



**U.S. MASTERS
SWIMMING**

2018 Rule Book



BUILD YOUR OWN CUSTOM TEAM STORE

Receive **\$50** store credit in your account!*

visit us at www.swimoutlet.com/teams
email: teams@swimoutlet.com | call: (800) 469-7132

SWIMOUTLET.COM TEAM SALES

Everything your team needs to succeed!



BULK ORDERS

*we honor brand contracts



TEAM STORE



TEAM DISCOUNTS

+ price match guarantee



QUOTES



CUSTOMIZATION SERVICES



FUNDRAISING

SPECIAL OFFER FOR USMS TEAMS...

Publish a Custom Team Store by October 31, 2018 and receive **\$50** store credit in your account!*

*Team store must be published on a registered swim team website for a minimum of 30 days with at least one custom item. Must be a new team store account to earn credit. One credit per team. Credit will be given to team's registered account admin. Credit expires March 31, 2019. Credit cannot be redeemed for cash.

2018 U.S. MASTERS SWIMMING CODE OF REGULATIONS AND RULES OF COMPETITION

**Published by
U.S. Masters Swimming
1751 Mound Street, Suite 201
Sarasota, FL 34236
Telephone: (800) 550-SWIM (7946) or (941) 256-8767
Fax: (941) 556-7946
Email: volunteer@usmastersswimming.org**

The most up-to-date version of this rule book is available online at:
usms.org/rules

Edited by the USMS National Office with assistance from the Rules, Legislation, Open Water, Long Distance, Records and Tabulation, and Championship Committees.

This is an official publication of United States Masters Swimming Inc., the national governing body for Masters Swimming in the United States. Additional copies of this book may be purchased at a cost of \$10 per copy for shipping and handling from the USMS National Office at the above address.

Copyright 2018 by United States Masters Swimming Inc. Portions of this book are reprinted with permission from USA Swimming Rules and Regulations.

On the Cover: MOVY Masters swimmer Siphiwe Baleka leaving the blocks for the 50 freestyle at the 2017 Nationwide USMS Spring National Championship in Riverside, Calif., April 30, 2017. Peter H. Bick

Rule Book Dedication

Anna Lea Matysek is curious about how everything works. An engineer by trade, she can take something—tangible or not—apart and put it back together before most people have figured out what “it” is. Coupled with the enthusiasm and patience possessed by all great teachers, she can transfer her knowledge and skills to others. She’s been sharing her talents with USMS for nearly 30 years.

Anna Lea joined USMS in 1987, swimming with the Kansas City Blazers Masters. Two years later she began serving as the registrar for the Missouri Valley LMSC, a position she held until 2009. Her first Convention was in 1993, and that sparked more than two decades of service at the national level. She served on the Finance Committee and on the Registration Committee, including four years as chair, and sat on the Board of Directors for three years.

When USMS established its first headquarters, in Sarasota in 2009, Anna Lea was hired as a full-time staff member. Her technical knowledge and deep familiarity with the arcana of our sprawling 52 LMSCs enabled her to amass a storehouse of tutorials for volunteers, which gave them the tools and procedures they needed to serve their clubs, LMSCs, committees, and most importantly, USMS members across the country.

As the membership director, she became the go-to person for everything from, well, literally everything: Questions about member and club registration policies and available tools, how to sanction and host meets and open water events, how to process event results for the national database and create annual Top 10 submissions, and countless other topics.

She also provided individual assistance to members and was instrumental in providing requirements and guidance in the development of the ESTHER online registration tool suite. These services were cheerfully provided not only during work hours, but also nights, weekends, and holidays.

While an employee of the National Office, Anna Lea never lost her volunteer spirit for USMS. She continued to volunteer for her club, the Sarasota YMCA Sharks Masters, and the Florida LMSC, on her own time.

Anna Lea’s time, talents, and tirelessness have had an incalculable impact on USMS members and volunteers across the country. She’s a true team player, never seeking individual recognition for her work, and USMS owes an enormous debt of gratitude for her decades of service.



Anna Lea Matysek

Previous Rule Book Dedications

1989	June Krauser	2005	Walt Reid
1992	Mary Lee Watson	2006	Pieter Cath
1993	Kathrine Casey and Gail Dummer	2007	Pacific Masters XI FINA World Masters Championships Organizing Committee
1994	All USMS volunteers		
1995	E. Kevin Kelly		
1996	Dorothy Donnelly	2008	Steve Schofield
1997	Jack Geoghegan	2009	Meg Smath
1998	USMS All-Americans	2010	Bill Volckening
1999	F.H. "Ted" Haartz	2011	Tracy Grilli
2000	Jim Matysek	2012	Esther Lyman
2001	Gene Donner and the staff of Gateway Printing	2013	Rob Copeland
2002	Nancy Ridout	2015	June Krauser
2003	Tom Boak	2016	Rob Butcher
2004	Joanne Tingley	2017	Tom Taylor
		2018	Anna Lea Matysek

