:37.29"

16 Year Olds – Girls

32.59"	30.29"	27.89"	26.79"	25.59"	24.49
1:10.19"	1:05.19"	1:00.19"	57.69"	55.19"	52.69"
2:31.19"	2:20.39"	2:09.59"	2:04.19"	1:58.79"	1:53.39"
6:13.79"	5:37.69"	5:11.79"	4:58.79"	4:45.79"	4:32.79"
12:30.69	11:37.09	10:43.39	10:16.59	9:49.79"	9:22.99"
23:18.19	21:38.29	19:58.49	19:08.49	18:18.59	17:28.69
1:16.49"	1:11.09"	1:05.59"	1:02.89"	1:00.19"	57.39"
2:45.09"	2:33.29"	2:21.59"	2:15.69"	2:09.79"	2:03.89"
1:27.99"	1:21.69"	1:15.39"	1:12.29"	1:09.19"	1:05.99"
3:09.99	2:56.39	2:42.79	2:35.99	2:29.29	2:22.49
1:16.49"	1:11.09"	1:05.59"	1:02.89"	1:00.09"	57.39"
2:48.39"	2:36.39"	2:24.39"	2:18.39"	2:12.39	2:06.29"
2:50.19"	2:37.99"	2:25.89"	2:19.79"	2:13.69"	2:07.59"
6:00.89"	5:35.09"	5:09.29"	4:56.49"	4:43.59"	4:30.69"

16 Year Olds – Boys

50 Y Free	21.79"	22.79"	23.79"	24.89"	26.89"	28.99"
100 Y Free	47.49"	49.79"	52.09"	54.29"	58.79"	1:03.39"
200 Y Free	1:43.69"	1:48.69"	1:53.59"	1:58.59"	2:08.39"	2:18.29"
500 Y Free	4:13.79"	4:25.89"	4:37.99"	4:50.09"	5:14.19"	5:38.39"
1000 Y Free	8:48.49"	9:13.69"	9:38.79"	10:03.99	10:54.29	11:44.59
1650 Y Free	16:23.59	17:10.39	17:57.29	18:44.09	20:17.79	21:51.39
100 Y Back	52.39"	54.89"	57.39"	59.89"	1:04.89"	1:09.89"
200 Y Back	1:54.19"	1:59.59"	2:04.99"	2:10.49"	2:21.29"	2:32.19"
100 Y Breast	59.69"	1:02.59"	1:05.39"	1:08.19"	1:13.89"	1:19.59"
200 Y Breast	2:09.69"	2:15.89"	2:22.09"	2:28.29"	2:40.59"	2:52.99"
100 Y Fly	51.59"	53.99"	56.49"	58.99"	1:03.89"	1:08.79"
200 Y Fly	1:55.29"	2:00.79"	2:06.29"	2:11.69"	2:22.69"	2:33.69"
200 Y IM	1:56.09"	2:01.69"	2:07.19"	2:12.69"	2:23.79"	2:34.79"
400 Y IM	4:08.59"	4:20.39"	4:32.29"	4:44.09"	5:07.79"	5:31.49"

