
PART 3: OPEN WATER AND LONG DISTANCE SWIMMING RULES

ARTICLE 301: ADMINISTRATION

301.1 ORGANIZATION

301.1.1 Governing Bodies—The conduct and organization of open water and long distance swimming for Masters shall be governed by USMS through its Long Distance Committee and LMSCs. The chair and committee members shall be appointed as provided in articles 507.1 and 507.1.8.

301.2 MEMBERSHIP, REPRESENTATION AND SANCTIONS

Membership, representation and sanctions for open water and long distance events shall be governed by all applicable rules under articles 201, 202 and 203. In addition, the following administrative rules apply:

301.2.1 LMSCs are responsible for issuing open water and long distance sanctions for meets involving USMS athletes. If any meets are to be swum in more than one LMSC, the LMSC where the meet will originate will have jurisdiction in issuing the sanction. This does not prohibit the other LMSC from also issuing a sanction for the meet.

301.2.2 Open water and long distance meets may include both USMS and USA Swimming events, with the USMS events sanctioned by USMS and the USA Swimming events sanctioned or approved by USA Swimming. Under no circumstances shall a USMS athlete and a USA Swimming athlete be considered part of the same event, but they may swim at the same time on the same course. Athletes holding both USMS and USA Swimming memberships must declare their race affiliation, in writing, prior to the start of the event.

301.2.3 One-event registrants shall not be eligible for records, All-American status or any other USMS special awards.

301.2.4 All participants in National Championship Postal Events (as defined in article 305.2.1 F, G, and H) must be a currently registered member of USMS or a FINA-member National Governing Body. Athletes with One-Event Registrations are not eligible for National Championship Postal Events.

301.3 LIABILITY RELEASE

Entry forms shall contain the exact language of the liability release according to article 203.1 The following statement shall be added to the end of the release for all open water meets: *“Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.”* The language may only be modified by naming the sanctioning LMSC, sponsoring USMS club(s) and/or additional insured(s) following “UNITED STATES MASTERS SWIMMING INC.” The liability release must be signed by each person prior to participation.

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301.4 AGE DETERMINING DATE

The eligibility of a participant for a particular age group will be determined by the age as of the day of the swim.

301.5 AGE GROUPS

Age groups in individual events for men and women shall be the same as those listed in article 102.3.1.

301.6 AWARDS

If awards are given, they shall be of equal value for all age groups.

ARTICLE 302: EVENTS

302.1 EVENTS

Open water and long distance events shall consist of individual and/or relay competition as described in articles 302.2 through 302.6. The distances shall be the same for both men and women.

302.2 DEFINITIONS

302.2.1 A long distance pool event is any swimming event that is a distance-based event over 1650 yards (1508.8 meters) in length or a time-based event equal to or longer than 60 minutes in time.

302.2.2 A long distance open water event is a swimming event of any distance conducted in an open body of water, either natural or manmade.

302.3 OPEN WATER

302.3.1 Straightaway Events—The course shall be a straight, measured distance within plus or minus 6 inches, in stationary open water and defined by a cable with floats or a continuous marking system visible to the swimmer. Floats on the course shall be a maximum of 10 meters apart.

A Course measurement—If permanent fixed and stationary markers are used, a course only needs to be certified once every five years. If course has no permanent stationary markers, it must be certified by a licensed surveyor annually.

302.3.2 Other Open Water—The meet director shall determine the course and type of start for open water events, keeping in mind the safety of the swimmer(s). The course shall be measured as accurately as possible. The distances shall be the same for both men and women and may be contested at the same time with separate results tabulated. Age groups and other classifications may also be swum at the same time, but again tabulated separately.

302.3.3 Solo Swims—Solo open-water swims, consisting of one or a select number of swimmers, may be sanctioned and should conform to the rules stated under article 303.9.

302.4 POOL

A long-distance pool event may be based on the time to swim a fixed distance or the distance swum over a fixed time. These events may be conducted in a designated pool or as a postal event.

302.4.1 Event Director—The event director shall have the discretion to decide the

time/distance of the event and, in the case of postal events, the size(s) of the pools in which the event is to be swum.

302.4.2 Distance-Based Events—The object of a distance-based event is to determine who can swim a specific distance in the shortest amount of time.

