



National

Senior Games

Association™

Official Sport Rules
2019 National Senior Games
Presented by Humana

ROAD RACE
QUALIFYING RULES

2. Athletes who reside in a state that does not offer the 5K or 10K road races event may qualify for the road races by meeting the “limited” event criteria in RULE D.

ENTRY REGULATIONS

4. The 5K and 10K road races are reciprocal events. Athletes qualified in either the 5K or 10K road race may compete in both events.

SWIMMING

ENTRY REGULATIONS

1. At the 2019 National Senior Games, swimmers will be eligible to swim bonus events. Bonus events may only be in the same stroke an athlete qualified in and only be of a lesser distance, not greater. **REMOVED** rule # 3 – Swimmers must qualify and enter the event at the 2017 National Senior Games in order to enter a bonus event of lesser distance from that stroke.
6. Mixed relays consist of two male and two female swimmers. Swimmers may enter one 200 yard mixed medley relay and one 200 yard mixed freestyle relay. Relays will be entered at the meet (no pre-entry). Relay entry packets will be available at the venue starting the first day of competition. The swimmers on each relay do not have to be from the same state. Age groups for relays will be the same for individual events. (50-54, 55-59, 60-64, 65-69, etc.) with the youngest swimmer's age as of December 31, 2019 determining the relay's age group. Awards for relays will be the same as for individual events.

TRIATHLON RELAY

Triathlon Relay has been added as an “OPEN” sport for 2019. Any triathlon team can register for the event and it can be added as a third team sport when registering.

SPORT RULES, REGULATIONS & FORMAT

The following are the qualifying procedures and rules of competition governing the 2019 National Senior Games in Albuquerque, New Mexico.

A. QUALIFYING DATES

The qualifying period for the 2019 National Senior Games will run from January 1, 2018 through December 31, 2018.

Competition completed after December 31, 2018, will not be considered for qualifying for the 2019 National Senior Games.

QUALIFICATION OPTIONS

An athlete may qualify for the 2019 National Senior Games presented by Humana in several ways. The options include Qualify by Place; Minimum Performance Standard (MPS); Qualifying Down; Reciprocal Qualification; Bonus Events and Limited Events. See Appendix A.

B. AGE FOR COMPETITION AT QUALIFYING SITES

Age divisions for all competition at qualifying sites shall be established by the Member Organization, within the following guidelines. A date later than December 31 of the qualifying year may not be used to determine the age division in which an athlete competes at the qualifying site.

Athletes must compete in a qualifying event and be 50 years of age on or before December 31, 2018, to be eligible for the 2019 National Senior Games.

C. AGE FOR COMPETITION AT THE 2019 NATIONAL SENIOR GAMES

Age division for all singles competition at the 2019 National Senior Games will be determined by the athlete's age as of December 31, 2019. Age division for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31, 2019. Age division for all relay competition will be determined by the age of the youngest relay team member as of December 31, 2019.

Age division for all team competition will be determined by the age of the youngest team player as of December 31, 2019. For example, a team consisting of eight players ages 65 or older and one player age 63 will compete in the 60+ age division.

The following age divisions will apply to both men and women for all individual, doubles and relay competitions: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; and 100+.

All team sports are divided into the following divisions for both men and women: 50+; 55+; 60+; 65+, 70+, and 75+. In addition, 3-on-3 basketball shall have an 80+ and 85+ age division.

Individual athletes may not use their performances at a qualifying event to qualify for a higher age bracket using the minimum performance standards of the higher age bracket.

D. QUALIFICATION FOR "LIMITED" EVENTS

The NSGA defines a "limited" event as one in which an athlete can qualify in ways other than by participating in a NSGA qualifying games. Events that are considered "limited" are 20K and 40K cycling, hammer throw, pole vault, 5K/10K road race, triathlon and the following non-ambulatory sports - bowling, horseshoes and shuffleboard. The rules for qualifying for these events are as follows.

1. If a "limited" event (except triathlon) is offered at the NSGA qualifying games in an athlete's home state, the athlete *must* qualify for that event by participating in a NSGA qualifying games and by satisfying the qualifying requirements for that event for athletes who compete in a NSGA qualifying games.