TABLE OF CONTENTS

Part 1: Swimming Rules

ARTICLE 101: Starts, Strokes, and Relays.	1
101.1 Starts.	1
101.2 Breaststroke.	2
101.3 Butterfly.	3
101.4 Backstroke.	3
101.5 Freestyle.	4
101.6 Individual Medley.	4
101.7 Relays.	5
ARTICLE 102: Swimming Competition.	6
102.1 Eligibility.	6
102.2 Age Determining Date.	6
102.3 Age Groups.	6
102.4 Warm-up/Warm-down.	6
102.5 Events.	7
102.6 Event Limit.	8
102.7 Entries.	8
102.8 Scratch Procedures.	9
102.9 Relays.	9
102.10 Lane Assignments–Seeding–Counters.	9
102.11 Change of Program and Postponement.	13
102.12 Swimwear for Pool Competition.	14
102.13 Disqualifications.	15
102.14 Protests.	16
102.15 Tobacco Products.	16
ARTICLE 103: Meet Procedures.	17
103.1 Meet Director.	17
103.2 Required Personnel.	17
103.3 Qualification of Officials.	17
103.4 Reporting of Officials and Meet Personnel.	17
103.5 Meet Committee.	17
103.6 Referee.	18
103.7 Administrative Official.	18
103.8 Starter.	19
103.9 Recall Rope Operator.	21
103.10 Judges.	21
103.11 Timers.	22
103.12 Clerk of Course.	23
103.13 Marshals.	23
103.14 Announcer.	23
103.15 Recorder of Records.	23
103.16 Press Steward.	23
103.17 Timing Equipment.	23
103.18 Official Time.	26
103.19 Scoring.	29
103.20 Awards.	30
ARTICLE 104: National Championship Meets.	30
104.1 Meet Categories.	30
104.2 Meet Name.	30
104.3 Awarding of National Championship Meets.	30
104.4 USMS Assistance and Agreements.	31
104.5 Conduct of National Championship Meets.	31

ARTICLE 105: Records, Top 10 Times, and All-American Recognition.	39
105.1 Requirements for Records, Top 10 Times, and All-American	39
105.2 Top 10 Times	40
105.3 USMS Records	41
105.4 All-American and All-Star	42
105.5 World Records	43
ARTICLE 106: Facilities Standards.	43
106.1 Definitions	43
106.2 Racing Course Dimensions	43
106.3 Racing Course Walls	44
106.4 Pool and Bulkhead Markings	44
106.5 Overflow Recirculation System	45
106.6 Water Temperature	45
106.7 Ladders	45
106.8 Other Deck Equipment	45
106.9 Lighting	45
106.10 No Smoking Signs	45
106.11 Starting Platforms	46
106.12 Backstroke Ledge	47
106.13 Floating Lane Lines/Dividers	47
106.14 Backstroke Flags and Lines	47
106.15 Loudspeaker Starting System	47
106.16 Recall Device	47
106.17 Pace Clocks	48
106.18 Automatic Timing Equipment	48
106.19 Electrical Safety	49
ARTICLE 107: Guidelines for Officiating Swimmers with a Disability in USMS Meets.	49
107.1 General	49
107.2 Blind and Visually Impaired	50
107.3 Deaf and Hard of Hearing	50
107.4 Cognitively Disabled	51
107.5 Physical Disabilities	51
In Memoriam	53

Part 2: Administrative Regulations

ARTICLE 201: Membership and Representation.	55
201.1 Membership of Individuals	55
201.2 Membership of Clubs	56
201.3 Representation	56
201.4 Travel Permits	57
ARTICLE 202: Sanction/Recognition of pool events.	57
202.1 Sanctions	57
202.2 Recognized Events	59
202.3 Fitness Events	61
ARTICLE 203: Sanction of Open Water Events.	61
203.1 Sanctions	61
203.2 Swimmer Verification	61
203.3 Sanction Requirements	62
203.4 Withdrawal or Denial of Sanctions	63
ARTICLE 204: Liability Release.	63
204.1 Release	63

Part 3: Open Water and Long Distance Swimming Rules

ARTICLE 301: Administration.	65
-------------------------------------	-----------