302.4.3 Time-Based Events—The object of a time-based event is to determine who can swim the greatest distance in a given time period.

302.4.4 Postal—A postal event is a competition in which swimmers swim the event at a place of their choosing and send the time or distance achieved to a central location for tabulation.

302.5 RELAY EVENTS

302.5.1 Relays are comprised of groups of swimmers entered in the individual event, except at the discretion of the Event Director. A relay event may be contested on a total time/distance or point system basis.

302.5.2 Time/Distance Basis—A specified number of contestants on each relay shall be considered in the computations for team scoring. The relay whose top specified number of swimmers have the lowest cumulative time or the greatest cumulative distance shall be declared the winner. A similar method will be used to determine second, third and subsequent places. In the event of a tie, the relay with an individual member who finished nearest to first place shall be declared the winner or awarded the place.

302.5.3 Point Basis—Points are awarded on the basis of overall finishing position, with one point for first place, two points for second place, etc. The points of specified relay members are added, and the lowest cumulative score determines the winning relay; the second lowest score, the second place, etc. In the event that two or more relays score the same number of points, the relay that has the swimmer who won or finished nearest to first place shall be declared the winning relay.

302.6 SEQUENTIAL RELAY EVENTS

Relays shall consist of two or more swimmers as specified on the entry form. The relay members shall rotate in the same order throughout the event. The time or distance each swimmer is required to spend in the water shall be specified on the entry form. The changeover to the new swimmer shall be made as soon as practical after the completion of the previous swimmer's leg. In the exchange in open water events, physical contact must be made between the two swimmers. In pool events, the exchange is governed by articles 101.7.3C and 101.7.3H. The event director, with the concurrence of the chair of the Long Distance Committee, may allow special events in which members of an open water relay need not be from the same club.

ARTICLE 303: CONDUCT OF OPEN WATER EVENTS

303.1 SAFETY STANDARDS

As conditions and courses vary, it is the responsibility of each swimmer to know and follow the safety standards necessary for protection from foreseeable dangers. The meet director can assist this endeavor by:

303.1.1 Obtaining necessary permits/approvals from the U.S. Coast Guard, park authorities, lifeguard associations, etc.

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- 303.1.2 Providing accurate maps with course descriptions, course markings, and other pertinent information, including but not limited to anticipated water temperature and general water conditions, with entry forms and meet information packets.
- 303.1.3 Planning for possible medical evacuations.
- 303.1.4 Assigning rescue/aid personnel and craft.
- 303.1.5 Planning for escort paddlers or craft. Personal escorts should be considered for open water swims.
- 303.1.6 Making provisions for controlling escort craft and access of non-race craft into the race area.
- 303.1.7 Briefing all contestants, coaches, managers, trainers and meet officials.
- 303.1.8 Planning for possible cancellation, postponement and/or modification of the meet.
- 303.1.9 Considering use of fluorescent or brightly colored caps to assist in identification and visibility of swimmers in open water events.
- 303.1.10 Informing swimmers of the anticipated water temperature, specific weather and water conditions, and known hazards.

Note: LMSCs are encouraged to use USMS safety guidelines and precautions for the conduct of open water and long distance events, as well as develop their own, provided they are not in conflict with USMS rules, policies or procedures. Visit <http://www.usms.org/longdist/safety.pdf>.

303.2 ESCORTED SWIMS

- 303.2.1 In any event for which it has been arranged that an escort craft or paddler will accompany each swimmer throughout the event, all swimmers shall be accompanied by such an escort paddler or craft. If the escort paddler or craft becomes disabled or cannot continue to accompany the swimmer, the swimmer must either stay in the water next to the escort craft until a replacement arrives, or exit the water.
- 303.2.2 If a swimmer's escort becomes disabled as per article 303.2.1, an escort for another swimmer may assume responsibility for the swimmer with the disabled escort, subject to the following conditions:
 - A Any one paddler or craft may escort no more than two swimmers.
 - B The two swimmers must stay within 5 meters of each other. Failure to stay within 5 meters shall result in immediate disqualification of the second swimmer assigned to the escort and the immediate removal of that person from the water.
- 303.2.3 Swimmers may receive the following assistance from the escort craft:
 - A Food or drink may be passed from escort to swimmer as long as contact is not made between the two.
 - B The escort may also assist the swimmer with navigation, including verbal and written communication.
- 303.2.4 Swimmers shall not be assisted by escort craft as follows:
 - A Swimmers shall not receive flotation or propulsion from any escort craft nor make intentional contact with any craft.