TEAM UNIFORMS: Team clothing (shirts, pants, and shorts) must be of like design and color. Teams must have both “home” and “away” uniforms with permanently attached numbers on front and back. Sponsors may be added to the jersey but cannot interfere with number placement. Refer to each sport for specific placement of numbers.

Uniforms shall be free of inappropriate symbols or wording.

K. PROTEST POLICY

Any person desiring to make a protest with regard to any aspect of competition at the National Senior Games shall make such protest to the Competition Manager of the competition in question. All protests must be written and submitted to the Competition Manager within 30 minutes of the conclusion of the game, match, heat, or event under protest. The Competition Manager will evaluate the protest and render a decision. If the Competition Manager’s response to a protest is such that a further hearing is desired, a hearing may be requested with the NSGA Director of Events and Programs. This request must be made to the Competition Manager or NSGA Director of Events and Programs within 30 minutes of the initial protest denial. All decisions by the NSGA Director of Events and Programs are final and not subject to further appeal.

L. EVENT ENTRY LIMITS

Athletes may enter no more than two individual sports at the 2019 National Senior Games. All athletes will be eligible to register for Power Walk as a third sport.

Individual sports are as follows:

Archery	Golf	Racquetball	Table Tennis
Badminton	Horseshoes	Road Race	Tennis
Bowling	Pickleball	Shuffleboard	Track & Field
Cycling	• Power Walk	Swimming	Triathlon
	Race Walk		

- Power Walk will be an “Open Event” for 2019 only. No qualifying will be required for participation at the 2019 National Senior Games.

Except as noted below, there is no restriction to the number of events within an individual sport an athlete may enter. For example, in track & field the events are: 50, 100, 200, 400, 800 and 1500 meters; discus; hammer throw; high jump; javelin; long jump; pole vault; shot put and triple jump. Athletes may enter all the events within track & field for which they are qualified.

The exceptions are:

1. In **archery**, an athlete may enter only one event.
2. In **swimming**, an athlete may enter a maximum of six events, including bonus events.
3. In **tennis**, which has singles, doubles and mixed doubles events, athletes may enter only two events.

In addition to two individual sports, athletes may compete in **two team sports** (basketball, softball or volleyball). At the National Senior Games athletes may compete on up to two teams per sport providing that the teams are in different age divisions that are scheduled to play in completely separate sessions.

The Local Organizing Committee (LOC) and the NSGA may place a cap on the total number of entries for any and/or all sports and/or events in the best interest of games management. At the time this rulebook was printed, the necessary caps had not been determined. Therefore, these rules will serve as a guideline for both the LOC and the NSGA. However, additional modifications may be made in order to meet the necessary caps. Member Organizations will be notified any time a cap or modification is necessary.

The NSGA and the LOC will not accommodate individual scheduling requests.

SWIMMING

Backstroke: 50-, 100-, 200-Yard. Breaststroke: 50-, 100-, 200-Yard. Butterfly: 50-, 100-, 200-Yard. Freestyle: 50-, 100-, 200-, 500-Yard. Individual Medley: 100-, 200-, 400-Yard (Four Strokes) Mixed 200 Freestyle & Mixed Medley Relay

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.

ENTRY REGULATIONS

1. At the 2019 National Senior Games, swimmers will be eligible to swim bonus events. Bonus events may only be in the same stroke an athlete qualified in and can only be of a lesser distance, not greater. Athletes must enter seed times, from yards competition, for their selected bonus events. Seed times must be entered in minutes, seconds and hundreds of seconds (00:00.00). Seed times for each bonus events must be achieved during the last twelve months prior to the registration deadline.
2. Swimmers may enter a maximum of six events, including bonus events.
3. The 500-yard freestyle, 200-yard butterfly and 400-yard individual medley events are not available as bonus events; swimmers must qualify in these events to enter them
4. Swimmers who qualify in the 400-yard and 200-yard individual medley may select the 200-yard and the 100-yard individual medley as a bonus event.
5. Swimmers must provide their own suits, caps, goggles, towels, etc. All swim suits must conform to United States Masters Swimming Rule 102, 12-Swimwear for Pool Competition.
6. Mixed relays consist of two male and two female swimmers. Swimmers may enter one 200 yard mixed medley relay and one 200 yard mixed freestyle relay. Relays will be entered at the meet (no pre-entry). Relay entry packets will be available at the venue starting the first day of competition. The swimmers on each relay do not have to be from the same state. Age groups for relays will be the same for individual events. (50-54, 55-59, 60-64, 65-69, etc.) with the youngest swimmer's age as of December 31, 2019 determining the relay's age group. Awards for relays will be the same as for individual events.