B Min	BB Min	A Min	AA Min	AAA	AAAA	AAAA	AAA	AA Min	A Min	BB Min	B Min
17 Year Olds – Girls						17 Year Olds – Boys					
32.49"	30.09"	27.79"	26.69"	25.49"	24.39"	50 Y Free	21.19	22.29	23.29	24.29	26.29
1:09.99"	1:04.99"	59.99"	57.49"	54.99"	52.49"	100 Y Free	46.99"	48.29"	51.49"	53.79"	58.19"
2:30.39"	2:19.69"	2:08.89"	2:03.59"	1:58.19"	1:52.79"	200 Y Free	1:42.89"	1:47.79"	1:52.69"	1:57.59"	2:07.39"
6:42.69"	6:13.99"	5:45.19"	5:30.79"	5:16.49"	5:02.09"	500 Y Free	4:11.29"	4:23.29"	4:35.29"	4:47.19"	5:11.19"
13:55.19	12:55.49	11:55.89	11:25.99	10:56.19	10:26.39	1000 Y Free	8:42.19"	9:07.09"	9:31.89"	9:56.79"	10:46.49
23:13.09	21:33.59	19:54.09	19:04.39	18:14.59	17:24.89	1650 Y Free	16:20.39	17:06.99	17:53.69	18:40.39	20:13.79
1:16.29"	1:10.89"	1:05.39"	1:02.69"	59.99"	57.19"	100 Y Back	51.49"	53.99"	56.39"	58.89"	1:03.79"
2:45.29"	2:33.49"	2:21.69"	2:15.79"	2:09.89"	2:03.99"	200 Y Back	1:53.49"	1:58.89"	2:04.29"	2:09.69"	2:20.49"
1:26.99"	1:20.79"	1:14.49"	1:11.39"	1:08.29"	1:05.19"	100 Y Breast	58.99"	1:01.79"	1:04.59"	1:07.39"	1:12.99"
3:10.19"	2:56.59"	2:42.99"	2:36.19"	2:29.39"	2:22.59"	200 Y Breast	2:08.49"	2:14.59"	2:20.69"	2:26.79"	2:39.09"
1:16.39"	1:10.99"	1:05.49"	1:02.79"	1:00.09"	57.29"	100 Y Fly	51.09"	53.49"	55.99"	58.39"	1:03.29"
2:47.29"	2:35.29"	2:23.39"	2:17.39"	2:11.49"	2:05.49"	200 Y Fly	1:53.69"	1:59.09"	2:04.49"	2:09.99"	2:20.79"
2:49.29"	2:37.19"	2:25.09"	2:18.99"	2:12.99"	2:06.99"	200 Y IM	1:55.09"	2:00.59"	2:06.09"	2:11.59"	2:22.49"
5:59.09"	5:33.39"	5:07.79"	4:54.99"	4:42.09"	4:29.29"	400 Y IM	4:07.19"	4:18.99"	4:30.79"	4:42.49"	5:06.09"

18 Year Olds – Girls						18 Year Olds – Boys					
32.29"	29.99"	27.69"	26.49"	25.39"	24.19"	50 Y Free	21.39"	22.39"	23.49	24.49	26.49"
1:09.89	1:04.89	59.89	57.39	54.89	52.39	100 Y Free	46.79"	48.99"	51.19"	53.49"	57.89"
2:30.59"	2:19.89"	2:09.09"	2:03.69"	1:58.39"	1:52.99"	200 Y Free	1:42.39"	1:47.29"	1:52.09"	1:56.99"	2:06.79"
6:40.79"	6:12.19"	5:43.49"	5:29.19"	5:14.89"	5:00.59"	500 Y Free	4:11.59"	4:23.49"	4:35.49"	4:47.49"	5:11.49"
13:52.59	12:53.09	11:53.59	11:23.89	10:54.19	10:24.39	1000 Y Free	8:47.09"	9:12.19"	9:37.29"	10:02.39	10:52.59
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
1:16.29"	1:10.89"	1:05.39"	1:02.69"	59.99"	57.29"	100 Y Back	50.99"	53.39"	55.89"	58.29"	1:03.19"
2:44.29"	2:32.59"	2:20.79"	2:14.99"	2:09.09"	2:03.19"	200 Y Back	1:52.09"	1:57.39"	2:02.69"	2:08.09"	2:18.69"
1:27.29"	1:20.99"	1:14.79"	1:11.69"	1:08.59"	1:05.49"	100 Y Breast	58.39"	1:01.09"	1:03.89"	1:06.69"	1:12.29"
3:09.09"	2:55.59"	2:42.09"	2:35.39"	2:28.59"	2:21.89"	200 Y Breast	2:06.29"	2:12.29"	2:18.29"	2:24.29"	2:36.29"
1:15.89"	1:10.49"	1:04.99"	1:02.29"	59.59"	56.89"	100 Y Fly	50.99"	53.39"	55.79"	58.29"	1:03.09"
2:45.89"	2:34.09"	2:22.19"	2:16.29"	2:10.39"	2:04.49"	200 Y Fly	1:53.39	1:58.79	2:04.19	2:09.59	2:20.39
2:48.59"	2:36.59"	2:24.59"	2:18.49"	2:12.49"	2:06.49"	200 Y IM	1:53.69"	1:59.09"	2:04.49"	2:09.89"	2:20.69"
5:58.99"	5:33.29"	5:07.69"	4:54.89"	4:42.09"	4:29.19"	400 Y IM	4:03.99"	4:15.69"	4:27.29"	4:38.89"	5:02.09"

PART SEVEN

OPEN WATER SWIMMING

Parts One through Six of the USA Swimming Rules and Regulations apply to open water competition, unless specifically indicated otherwise in Part Seven.

ARTICLE 701

CONDUCT AND OFFICIATING OF THE COMPETITION

701.1 EVENTS/MEETS

- 1 Recommended individual events are listed in 102.1.3.
- .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 announcement and on the accompanying entry form. Swimmers using wet-suits shall be scored separately from swimmers competing without wet-suits.
- .3 **Team Events** — Team events may be conducted in various formats concurrently with individual events, with the results achieved in the individual event used to compute the team scoring as announced in the meet announcement.