- B Drafting (swimmer swimming directly behind the escort) shall not be permitted when other open water is readily available.
- C Escort boats shall not obstruct other swimmers in the race.

303.3 STARTS

303.3.1 Types

- A **Stationary**—Swimmers start from a platform or in the water behind the starting line.
- B **Running**—Swimmers line up a short distance from the water behind a marked line. At the starting signal, the swimmers run into the water and swim the prescribed course.

303.3.2 **Starting Signal**—The starting signal shall be both audible and visible.

303.3.3 **Straightaway Events**—A stationary water start shall be used in straightaway events.

303.4 SEEDING

303.4.1 When practical, swimmers shall be seeded by their 1500 meters/1650 yards times. The manner of seeding swimmers without times shall be at the discretion of the meet director, as stated in the meet entry sheet.

303.4.2 Separate starts are preferable in straightaway events. The swimmers shall be seeded in order of time, with the fastest swimmer receiving the preferred position. If subsequent rows are needed, they will be seeded in a similar method

303.4.3 Events for different age groups and genders may be combined to allow the swimmers to compete at the same time.

303.5 FINISHES

303.5.1 **In-the-Water**—The swimmer shall have finished the race when any part of the swimmer touches a vertical surface or crosses a specifically designated finish line after completion of the prescribed distance. Place judges and timers shall position themselves accordingly. Order of finish shall be determined as the swimmer touches the vertical surface or crosses the finish line.

303.5.2 **Out-of-the-Water**—Swimmers shall leave the water, as defined by the course, and run up the beach to a specifically designated finish line. Place judges and timers shall position themselves accordingly. Order of finish shall be determined as the swimmer's chest crosses the finish line.

303.5.3 **Straightaway**—An in-the-water finish shall be used in straightaway events.

303.5.4 **Electronic Timing/Incorporating Chip Timing**—In open water races in which the event director provides electronic timing/chip timing, an operating backup timing system is required.

303.6 SWIMWEAR

303.6.1 Swimwear shall be the same as defined in article 102.14. Goggles, ear plugs, watches, and grease shall be allowed. The suit shall be made of a porous material.

303.6.2 Swim cap(s), including those made of neoprene, may be permitted. Swim

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caps shall be defined as head gear conforming to a traditional swim cap design and shall not extend to protect the neck or shoulders.

303.6.3 Wetsuits may be allowed at the discretion of the event director when the water temperature does not exceed 78°F. If awards are given to wetsuit competitors, they shall be awarded separately from those for non-wetsuit competitors. Any published results or records must clearly indicate which swimmers wore wetsuits.

303.6.4 Devices used to maintain body heat are illegal, except for those listed in articles 303.6.1, 303.6.2 and 303.6.3.

303.6.5 Flotation or propulsive devices are not permitted, apart from those listed in articles 303.6.2 and 303.6.3, except in designated events where all swimmers are using similar devices.

303.6.6 A wrist watch may be worn in open water competition.

303.7 OFFICIALS

303.7.1 There shall be a meet director, referee, safety coordinator, scorer, announcer, clerk of course, starter and a sufficient number of judges, inspectors, timers and medical personnel to ensure a properly run open water event.

303.7.2 The clerk of course shall ensure that all entrants in open water events are visibly marked with their entrant numbers.

303.7.3 Official craft shall be placed in a position in open water events to best observe yet not physically hinder the swimmers.

303.8 DISQUALIFICATIONS

A disqualification can be made only by the referee, the starter or a judge within whose jurisdiction the infraction has been committed. Swimmers shall be disqualified if they:

303.8.1 Or their personal escort willfully or intentionally delay the progress of another swimmer. Accidental contact, especially at the start, shall not be considered a disqualification. However, the flagrant disregard of another swimmer's rights shall result in disqualification.