FORMAT

1. All swimming events will be timed finals.
2. Warm-up time will be available.
3. All swimmers in the 500-yard freestyle and the 400-yard IM will be required to check-in at the venue.
4. Relay entry packets will be available at the venue starting the first day of competition.
5. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. This competition will be conducted in accordance with United States Masters Swimming rules, except as modified herein. For a copy of these rules, please write, email or call:

United States Masters Swimming, Inc.
1751 Mound Street, Suite 201
Sarasota, FL 34236
(941) 256-8767 or (800) 550-7946
www.usms.org/rules/

2. The major points of the rules include:
 - a) Starts: The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall. A false start will result in disqualification.
 - b) Turns: The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall.
 - c) Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
 - d) Breaststroke: The appropriate stroke is required.
 - e) Butterfly: The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly.
 - f) Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used, and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke, or backstroke.

- g) Medley: The order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle. Rules for the individual strokes govern strokes and turns.
- h) General: Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.

SWIMMING MINIMUM PERFORMANCE STANDARDS

Yard to Metric Conversion

Multiply 50, 100 and 200 yard times by 1.11 to get the meter MPS.

Divide the 500 yard time by 1.15526 to get 400 meter MPS.

50- Yard Backstroke

	Men	Women
50-54	:34.45	:41.40
55-59	:36.33	:41.40
60-64	:36.33	:42.42
65-69	:42.30	:48.18
70-74	:45.20	:49.82
75-79	:50.10	:59.81
80-84	53.16	1:04.26
85-89	1:21.95	1:34.90
90+	1:50.80	2:25.20

100- Yard Backstroke

	Men	Women
50-54	1:19.19	1:33.00
55-59	1:20.03	1:33.00
60-64	1:23.80	1:39.98
65-69	1:26.33	1:46.40
70-74	1:33.46	1:46.40
75-79	1:54.44	2:16.10
80-84	2:01.77	2:19.62
85-89	3:33.40	4:17.20
90+	4:25.20	5:45.90

200-Yard Backstroke

	Men	Women
50-54	2:56.02	3:07.60
55-59	3:09.90	3:07.60
60-64	3:09.90	3:37.38
65-69	3:28.95	3:57.69
70-74	3:52.17	3:57.69
75-79	4:12.90	4:52.00
80-84	4:35.70	5:24.37
85-89	10:35.90	10:44.80
90+	10:35.90	10:44.80

50-Yard Breaststroke

	Men	Women
50-54	:36.50	:46.86
55-59	:36.90	:47.40
60-64	:37.80	:47.61
65-69	:40.11	:49.59
70-74	:41.73	:57.42
75-79	:50.24	1:08.11
80-84	:58.60	1:19.70
85-89	1:26.80	2:28.70
90+	1:36.20	3:29.90

100-Yard Breaststroke

	Men	Women
50-54	1:22.70	1:43.30
55-59	1:22.70	1:43.30
60-64	1:26.70	1:45.70
65-69	1:27.42	2:01.20
70-74	1:36.22	2:12.20
75-79	1:51.23	2:39.00
80-84	2:21.20	2:45.00
85-89	4:56.60	5:45.90
90+	5:29.50	5:45.90

200-Yard Breaststroke

	Men	Women
50-54	3:08.40	3:52.79
55-59	3:09.80	3:52.79
60-64	3:14.94	3:52.79
65-69	3:31.31	4:32.18
70-74	3:50.19	4:32.18
75-79	4:18.58	5:43.59
80-84	6:05.62	7:34.20
85-89	12:03.60	12:47.90
90+	12:03.60	12:47.90