301.1	Organization.....	65
301.2	Guide to Operations.....	65
301.3	Membership, Representation, and Sanctions.....	65
301.4	Age Determining Date.....	65
ARTICLE 302: Open Water Events.....		65
302.1	Events.....	65
302.2	Open Water Courses.....	66
302.3	Straightaway Swim Courses.....	67
302.5	Cumulative Relays.....	67
302.6	Sequential Relays.....	68
ARTICLE 303: Conduct of Competitive Open Water Events.....		68
303.1	Scoring Divisions.....	68
303.2	Safety.....	69
303.3	Escorted Swims.....	69
303.4	Starts.....	70
303.5	Seeding.....	70
303.6	Finishes.....	70
303.7	Swimwear for Open Water Events.....	71
303.8	Officials and Staff.....	72
303.9	Disqualifications.....	73
303.10	Swimmers with Disabilities.....	74
303.11	Incomplete Swim.....	74
303.12	Protests.....	74
ARTICLE 304: Conduct of Noncompetitive Open Water Swims.....		75
304.1	Noncompetitive Swims.....	75
ARTICLE 305: Conduct of Long Distance Pool Swims.....		75
305.1	Events.....	75
305.2	Definitions.....	75
305.3	Pool.....	75
305.4	Cumulative Relays.....	75
305.5	Sequential Relays.....	75
305.6	Age Groups.....	76
305.7	Awards.....	76
305.8	Protests.....	76
ARTICLE 306: Conduct of Postal Events.....		76
306.1	Rules.....	76
306.2	Pool Size.....	76
306.3	Officials.....	76
306.4	Eligibility.....	76
306.5	Multiple Swimmers per Lane.....	76
306.6	Timing.....	77
306.7	Determining Distances in Time-Based Events.....	77
306.8	Determining Times in Short-Course Distance-Based Events.....	77
306.9	Split Times.....	77
306.10	Integrity of Results in Postal Events.....	77
306.11	Determination of Place.....	77
ARTICLE 307: Open Water and Long Distance National Championships.....		78
307.1	Rules.....	78
307.2	Open Water and Long Distance Championship Events.....	78
307.3	Site Selection.....	79
307.4	Contract.....	80
307.5	Financial.....	80
307.6	Entry Fee.....	80
307.7	Rules of Conduct.....	80
307.8	Results.....	81
307.9	Club Scoring.....	82

307.10	Awards.....	82
307.11	All-American.....	83
307.12	All-Star Team.....	83
ARTICLE 308: Records.....		83
308.1	Records.....	83

Part 4: Participation, Conduct, Hearings, and Appeals

ARTICLE 401: Participation.....		85
401.1	Protection.....	85
401.2	Participation.....	85
ARTICLE 402: Conduct of Members.....		85
402.1	Standards of Conduct.....	85
402.2	Compliance With Rules and Regulations.....	85
402.3	Enforcement.....	86
402.4	Unsporting Conduct.....	86
ARTICLE 403: Hearings and Appeals.....		86
403.1	General Jurisdiction.....	86
403.2	Jurisdiction of the LMSC.....	86
403.3	National Board of Review.....	86
403.4	National Board of Review Procedures.....	87
403.5	Authority of the National Board of Review.....	87
403.6	Authority of the National Board of Review Chair.....	88
403.7	Appeal of LMSC Decision to the National Board of Review.....	88
403.8	Hearing Panel Procedure.....	88
403.9	Appeal to the Board of Directors.....	89
403.10	Documentation.....	89
403.11	Filing Fee.....	89
403.12	Recognition and Enforcement.....	89

Part 5: United States Masters Swimming Inc.: Organization and Bylaws

ARTICLE 501: Membership.....		91
501.1	Membership Categories.....	91
501.2	Mandatory Memberships.....	91
501.3	Equal Opportunity.....	92
ARTICLE 502: Local Masters Swimming Committee (LMSC).....		92
502.1	LMSC Membership.....	92
502.2	Bylaws.....	92
502.3	Annual Meeting.....	92
502.4	Fiscal Year.....	92
502.5	Election Of Officers.....	92
502.6	Filing of Bylaws.....	92
502.7	Boundary Descriptions.....	92
502.8	Records and Record Keeping.....	92
502.9	Financial Controls.....	92
502.10	LMSC Championship Meets.....	92
502.11	LMSC Standards.....	92
ARTICLE 503: Zones.....		93
503.1	Zone Boundaries.....	93
503.2	Zone Meetings.....	93
503.3	Zone Chairs.....	93
503.4	Zone Policies.....	93
503.5	Zone Championship Meets.....	93
503.6	Communications.....	93