303.8.2 Fail to complete the prescribed distance or course within the preannounced time.

303.8.3 Fail to follow race rules.

303.8.4 Receive assistance by pulling on the cable or buoys at the turn or on the course.

303.8.5 Violate rules on escorted swims as described in articles 303.2.3 and 303.2.4 or receive similar assistance from any craft on the course.

303.8.6 Receive unauthorized assistance at the start or finish.

303.8.7 Violate swimwear rules.

303.8.8 Draft off another swimmer in long-distance pool events.

303.8.9 Swim in a manner in which their personal safety is jeopardized.

303.8.10 Act in an unsportsmanlike or unsafe manner within the swimming venue.

303.9 SOLO OPEN WATER SWIM

This swim must be sanctioned by the LMSC in which it originates and conducted in accordance with all pertinent rules and regulations. If more than one swimmer is at-

tempting to swim, only one sanction need be issued. All times achieved in solo open water swims should be duly certified and made a matter of record by the sanctioning LMSC. The certification should include:

- 303.9.1** Each swimmer's name, age, gender and membership number.
 - 303.9.2** Governing body sanctioning the meet.
 - 303.9.3** Course: to include the name of the body of water, the starting and finishing points, and the measured distance.
 - 303.9.4** Verification and documentation that all rules were observed and the swimmer(s) either completed or failed to complete or attain the distance.
- 303.10 INCOMPLETE RACE**
- 303.10.1** The referee shall determine if the start of a race is to be postponed or canceled, or if a race in progress is to be stopped.
 - 303.10.2** If a race is stopped and swimmers are removed from the water for their safety, the referee shall determine if the race is to be restarted, canceled or considered official. If the referee determines the race to be official, then article 303.8.2 may be waived and the order of finish of the swimmers on the course shall be determined by the referee.

ARTICLE 304: CONDUCT OF POSTAL EVENTS

304.1 RULES

Long distance events conducted in pools must comply with all applicable pool event rules in Part 1 of the rule book, except as noted in article 304.

304.2 POOL SIZE

- 304.2.1** Events shall be swum in a pool at least 25 yards in length.
- 304.2.2** Requirements for pool certification (article 105.1.6) and pool measurement (article 105.1.7) shall not apply to postal events.

304.3 OFFICIALS

- 304.3.1** There shall be at least one adult acting in the capacity of a starter/timer/referee who shall be present at all times, having no other responsibilities during the period of the swim.
- 304.3.2** Each swimmer shall have a counter to record split times for every two lengths during the swim for both time-based and distance-based events. One person may serve as a counter for a maximum of two swimmers per heat.

304.4 MULTIPLE SWIMMERS PER LANE

- 304.4.1** In pools that are less than 50 meters, no more than two swimmers shall share a lane.
- 304.4.2** Drafting shall not be permitted.
- 304.4.3** When two swimmers are sharing the same lane, they shall conform to articles 102.10.4A(6)(a) and 102.10.4A(6)(b).
- 304.4.4** In pools that are 50 meters or longer, the referee shall establish procedures to prevent drafting if more than two swimmers are competing per lane.

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304.5 TIMING

304.5.1 A stopwatch or electronic timing system shall be used to time the event.

304.5.2 Cumulative splits must be recorded to the nearest second.

304.6 COMPUTING DISTANCES IN TIME-BASED EVENTS

304.6.1 Distances shall be computed by multiplying the total lengths swum by the length of the pool and adding the last completed 5-yard/meter increment.

304.6.2 If the size of the pool is not designated, all distances shall be reported in yards.

304.6.3 If distances are to be reported in yards and the event is swum in a metric pool, the distances shall be determined in meters and converted to yards by multiplying 1.0936 times the number of meters completed and rounding off the distance to the last completed 5-yard increment.

304.7 INTEGRITY OF RESULTS IN POSTAL EVENTS

304.7.1 Each entrant in a postal event shall be responsible for the validity of the figures and the time/distance submitted.

304.7.2 The meet director shall have the discretion to request additional verification of completion from any entrant and may refuse to accept any entry that appears to contain erroneous information.