100-Yard Individual Medley

	Men	Women
50-54	1:13.21	1:26.70
55-59	1:16.00	1:26.70
60-64	1:18.32	1:34.14
65-69	1:18.32	1:52.30
70-74	1:38.02	2:00.10
75-79	1:48.90	2:25.40
80-84	2:17.30	2:54.50
85-89	4:16.60	5:25.60
90+	4:16.60	5:25.60

200-Yard Individual Medley

	Men	Women
50-54	2:54.40	3:08.99
55-59	2:54.80	3:12.15
60-64	2:58.28	3:38.91
65-69	3:15.15	4:26.41
70-74	3:39.79	4:34.47
75-79	4:10.90	5:15.30
80-84	7:57.00	8:52.60
85-89	9:30.10	12:02.80
90+	9:30.10	12:02.80

SWIMMING MINIMUM PERFORMANCE STANDARDS (continued)

400-Yard Individual Medley

Men		Women (No MPS Available – 2019)	
50-54	7:22.08	50-54	No MPS
55-59	7:22.08	55-59	No MPS
60-64	8:28.96	60-64	No MPS
65-69	8:28.96	65-69	No MPS
70-74	9:57.74	70-74	No MPS
75-79	11:23.13	75-79	No MPS
80-84	11:58.67	80-84	No MPS
85-89	12:12.24	85-89	No MPS
90+	12:12.24	90+	No MPS

50-Yard Butterfly 100-Yard Butterfly

Men		Women		Men		Women	
50-54	:30.07	50-54	:37.65	50-54	1:23.70	50-54	1:27.05
55-59	:32.40	55-59	:38.41	55-59	1:25.68	55-59	1:37.60
60-64	:33.70	60-64	:42.75	60-64	1:25.68	60-64	2:05.24
65-69	:34.95	65-69	:52.57	65-69	1:33.18	65-69	2:55.90
70-74	:38.97	70-74	:58.60	70-74	1:51.33	70-74	2:55.90
75-79	:49.80	75-79	1:13.60	75-79	3:02.03	75-79	4:33.80
80-84	1:35.40	80-84	1:30.00	80-84	5:18.00	80-84	5:18.00
85-89	2:03.77	85-89	3:18.20	85-89	6:11.00	85-89	6:11.00
90+	2:18.90	90+	3:18.20	90+	6:11.00	90+	6:11.00

200-Yard Butterfly (No MPS Available – 2019)

Men		Women	
50-54	No MPS	50-54	No MPS
55-59	No MPS	55-59	No MPS
60-64	No MPS	60-64	No MPS
65-69	No MPS	65-69	No MPS
70-74	No MPS	70-74	No MPS
75-79	No MPS	75-79	No MPS
80-84	No MPS	80-84	No MPS
85-89	No MPS	85-89	No MPS
90+	No MPS	90+	No MPS

50-Yard Freestyle 100-Yard Freestyle

Men		Women		Men		Women	
50-54	:27.51	50-54	:33.08	50-54	1:03.00	50-54	1:13.70
55-59	:28.80	55-59	:34.39	55-59	1:03.43	55-59	1:16.40
60-64	:29.08	60-64	:34.39	60-64	1:06.00	60-64	1:17.85
65-69	:30.43	65-69	:37.05	65-69	1:09.95	65-69	1:30.87
70-74	:34.35	70-74	:41.40	70-74	1:17.30	70-74	1:36.60
75-79	:36.80	75-79	:47.49	75-79	1:26.30	75-79	1:50.00
80-84	:41.40	80-84	:56.16	80-84	1:35.70	80-84	2:07.48
85-89	1:13.08	85-89	1:08.67	85-89	2:59.50	85-89	2:48.60
90+	1:34.95	90+	2:30.20	90+	3:43.50	90+	4:39.10