701.2 RULES

- .1 All open water competitions shall be freestyle events.
- .2 The Host Committee shall include in the meet announcement:
 - A The policy for abandonment
 - B Whether the race will be an “escorted” or “unescorted” swim.
- .3 The Host Committee shall develop a safety plan for the competition in compliance with all requirements included in the published application for sanction of an open water event.
- .4 **The Start**
 - A Events may be started either:
 - (1) In-water — swimmers stand or tread water in a depth sufficient for them to commence swimming on the start signal;
 - (2) From the beach — swimmers line up and run into the water from the shore on the Starter’s signal; or
 - (3) From a fixed platform — swimmers’ positions on the platform are

determined by random draw and they commence racing on the start signal (See 103.2.3 — Water Depth).

- B In all starts, the start signal shall be both audible and visible. For fixed platform starts, the Starter shall give the command, "Take your mark," at which time the swimmers will assume a starting position with at least one foot at the front of the starting platform. When all swimmers are stationary, the Starter shall give the starting signal.
- C When the start for Men's and Women's competitions is staggered, the Men's events shall always start before the Women's events.
- D If, in the opinion of the Referee, an unfair advantage has been gained by someone at the start, that swimmer may be disqualified.
- E Prior to the start all escort safety crafts shall be stationed so as to avoid interference with any competitor. If catching up to their swimmers from behind, the craft shall navigate in such a way as to avoid maneuvering through the field of swimmers.

.5 The Finish

- A Where in-water finish apparatus is not available, an on-shore finish where contestants run from the water to a finish point is permitted.
- B The finish should be filmed and recorded by video system with slow motion and recall facilities including timing equipment.

.6 Escort Safety Craft

- A Escort safety craft 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 safety craft shall contain a race judge, a person of the swimmer's choosing, and the minimum crew required to operate the escort safety craft.
- C Coaching and the giving of instructions by a swimmer's representative on escort safety craft or platforms is permitted. No whistles may be used by coaches.

.7 Time Limits — In all Open Water events, time limits shall be published in the meet announcement and shall apply as follows from the finish time of the first swimmer. Events with age group divisions will have the time applied by age group.

- A Events under 25k not less than 30 minutes
- B Events of 25k not less than 60 minutes
- C Events of over 25k not less than 120 minutes

- .8 In events where feed poles are permitted, feed poles are not to exceed 5m (16 feet 5 inches) in length when extended. No objects, rope or wire may hang off of feed poles except banners or flags not to exceed 20cm x 30cm (8 inches x 12 inches).

701.3 MARKING — Prior to the start, swimmers shall be marked with their race numbers on both upper arms and their upper backs. The swimmers shall be numbered vertically down the arms and horizontally across the upper backs. Depending on the finish system used, the Referee may also require numbering elsewhere on the body (hands or thighs). Paddlers and escort boats for escorted swims 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.
- .3 Only swimsuits complying with FINA Open Water swimsuit specifications may be worn in any USA Swimming sanctioned or approved open water competition.
- .4 Swimsuits for both men and women shall not cover the neck, extend past the shoulder, nor extend below the ankle.

701.5 DISQUALIFICATIONS

- .1 **Red Flag** — A swimmer shall receive a Red Flag and be disqualified from further competition for:
- A Accumulating two yellow flag infractions for any combination of rules violations. The Red Flag will be issued at the time of the second infraction;
 - B Failing to swim or complete the prescribed course. Swimmers who do not finish the course within the time limit shall be removed from the water except that the Referee may allow a swimmer outside the time limit to complete the course but not participate in any points or prizes awarded;
 - C Receiving assistance by pulling on the cables, line markers, buoys, or buoy lines (Note: Incidental contact shall not be a basis for disqualification.);
 - D Receiving propulsive aid from anyone in boats or other escort craft of any kind;
 - E 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 is permitted.);

701.5

- F Receiving support from any fixed or floating object or touching or being touched by his/ her escort safety craft or the crew. (Standing on the bottom during the race shall not disqualify the swimmer. Incidental physical contact while giving food or liquid to a swimmer shall not result in disqualification.) Being touched by water safety personnel will not necessarily result in disqualification;
- G Unsporting conduct. Swimmers will be disqualified if they, their support craft, or support personnel, commit an act that is deemed unsporting by the Referee. Examples of unsporting conduct include intentionally striking another swimmer, refusing to re-round a turn mark and intentional interference with another swimmer while approaching the finish; or
- H Violating the swimwear rules. No swimmer shall be permitted to use or wear any device which may be an aid to his/her speed, endurance, or buoyancy. Goggles, a maximum of two (2) caps, nose clip and earplugs may be used.