304.8 DETERMINATION OF PLACE

304.8.1 In distance-based events, the person swimming the fastest time shall be declared the winner.

304.8.2 In time-based events, the person swimming the farthest shall be declared the winner.

304.8.3 If two or more swimmers swim the same distance or achieve the same time, a tie shall be declared.

ARTICLE 305: NATIONAL OPEN WATER AND LONG DISTANCE CHAMPIONSHIP

305.1 RULES

Open water and long distance championship events shall be governed by articles 301, 302, 303, 304 and 306. In addition, the following rules apply specifically to championships.

305.2 EVENTS

305.2.1 At the discretion of the Long Distance Committee, national championship events may be awarded in the following categories:

- A** One mile (quarter-mile straightaway or open water course)
- B** Quarter-mile straightaway (2 miles)
- C** Open water (greater than 1 and less than or equal to 3 miles)
- D** Open water (greater than 3 and less than 6 miles)
- E** Open water (greater than or equal to 6 miles)
- F** Postal one hour (in a pool 25 yards or longer)

- G Postal 5 and 10 kilometer (each event swum separately in a 50-meter pool)
- H Postal 3000 and 6000 yard (each event swum separately in a 25-yard pool)
- I Other national championship events and distances may be awarded at the discretion of the Long Distance Chair.

305.2.2 Rules Pertaining To Cumulative Relays Events

- A Relay competitions shall be contested in postal championships and may be contested in other championships. Recognized relays shall be three-person men and women relays and four-person mixed-gender relays.
- B Age groups for relay events shall be the same as those listed in article 102.3.2A.
- C All team members shall be from the same USMS-registered club.
- D All relay members shall also be entered in the individual event, except at the discretion of the event director.
- E Relays shall be men, women and mixed-gender.
- F Competitors shall be allowed to swim in only one same-gender and one mixed-gender relay event per meet.
- G The age of the youngest relay member determines the age group of the relay: 18+, 25+, 35+... 95+.
- H A swimmer who ages up during the duration of an event and swims the individual event twice may swim on one same-gender and one mixed-gender relay in each age group.
- I Mixed-gender relays may be entered, provided at least one swimmer of each gender is represented as follows:

Total number of relay members	Women	Men
2	1	1
3	minimum 1	minimum 1
4	2	2
5	minimum 2	minimum 2
6	3	3

305.2.3 Relay events (as defined in article 302.5).

- A Relay competitions shall be contested in postal championships and may be contested in other championships. Recognized relays shall be three-person men and women relays and four-person mixed-gender relays.
- B Age groups for relay events shall be the same as those listed in article 102.3.2A.

305.3 SITE SELECTION

- 305.3.1 Bids shall be due, in writing, to the Long Distance Committee chair no later than 30 days prior to the annual meeting.

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305.3.2 Championships shall be awarded by the Long Distance Committee at the annual meeting held approximately two years prior to the championship being awarded.

305.3.3 Events not awarded at the annual meeting may be awarded by the Long Distance Committee chair.

305.3.4 Suitable bids shall comply with all applicable USMS swimming and Open Water and Long Distance rules, policies and procedures.

305.3.5 A three-area award system shall be followed for the bidding of non-postal Open Water and Long Distance championships. (See Figure 4 for map and description of areas.)

Suitable bids from a qualifying area shall receive preference over bids from other areas. Postal national championships may be awarded to an organization for two consecutive years and will be awarded without regard to area. (See Appendix D for description of areas and map.)

NATIONAL CHAMPIONSHIP BID ROTATION			
Year	Area 1 West	Area 2 Central	Area 3 East
2010	Open water $1 > 1 \leq 3$ mile	2 mile cable Open water ≥ 6 mile	1 mile Open water $> 3 / < 6$ mile
2011	1 mile Open water $> 3 / < 6$ mile	Open water $> 1 / \leq 3$ mile	2 mile cable Open water ≥ 6 mile
2012	2 mile cable Open water ≥ 6 mile	1 mile Open water $> 3 / < 6$ mile	Open water $> 1 \leq 3$ mile

305.4 CONTRACT

A representative of the sponsoring organization which is the successful bidder of an Open Water and Long Distance championship event, shall sign a written contract with USMS, which specifies the responsibilities of the meet host and of USMS Inc.