200-Yard Freestyle 500-Yard Freestyle

Men		Women		Men		Women	
50-54	2:26.01	50-54	2:46.10	50-54	6:57.40	50-54	7:32.20
55-59	2:27.20	55-59	2:46.10	55-59	7:15.30	55-59	7:57.70
60-64	2:30.23	60-64	3:01.70	60-64	7:15.30	60-64	8:07.23
65-69	2:45.02	65-69	3:26.63	65-69	7:15.30	65-69	9:36.00
70-74	3:06.39	70-74	3:30.74	70-74	8:18.70	70-74	9:54.39
75-79	3:18.25	75-79	4:15.78	75-79	9:50.50	75-79	10:59.80
80-84	3:52.68	80-84	4:53.31	80-84	11:50.90	80-84	14:52.08
85-89	6:27.40	85-89	7:19.83	85-89	16:46.00	85-89	26:55.30
90+	7:25.00	90+	11:02.40	90+	16:46.00	90+	26:55.30

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

Bonus Events

QUALIFIED STROKE Bonus events must be of same stroke and lesser distance	BONUS STROKES
Backstroke 200	Backstroke 50, 100
Backstroke 100	Backstroke 50
Breaststroke 200	Breaststroke 50, 100
Breaststroke 100	Breaststroke 50
Butterfly 100	Butterfly 50
Butterfly 200	Butterfly 50, 100
Freestyle 500	Freestyle 50, 100, 200
Freestyle 200	Freestyle 50, 100
Freestyle 100	Freestyle 50
Individual Medley 200	Individual Medley 100
Individual Medley 400	Individual Medley 100, 200

Appendix A

QUALIFICATION FOR THE NATIONAL SENIOR GAMES

An athlete may qualify for the National Senior Games in several ways. An athlete can qualify by place or meeting the minimum performance standard for the event in their age division at a NSGA qualifying Senior Games. An athlete participating in a game that allows out-of-state people to enter may also qualify through a process known as qualifying down. In power walk, race walk, road race and the cycling road races an athlete may qualify through reciprocal qualification. Reciprocal qualification automatically qualifies an athlete in a second event when they qualify in a similar event. Finally, if certain circumstances exist an athlete may qualify using the limited opportunity rule. Since qualifying for the limited opportunity rule requires submission of a request form and written proof of performance these qualifiers are identified by the NSGA staff.

QUALIFYING BY PLACE

Prior to the beginning of the qualifying year the National Senior Games Association Board of Directors specifies the number of places that will qualify. The number of qualifying places is not the same for all events; for example, the 2018 qualifying year (qualifying for the 2019 summer National Senior Games) in most events the top four places qualify. But in tennis only the top three places qualify; in golf only the first place qualifies; in triathlon and hammer all finishers qualify.

Some states require athletes to qualify at a local or regional game in order to participate in their state games. The state games qualifying rules may differ from the national rules. For more information, contact your state qualifying site.

QUALIFYING BY MINIMUM PERFORMANCE STANDARD (MPS)

Minimum performance standards have been established for many of the individual events where the performance can be measured by time, distance, or score. These minimum performance standards are recalculated after every summer National Senior Games. An athlete does not have to meet both the placement and MPS in order to qualify—it is one or the other.

Sports which have minimum performance standards are: Archery, Golf, Race Walk, Road Race, Swimming, and Track and Field. In the sports it's possible to have many qualifiers. If the top 10 participants all meet the minimum standard all 10 qualify. The MPSs are recalculated after each National Game by the NSGA staff and board. These calculations follow an established formula.

QUALIFYING BY QUALIFYING DOWN

State games have the option to be open or closed. A closed state does not allow athletes who are not residents of the state to participate in their games.¹ Open states allow out-of-state participants (OOS) and the qualifying down rule applies to these states. The NSGA sport rules specify that an out-of-state athlete cannot displace an in-state athlete from a qualifying place. In applying this rule if an out-of-state athlete places in a qualifying spot then an in-state athlete can be moved up to a qualifying place.

In doubles events where one player is in-state and one is out-of-state the team is considered an out-of-state team. For basketball, softball and volleyball the team captain must specify the team's home state.