.2 **Yellow Flag** — A swimmer shall receive a Yellow Flag for:

- A Gaining an unfair advantage at the start. If in the opinion of the Referee, an unfair advantage has been gained at the start, the offending swimmer will be given a Yellow Flag or a Red Flag as determined by the Referee;
- B Receiving aid from a non-competing person in the form of pacing;
- C Taking an unfair advantage by slipstreaming an escort safety craft. (Race judges shall instruct swimmers who are taking unfair advantage by pacing or, slipstreaming with escort safety craft to move clear.);
- D Actions of his/her escort craft 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
- E Intentional contact with another swimmer or contact which causes interference.

701.6 DISQUALIFICATION PROCEDURE

- .1 **Yellow Flag** — A swimmer who commits an infraction listed in 701.5.2 shall receive a Yellow Flag. The Referee will display a Yellow Flag and a card bearing the number of the swimmer being charged with the infraction. The Referee may use a whistle to attempt to get the swimmer's attention in order to notify the swimmer being charged with an infraction. There is no requirement for the swimmer to acknowledge the infraction.
- .2 **Red Flag** — A swimmer who commits an infraction as listed in 701.5.1 shall receive a Red Flag. The Referee will display a Red Flag and a card bearing the number of the swimmer being charged with the infraction. The Referee may use a whistle to get the swimmer's attention in order to notify the swimmer of the disqualification. The disqualified swimmer must leave the water immediately.

701.7 THE MEET DIRECTOR shall

- .1 determine the course for an open water event.
- .2 have the authority to withdraw the sanction on race day if adequate safety precautions are not in place and shall notify all race participants prior to the beginning of the race of the revocation should the race organizer proceed with the competition;
- .3 have the authority to stop a race at any time should conditions change and safety become a concern.

701.8 THE INDEPENDENT SAFETY MONITOR shall

- .1 be approved by an LSC sanction officer and shall be independent of the race organizing committee;
- .2 be present at the race to assure the approved safety plan is implemented;
- .3 assure that adequate safety precautions are in place to deal with race-day conditions;
- .4 have the authority to withdraw the sanction on race day if adequate safety precautions are not in place and shall notify all race participants of the revocation prior to the beginning of the race should the race organizer proceed with the competition;
- .5 have the authority to stop a race at any time should conditions change and safety become a concern.

701.9 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)	

701.10 THE REFEREE shall

- .1 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 have the authority to withdraw the sanction on race day if adequate safety precautions are not in place and shall notify all race participants of the revocation prior to the beginning of the race should the race organizer proceed with the competition;

701.10

- .3 have the authority to stop the race or to change the distance and/or race course due to safety concerns or unforeseen circumstances;
- .4 have the authority to use any video or electronic or mechanical judging devices in judging the finish order or in making other rulings.
- .5 conduct a random draw for assignment of the Race Judges in escorted swims.
- .6 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;
- .7 have the authority 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.
- .8 have the authority to 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.

701.11 THE ASSISTANT REFEREE shall perform all duties assigned by the Referee.

701.12 THE ADMINISTRATIVE REFEREE shall be responsible for all administrative matters assigned by the Referee.

701.13 THE SAFETY OFFICER shall

- .1 be responsible to the Referee for all aspects of safety related to the conduct of the competition;
- .2 ensure that each escort craft is suitable;
- .3 check that the entire course and especially the start and finish areas are safe and free of all obstructions;
- .4 ensure that a sufficient number of powered craft are available during the competition to provide safety backup for the escort boats;
- .5 when applicable, 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, 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.

701.14 THE MEDICAL OFFICER shall

- .1 be responsible to the Referee for all medical aspects related to the competition and swimmers;

- .2 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 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.

701.15 THE COURSE OFFICER shall

- .1 be responsible for the accuracy of the survey establishing the distance of the course;
- .2 prior to the commencement of competition, 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;
- .3 ensure that Turn Judges are in position prior to the start of the competition and report this to the Assistant Referee; and
- .4 serve as pilot in the lead boat when one is used.

701.16 THE CLERK OF COURSE shall

- .1 assemble and instruct the competitors prior to the competition and ensure proper reception for the competitors at the finish;
- .2 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;
- .3 be certain all swimmers are present, in the assembly area, at the required time prior to the start; and
- .4 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.