305.5 FINANCIAL

305.5.1 The sponsoring organization shall agree to underwrite the full meet expenses, including but not limited to the following:

- A** Costs associated with the meet (setting up the course, supplies, equipment, etc.).
- B** Cost of all national championship meet awards (medals and patches) and/or other appropriate awards.
- C** A fee of \$1 per individual entrant in the meet and a performance bond of \$200 shall be paid to USMS. All or a portion of the \$200 performance bond shall be returned to the sponsoring organization, based upon compliance with the conditions set forth in the meet contract.
- D** Any other costs that may be reflected in national championship meet contracts.

305.5.2 Complete financial statements shall be forwarded to the Long Distance

Committee chair after completion of the event in accordance with the championship forms provided.

305.6 ENTRY FEES

The entry fees for Open Water and Long Distance national championships shall not exceed \$30 for individual events and \$5 per team member in team events. Exceptions may be made to the fee limit at the discretion of the Long Distance Committee.

305.7 RULES OF CONDUCT

305.7.1 Event Director—The event director shall follow the applicable swimming and Open Water and Long Distance rules of USMS and the policies and procedures established by the Long Distance Committee with regard to the planning and execution of the requirements for a national championship.

305.7.2 Entry Forms—Entry forms shall be reviewed by the Long Distance Committee chair and the LMSC for content and sanctioning prior to distribution in accordance with the USMS contract.

305.7.3 Officials—In addition to the officials required by article 303.7, the following officials are required for national championship events:

A The Long Distance Committee shall appoint a meet evaluator to aid the meet director, to ensure that the event is conducted in accordance with the contract and to ensure that all rules are observed.

B For open water events, a turn judge shall be located at each change of direction in the course. The turn judge shall:

- (1) Be positioned on shore or on the water in clear view of the turn to ensure that all swimmers complete the turn as indicated in the competition information documents and as directed at the pre-race briefing.
- (2) Record any violation of the turn procedures and
- (3) Report such violation to the referee.

305.7.4 Swimwear—Swimwear regulations for national championships shall be the same as those for non-national championships, as stated in article 303.6.

305.7.5 Wetsuits—Wetsuit competitors shall be excluded for the purposes of articles 305.8 through 306.1. In addition, wetsuit competitors shall have a separate start time.

305.7.6 Assistance During the Race

A Feeding is permissible, but use of alcohol or illegal drugs is forbidden

B Paddlers and escort boats may be permitted by the meet director.

305.7.7 Protests—Any protest arising from a competition shall be made to the meet director within 30 minutes after the release of results for an open water event or 14 days after the release of results for a postal event. If the protest is not resolved, the protester may appeal in writing within 10 days for final adjudication to the Long Distance chair, whose decision shall then be binding on all parties.

305.8 RESULTS

Individual and relay results and records (when appropriate) shall be tabulated and distributed to the Long Distance Committee chair and all participants in the meet.

USMS registration numbers and date of birth shall not be included in published results or results distributed to participants.

305.8.1 Individual results shall be tabulated electronically by gender and age group in order of finish. Women's results shall be shown first, followed by Men's results. For each swimmer, the following information must be reported in this order:

- A** Age group place
- B** Swimmer's name (last name first, as it appears on the USMS membership card)
- C** Age
- D** Club (official USMS team abbreviation)
- E** Official time/distance
- F** Special information (national records, overall place, place among men, etc.)

305.8.2 Relay results shall be tabulated electronically by gender and age group in order of finish. Women's results shall be shown first, followed by men's results, then mixed-gender relays last. For each relay, the following information must be reported in order designated on the results forms in the championship packet for that event.

- A** Age group place
- B** Team's full name (USMS club followed by blank, A, B, etc.)
- C** Official time/distance for the team
- D** Names, ages and official time/distance for each member of the team.

305.9 CLUB SCORING

Club scores shall be officially tallied for national Open Water and Long Distance championship postal events. At the discretion of the event director, club scoring may be tallied for open water events.

305.9.1 Scoring

- A** Club scoring for the one-hour swim shall be based on total club yardage for individual swims.
- B** Club point scoring for the 3000/6000 yard and 5K/10K postal national championships may be calculated based on a predetermined formula, approved by the Long Distance Committee, to fit the age group national record times for each gender. A preformatted spreadsheet containing this formula will be supplied to the meet directors.
- C** Club scoring for the other national championships shall be point value for placing in individual swims. Points shall be determined as if the meet were swum in a 10-lane pool (11-9-8-7-6-5-4-3-2-1).