Closed states define an in-state resident in different ways. One state may consider people who live in a neighboring state but work in their state and in-state resident for senior games. One state established rules that anyone who ever lived or worked in the state would be allowed to participate in the state games.

Application of qualifying down process is best explained through the use of a chart. Example 1: 4 places qualify.

Athlete	Status	Actual Finishing Place	Place after Qualifying Down	Qualified
Sue	OOS	1	1	Yes
Rachel	OOS	2	2	Yes
Linda	In-State	3	1	Yes
Betty	In-State	4	2	Yes
Cindy	In-State	5	3	Yes
Lisa	OOS	6	6	No
Karen	In-State	7	4	Yes
Sarah	In-State	8	Optional	No

Example 2: 3 places qualify

Athlete	Status	Actual Finishing Place	Place after Qualifying Down	Qualified
George	In-State	1	1	Yes
Horace	In-State	2	2	Yes
Tom	In-State	3	3	Yes
Dick	In-State	4	4	No
Harry	OOS	5	5	No
Adam	OOS	6	6	No
Bill	OOS	7	7	No
Jeff	In-State	8	Optional	No

Example 1 shows the top two finishers from out-of-state. Both of these individuals qualify by place. The third-place finisher is an in-state athlete and qualifies by winning third-place but through the qualifying down rule can be awarded an in-state first place. Since the first two places were won by out-of-state people, the in-state participants can be moved up two places. This allows Cindy, who finished fifth overall to be moved into an in-state third place and she is qualified. The same is true for Karen who moved to fourth place in-state.

Example 2 which shows three places qualifying and first second and third places were won by in-state athletes. These are the only three people who will qualify by place in this example.

RECIPROCAL QUALIFICATION

In race walk, power walk, 5K/10K road race and cycling, athletes may qualify in a second event by qualifying in a similar event. Specifically, in race walk if an athlete qualifies in the 1500M race walk he/she is reciprocally qualified in the 5000M race walk. Reciprocal qualification works the other way also; if the athlete qualifies in the 5K race walk he/she is reciprocally qualified in the 1500M race walk.

Reciprocal qualification works in a similar fashion for cycling events. An athlete qualifying in either of the cycling time trials (5K and 10K) is reciprocally qualified in the other. An athlete qualifying in either of the cycling road races (20K and 40K) is reciprocally qualified in the other.

BONUS EVENTS

The swimming qualification rules allow athletes to select certain events as bonus events. The rule is simply this, if an athlete qualifies in a swimming event that has shorter distances using the same stroke then the athlete may choose the shorter distance as a bonus event. For example, if an athlete qualifies in the 200yd freestyle that athlete may choose the 100yd and 50yd freestyle as bonus events. But the athlete may not choose the 500yd freestyle because it is a longer stroke than the one event in which qualified.

An athlete may select bonus events when registering for the National Senior Games but may not exceed the limit of six events in which he/she may enter.

QUALIFIED STROKE Bonus events must be of same stroke and lesser distance	BONUS STROKES
Backstroke 100	Backstroke 50
Breaststroke 200	Breaststroke 50,100
Breaststroke 100	Breaststroke 50
Backstroke 200	Backstroke 50, 100
Butterfly 100	Butterfly 50
Butterfly 200	Butterfly 50,100
Freestyle 500	Freestyle 50, 100, 200
Freestyle 200	Freestyle 50, 100
Freestyle 100	Freestyle 50
Individual Medley 200	Individual Medley 100
Individual Medley 400	Individual Medley 100, 200

LIMITED OPPORTUNITY QUALIFICATIONS

The cycling time trials (5K and 10K), cycling road races (20K and 40K), pole vault, hammer throw, road races (5K and 10K), triathlon and the following non-ambulatory sports – bowling, horseshoes and shuffleboard are considered limited opportunity events. Athletes may qualify in limited opportunity events if his/her home state does not offer the event. The participation and documentation requirements are different for the different events and are detailed in the senior games rule book. The submitted requests for limited opportunity qualifications are evaluated by the NSGA staff and notices of approval or disapproval are sent to the athletes.