701.17 THE STARTER shall

- .1 assume a position clearly visible to all competitors;
- .2 on a signal from the Referee, raise a distinctive flag to a vertical position;
- .3 holding the arm straight, simultaneously bring the arm holding the flag down and shall activate an audible signal to signify the start; and
- .4 when swimmers are starting from a fixed platform, give the command, "Take your mark," at which time the swimmers will assume a starting position with at least one foot at the front of the starting platform. When all swimmers are stationary, the Starter shall give the starting signal.

701.18

701.18 THE RACE JUDGE shall

- .1 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 have the authority to order a swimmer from the water upon expiration of the time limit or when so ordered by the Referee;
- .3 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;
- .4 immediately inform the Referee if the assigned swimmer withdraws from the event and shall record the completed distance and the time of the withdrawal; and
- .5 report observation of rules violations to the Referee immediately. In unescorted races, the Referee may assign Race Judges to monitor specific areas of the competition such as the feed station.

701.19 THE TURN JUDGE shall

- .1 be positioned so as to ensure that all swimmers comply with the turn and other change-of-course procedures;
- .2 record any violation of the turn procedures and indicate to the Referee any infraction at the time it is observed.

701.20 THE CHIEF TIMER shall

- .1 assign at least three Timers to their positions for the start and finish;
- .2 brief the Timers on their duties and the details of their assignment;
- .3 ensure that a time check is made to allow all persons to synchronize their watches with the official race clock, if applicable, at least fifteen (15) minutes before start time; and
- .4 arrange for the use of automatic or semi-automatic timing devices in addition to watches, if desired.

701.21 THE CHIEF FINISH JUDGE shall

- .1 assign each Finish Judge to a position;
- .2 brief Finish Judges on their duties and the details of their assignment; and
- .3 after the race, 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.

701.22 THE FINISH JUDGE shall

- .1 be positioned in line with and where he/she can have a clear view of the finish; and
- .2 record the finish place of each swimmer.

701.23 THE RECORDER shall record withdrawals from the competition, enter results on official forms, and maintain the record for team awards as appropriate.

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 and may be salt or fresh water.
- .3 With the exception of beach starts and beach finishes, the minimum depth of water at any point on the course shall be 1.4 meters.
- .4 Guide Buoy - A distinctively marked colored float in the water, anchored to provide navigational guidance for swimmers, may be used. Guide buoys shall be non-directional in nature and swimmers may pass on either side of the buoy. Guide buoys must be colored differently from turn buoys.

702.2 WATER/AIR TEMPERATURE — The race shall not begin if the following conditions are not satisfied:

- .1 The water temperature shall not be less than 16° C (60.8° F).
- .2 For races of 5K and above, the water temperature shall not exceed 29.45° C (85° F).
- .3 The air temperature and water temperature when added together shall not be less than 30° C (118° F) nor greater than 63° C (177.4° F).

702.3 WATER QUALITY

- .1 If water quality meets the standards of the local testing authority, the water quality will be deemed acceptable unless otherwise determined by the Safety Officer or Independent Safety Monitor.
- .2 If an exceptional event such as heavy rain or flooding affects the water quality, the Referee, the Meet Director, or the Independent Safety Monitor shall have the authority to postpone or cancel the race.

702.4

702.4 THE START

- .1 The start line shall be clearly defined by either overhead apparatus or by removable equipment at water level.
- .2 If the race is started from a fixed platform, the water depth requirements of 103.2.3 must be met. Additionally, the Course Officer and Referee shall have the start area inspected for hidden underwater obstacles or obstructions. If there is any doubt as to the condition of the start area, an in-water or beach start shall be used.

702.5 TURNS/CHANGES IN COURSE

- .1 Turn Buoys - All turns and other changes in direction on the course shall be clearly indicated by turn buoys which shall be distinctively marked colored floats, anchored to mark the course for swimmers. Turn buoys shall be directional in nature and must be passed with a right shoulder turn or left shoulder turn, as stated in the pre-race instructions.
- .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.

702.6 THE FINISH

- .1 The final approach to the finish shall be clearly defined with markers of a distinctive color. The area leading to the finish apparatus should be clearly marked by rows of buoys which narrow as they get closer to the finish wall – this is considered part of the course and the swimmers shall remain within the rows of buoys throughout their approach to the finish. Escort safety craft should be stationed at the approach to and entrance of the finish lane to ensure that only the escort craft authorized to do so enter or cross this entrance.
- .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.
- .3 When Automatic Officiating Equipment (microchip technology) is used for timing of the race, the official time for the finish shall be recorded in tenths of seconds. Actual finish placement shall be determined by manual finish judging and/or video replay of the finish.