305.9.2 Categories—Club scoring shall be tabulated for women's, men's, and combined categories.

305.9.3 Divisions—Up to four divisions may be recognized for purposes of club scoring based on the number of swimmers entered in the meet from each

club. The number of entrants from a club that shall constitute division I (very large), division II (large), division III (medium) and division IV (small) shall be determined by the Long Distance Committee chair and the meet director after the meet entry deadline.

305.10 AWARDS

- 305.10.1** National championship medals or other appropriate awards approved by the Long Distance Committee chair shall be awarded at least to the first six place winners of individual championships in each age group.
- 305.10.2** National championship medals or other appropriate awards approved by the Long Distance Committee chair shall be awarded to the members of at least the first three place winners of team championships in each age group.
- 305.10.3** A USMS championship patch shall be awarded to each individual champion and each scoring member of a championship team. An individual shall receive only one patch per meet.
- 305.10.4** Appropriate awards approved by the Long Distance Committee chair shall be awarded to the first, second and third place club winners in each division.

305.11 ALL-AMERICAN RECOGNITION

- 305.11.1** The highest ranking USMS member in each age group of each individual national Open Water and Long Distance Championship event shall qualify as a USMS Long Distance All-American for the calendar year in which the event was conducted.
- 305.11.2** The members of the highest ranking USMS team in each age group of each national Open Water and Long Distance Championship event shall qualify as USMS Long Distance Team All-Americans.
- 305.11.3** The event director shall submit the name, age, club affiliation, time or distance, and USMS membership number for each competitor achieving All-American status to the Long Distance Committee chair in accordance with the USMS meet contract.

305.12 ALL-STAR TEAM

A USMS All-Star Team shall be selected each calendar year from the official results of the USMS Open Water and Long Distance national championship events.

- 305.12.1** A swimmer shall earn points for a top 10 finish in each Open Water and Long Distance national championship event in the following manner: 1st: 22 points, 2nd: 18 points, 3rd: 16 points, 4th: 14 points, 5th: 12 points, 6th: 10 points, 7th: 8 points, 8th: 6 points, 9th: 4 points, 10th: 2 points.
- 305.12.2** To be considered for the All-Star Team, a swimmer shall compete in at least three events, of which one shall be an open water event and one shall be a postal event.
- 305.12.3** If a swimmer scores points in one age group and ages up to another age group in the course of a year, the points earned shall be transferred up to the new age group. If a swimmer swims the same event in two different age groups, only the higher finish will be counted.
- 305.12.4** Ties shall be allowed.

**ARTICLE 306:
RECORDS**

306.1 RECORDS

- 306.1.1** Individual national records will be maintained in quarter-mile straightaway events (1-mile and 2-mile) and time/distance pool events (one-hour, 3000-yard, 6000-yard, and 5- and 10-kilometer postal). Relay national records shall be maintained in all long-distance pool events. The records shall be for three-person men and women teams and four-person mixed teams.
- 306.1.2** Record times shall be swum in a sanctioned meet and shall be routed through the meet host to the Long Distance Committee chair.
- 306.1.3** With the exception of the quarter-mile straightaway events specified in article 305.2.1, no national records will be maintained in open water events because of differences in courses, currents and other physical factors.
- 306.1.4** Open Water and Long Distance records shall only be permitted from events conducted in compliance with articles 305.7.3B and 305.7.5 of the USMS rule book.
- 306.1.5** When a record attempt has been timed to the nearest second, .99 second shall be added to the time submitted. When a record attempt has been timed to the nearest tenth of a second, .09 second shall be added to the time submitted.
- 306.1.6** Long distance national records may be established by using a swimmer's split time in an individual event if:
- A** The split is swum as an initial distance within a scheduled event,
 - B** The swimmer completes the full distance of the scheduled event without being disqualified, and
 - C** The intent to record a split time is brought to the attention, in writing, of the event host at the time of entry in the longer event.
 - D** At least two dedicated handheld watches are used to record the record split.
- 306.1.7** Split times from individual postal events may not be used as part of a relay entry into a separate relay postal event of a shorter distance or for entry into a separate individual postal event of a shorter distance.