702.7 FEEDING STATIONS

- .1 Feeding stations shall be securely fixed in position and shall not be subject to tidal, wind, or other movements, and shall safely accommodate the number of feeders consistent with the number of entries.

- .2 Feeding stations shall be located on the inner or outer boundary of the course, in line with the turn buoy.
- .3 Number of feeding stations required:
 - A No feeding station is required for an event 5k or shorter.
 - B At least one feeding station is required for an event that is longer than 5k but shorter than 10k.
 - C For an event 10k or longer, there shall be at least one feeding station every 2k.

ARTICLE 703 RECORDS

703.1 Because of differences in courses, currents and other physical factors, records for open water events are not maintained. 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 Five-mile increments (5, 10, 15 miles, etc.) (25 Yard Pool)
 - B Five kilometer increments (5, 10, 15...50...100 Kilometers) (50 meter Pool)
 - C Age Group 1000-2000-3000 Yard (25 yard pool)
 - D Senior 5000 Yard (25 yard pool)

ARTICLE 704 USA SWIMMING OPEN WATER NATIONAL CHAMPIONSHIPS

**See sections 207.1, 207.3, 207.5, 207.7, 207.9, 207.11 for additional rules
pertaining to 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

704.2 ABANDONMENT — Where emergency conditions require a race to be halted before it is completed, the following shall apply:

- .1 Races of 10K or shorter: In the event of abandonment, the race shall be re-started from the beginning at the earliest possible time and the full distance completed.
- .2 Races longer than 10K: If the race is abandoned prior to the lead swimmer completing three-fourths of the distance of the event, the race shall be re-started from the beginning at the most appropriate time, as decided by the meet committee, and the full distance completed. If the race is abandoned when the lead swimmer has completed at least three-fourths of the race, the race shall be considered complete. The final placings of all swimmers shall be determined by the Meet Referee.
- .3 Situations not covered above shall be determined by the Meet Committee.

704.3 ENTRY FEES — The entry fees shall be determined by the Meet Director with the concurrence of Program Operations.

704.4 ENTRY PROCESS AND MEET INFORMATION BOOK — The entry procedure shall be stated in the meet announcement. The meet announcement shall be prepared under joint direction of and approved by the National Team Steering Committee, the Meet Director, Program Operations, and the USA Swimming Executive Director or his/her representative.

704.5 RESULTS — Results shall be submitted to the National Team Steering Committee, USA Swimming, and posted on the USA Swimming website.

704.6 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.

704.7 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.

704.8 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 eighteen (18) years of age and younger attaining the highest finish position shall be designated as the USA Swimming 18 and under Open Water Swimming Champion in each contested event and shall receive the appropriate USA Swimming Championship medals.
- .3 The American male and female swimmers ages sixteen (16) and younger and the American male and female swimmers ages seventeen through eighteen (17-18) years placing highest in the 5k and 10k events shall be designated the USA Swimming Age Group National Champion in their respective age group and shall receive the appropriate USA Swimming Championship medals.
- .4 Team Event medals shall be awarded to team event members placing first through third.
- .5 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 sixteen (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.
- .6 The Meet Host may present additional individual and team awards with approval from Program Operations.

704.9 ELIGIBILITY — Qualifying times and/or qualifying criteria may be established by the Meet Director with the concurrence of the National Team Steering Committee.

704.10 PROOF OF TIME — A swimmer entered in any USA Swimming National Championships shall be required to show proof of having met the qualification standards as set forth in the meet announcement.

DIFFERENCES BETWEEN USA SWIMMING AND USMS RULES

All provisions under Part 1 of the USMS Swimming Rules are effective January 1, 2016. USMS follows USA Swimming's Technical Rules Articles 101, 102 and 105, with the following exceptions
[USMS Rule in brackets]:

The U.S. Masters Swimming Rulebook is available at a cost of \$10.00 (mini-rulebook is \$6.00) from the USMS National Office, 1751 Mound St., Ste 201, Sarasota, FL 34236, or it can be ordered online at usms@usms.org.

MS1. Starts, Strokes and Relays

MS1.1 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 referee's long whistle indicates that the swimmer may take and maintain a position with at least one foot at the front of the platform or the deck. On the command, "Take your mark," the swimmer shall immediately assume the starting position with at least one foot at the front of the platform or deck. A swimmer starting in the water must have one hand on the wall or starting platform and one foot on the wall and may face any direction. The backstroke start may be used as the in-the-water start during freestyle events. [USMS 101.1.1 and 101.5.1]

MS1.2 Butterfly. The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick at any time during the race (for example, one breaststroke kick and multiple dolphin kicks may be used with each arm pull). Only one breaststroke or whip kick is permitted per arm pull except that a single breaststroke or whip kick is permitted prior to the turn and finish without an arm pull. After the start and after each turn, a single breaststroke or whip kick is permitted prior to the arm pull that brings the swimmer to the surface. [USMS 101.3.2 and 101.3.3]

MS1.3 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. In relay races involving in-the-water starts, a relay will be disqualified if a swimmer loses touch with the end of the course before the preceding teammate touches the wall. [USMS 101.7.3E and F]

MS1.4 Long Distance Swimming. Long Distance Pool Events are governed by Open Water and Long Distance rules. There is no provision for leaving the water for brief periods during the swim. [USMS 305 and 306]

MS2. Swimming Competition

MS2.1 Personnel. The minimum personnel at USMS sanctioned or recognized Masters swimming meets shall include the following: one referee, one starter, two stroke and turn judges, two 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 shall not be the same person. The referee shall be certified as a referee or, if certified as a stroke and turn judge or starter by a USMS-approved certifying body (including USA Swimming), may serve as a referee if given training on the specific duties of a referee. Starters and stroke and turn judges shall be certified for those positions or may serve in those positions if trained in the specified duties of those positions and are supervised by a certified official. Note: USMS does not use place judges and has a meet committee rather than a meet jury. [USMS 103.2, 103.3, 102.10.5, 103.5, and 102.14.2]

MS2.2 Personnel at National Championship Meets. The meet host shall appoint a meet referee, an administrative referee, a head starter, and a chief judge subject to qualification standards established by the USMS Officials Committee. Minimum stroke and turn judges include: at least two turn judges at each end of each course (jurisdiction not to exceed five lanes per judge), one stroke judge on each side of a 50-meter course, and one official at the 15-meter mark of each course for all starts and turns except breast-stroke. [USMS 104.5.10B]

MS2.3 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. [USMS 102.4.1]

MS2.4 Relays. First and last names of eligible relay swimmers, their ages, and order of swimming shall be submitted to the clerk of course or to the head lane timer. [USMS 102.9.6]

MS2.5 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. [USMS 102.10.1A and 102.6]

MS2.6 Seeding

MS2.6.1 Age groups and/or genders, as well as events of the same distance 200 yards or longer, may be combined during seeding so that no swimmer has to swim alone and lanes may be filled. At the meet referee's discretion, events may be combined by distance and/or stroke. An empty lane is not required when combining events. [USMS 102.10.1B and 102.11.2]

MS2.6.2 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. [USMS 102.10.1D]

MS2.7 Counters. A swimmer may appoint one counter in any individual event of 16 lengths or more, except the individual medley. [USMS 102.10.6A]

MS2.8 Swimwear. Medical identification items may be worn. Modesty wear is prohibited unless a medical or religious exemption has been granted by USMS. Only swimwear exemptions granted by USMS shall be eligible for consideration by a referee at USMS competitions. [USMS 102.12.1E, 102.13.9 and 102.12.1C(1)]

MS2.9 Advertising. Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule. Note: USMS does not regulate the number of logos on swimsuits, caps and goggles, does not prohibit wearing the insignia or name of another club or prohibit body advertising such as temporary tattoos or prohibit the advertising of political statements. [USMS 102.12.2]

MS2.10 Timing System Designation. A manual timing system with two watches per lane, each operated by a separate timer, is the minimum requirement. [USMS 103.17.2A(3)]

MS2.11 Fully Integrated, Overhead Video System Back-up. If the back-up system is a fully integrated, stationary overhead video system, the video camera time shall be the official time without adjustment in the event of a primary timing system malfunction. [USMS 103.17.3D]

MS2.12 Adjustment of Backup Times for Timing System Malfunctions. A backup time adjusted for system timing errors in accordance with 103.17.3C-G may be used as an official time equal to the level of the timing system to which it has been adjusted. [USMS 103.18.7 and 103.17.3C-G]

MS2.13 Records and Top Ten

MS2.13.1 Record applications and Top 10 submissions shall not be accepted unless certification of course length accompanies them or is on file with USMS or FINA. Any person can be assigned to conduct the course measurement. [USMS 105.1.6A]

MS2.13.2 USMS records may only be established by USMS members 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. A bulkhead placement confirmation is required for a USMS record set at events sanctioned or approved by USA Swimming. [USMS 105.1.1, 105.1.7E, and 105.3.1]

MS2.13.3 Relay leadoff split times will be considered for Top 10 times, provided the swimmers complete the event without being disqualified and the second swimmer does not start in the water. A relay lead-off split time will be considered for USMS records provided automatic timing is used. [USMS 103.18.1, 103.18.4, 105.2.2A and D; and 105.3.6A]

MS2.13.4 If swimmers want their initial splits as part of a longer individual event to be submitted for records or Top 10 times, they must notify the referee, in writing, prior to the conclusion of the meet. However, for backstroke initial splits and relay leadoff

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 if the primary system is automatic timing. [USMS 103.18.1B(1) and (2); 103.18.1D; 105.2.2B, C, D and E; and 105.3.6]

MS2.13.5 Required documentation for USMS records includes the referee's signature, as well as the printout from the automatic or semiautomatic (with three buttons) timing equipment or the time card bearing times and signatures from *three* timers. [USMS 105.3.8]

MS2.14 Scratch Procedures. Swimmers or relay teams not reporting for or competing in an event are not penalized. [USMS 102.8.1]

MS2.15 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 five 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. [USMS 102.14.5 and 102.14.4]

MS2.16 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. [USMS 102.2]

MS3. Facility Standards

MS3.1 Water Depth. In pools with water depth 3 feet, 6 inches to less than 4 feet at the starting end, the swimmer must start from the deck or from within the water. USMS does not have a rule for teaching racing starts or certifying swimmers for proficiency at performing racing starts. [USMS 107.2.3A(2)]

MS3.2 Lane Numbers. The lanes shall be numbered from right to left as the swimmers face the course from the starting end of the pool except when the event starts at the turn end of the course (no change in lane numbering so that the lanes are numbered the same at both ends); mandatory for all meets. [USMS 107.4.3]

MS3.3 Water and Air Temperature. Water temperature from 25 to 28 degrees Celsius (77 to 82 degrees Fahrenheit) shall be maintained for competition. USMS does not address air temperature. [USMS 107.6]

MS4. Athlete Protection Policies

MS4.1 Except for video timing equipment, USMS does not address the use of cameras, including cell phone cameras, in the venue. [None]

DUAL-SANCTIONED EVENTS

The following shall govern the conduct of combined, parallel, and interwoven meets, hereinafter known as dual-sanctioned events, between members of USA Swimming (USA-S) and United States Masters Swimming (USMS).

In the event of a claim by a third party, including participants and spectators, alleging bodily injury and/or property damage arising from the conduct of a dual-sanctioned event, USA-S and USMS will notify Risk Management Services Inc., as soon as practicable. Any conflicts or request for interpretations shall be resolved by the executive directors of USA-S and USMS.

All competitors in dual-sanctioned events must be members of USA Swimming, USMS, or both. Competitors who are members of both must select one organization with which to compete for the entire meet, in advance of competition. Dual membership cannot be used to exceed the daily event limits imposed by either organization. Automatic recognition of times achieved by a USMS swimmer competing in the USA-S portion is still available.

Dual-sanctioned events must have sanctions from both USA-S and USMS. Both sanctions must be held by the host organization. The host organization cannot be required to accept a participant from either USMS or USA-S who would otherwise be barred from participation by their respective organizations. USMS records and Top 10 submissions must comply with all USMS documentation requirements.

Combined meets — With the consent of all hosting teams and the LSC and LMSC, a combined meet may be sanctioned by both USA-S and USMS, with all swimmers competing according to USA-S rules. This mechanism allows the meet hosts to seed the event as they normally would, based upon times, with USA-S and USMS members combined in heats without specific lanes allocated to one organization or the other. There are restrictions, however. A divider must separate members of each organization. A lane line is sufficient to achieve the separation. This does preclude, for example, swimming two-to-a-lane with a member of each organization in the same lane. Warm-up and warm-down should be conducted in separate lanes. Relay teams must consist of members of the same organization.

Parallel meets — The two meets may be swum in parallel by assigning some lanes to USMS competitors and a different set of lanes to USA-S competitors. If possible, separate stroke and turn officials for each set is preferred. It is permissible to adjust, for example, the makeup of the USMS heats so that competitors in a given heat have approximately the same seed times. Each organization's rules apply to its members.

Interwoven meets — The two meets may be swum with complete heats of swimmers from both organizations. There is no need for separate stroke and turn officials. Each organization's rules apply to its members.

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