ARTICLE 504: House of Delegates.....	94
504.1 Membership.....	94
504.2 Powers.....	94
504.3 Meetings of the House of Delegates.....	95
ARTICLE 505: Officers.....	95
505.1 Positions.....	95
505.2 Elections and Term of Office.....	95
505.3 Duties of Officers.....	95
ARTICLE 506: Board Of Directors.....	96
506.1 Membership.....	96
506.2 Election and Term of Office of At-Large Directors.....	97
506.3 Powers.....	97
506.4 Meetings.....	98
506.5 Quorum.....	98
506.6 Voting Privileges.....	98
506.7 Permanent Committees of the Board.....	98
506.8 Executive Committee.....	99
506.9 Removal of Board Members.....	100
506.10 Vacancies.....	100
ARTICLE 507: Committees and Appointments.....	100
507.1 Standing Committees.....	100
507.2 Ad Hoc Committees.....	103
507.3 Appointments.....	103
ARTICLE 508: Financial Policy.....	103
508.1 Fiscal Year.....	103
508.2 Fees.....	104
508.3 Budget Requests.....	104
ARTICLE 509: Parliamentary Authority.....	104
509.1 Parliamentary Authority.....	104
ARTICLE 510: Indemnification.....	104
510.1 Coverage.....	104
510.2 Insurance.....	104
ARTICLE 511: Dissolution.....	104
511.1 Dissolution.....	104

Part 6: Amendment Procedures

ARTICLE 601: Amendments.....	105
601.1 Committee Jurisdiction.....	105
601.2 Submission of Proposed Amendments.....	105
601.3 Modification of Proposed Amendments.....	106
601.4 Adoption of Proposed Amendments.....	106
601.5 Effective Date.....	107
APPENDIX A: Records.....	109
APPENDIX B: Information for Meet Directors and Officials.....	111
APPENDIX C: National and International Masters Swimming Schedule.....	139
APPENDIX D: Zone and LMSC Boundaries.....	141
APPENDIX E: USMS Directory.....	149
APPENDIX F: USMS History.....	159
INDEX.....	171

Organizing Principles

Preamble

United States Masters Swimming is an organization of sportswomen and sportsmen founded in 1970 and dedicated to the premise that the lives of participants will be enhanced through aquatic physical conditioning. USMS supports and encourages competitions among its members and those of other nations. This book establishes certain rules and regulations for the conduct of the organization, the participants and the competitors in the spirit of good sportsmanship.

Mission Statement

To promote health, wellness, fitness and competition for adults through swimming.

Vision Statement

USMS will be the premier resource for adult aquatic fitness in the United States and will make fitness through swimming available for as many adults as possible.

Goals and Objectives

- A** To encourage and promote improved physical fitness and health in adults.
- B** To offer adults the opportunity to participate in a lifelong fitness and/or competitive swimming program.
- C** To encourage organizations and communities to establish and sponsor Masters Swimming programs.
- D** To enhance fellowship and camaraderie among Masters swimmers.
- E** To stimulate research in the sociology, psychology, and physiology of Masters swimming.

Core Objectives

Service the membership.
Educate the membership.
Build the membership.

Major Changes for 2018

World Records and USMS Records: Applications for world records and USMS records will no longer be accepted when timed with manual watches or with a semiautomatic timing system (automatic start with a button finish) as the primary timing system. World and USMS records must be timed with automatic timing (automatic start and touchpad finish) or, in the event of an individual lane malfunction, with a semiautomatic backup system consisting of three, two, or one button(s). An overhead video system may also be used as a backup system in the event of a touchpad failure. Manual watches and semi-automatic buttons will continue to be accepted for USMS Top 10 recognition.

Notification of Timing System in the Meet Announcement: If it is not possible to satisfy the timing system requirements for world records, USMS records, or USMS Top 10, the meet announcement must include a statement notifying swimmers of this situation. If a change in primary timing is necessary prior to a meet or during a meet that affects the ability to earn records or Top 10 recognition, meet directors must ensure that swimmers are notified of the change.

Starting Grips: Handgrips on the starting platforms are distinguished between grips for backstroke starts and grips for forward starts. During backstroke events, swimmers may not use handgrips installed on the top of the starting platform intended for use during forward starts. During backstroke starts, swimmers must place both hands on the gutter or on the backstroke starting grips.

Freestyle during Individual Medley and Medley Relay events: Swimmers must be at or past the vertical towards the breast during the freestyle leg of an individual medley or medley relay event, except that during a turn (freestyle turn or breast-to-free transition), swimmers may leave the wall in a position at or past the vertical towards the back. Swimmers must return to a position at or past the vertical towards the breast before any stroke or kick.

Relay Starts with Adjustable Back Plates on the Starting Platform: The second, third, and fourth swimmers on a relay team must have at least part of one foot in front of the adjustable-setting back plate during a relay takeoff.

Modification of Age Groups: Organizations outside of USMS requesting a USMS sanction to conduct a meet may modify the age groups to correspond to different minimum and maximum ages if their organization's age policies differ from USMS.

Meet Announcement: The order of events must be published in the meet announcement at least one week prior to the entry deadline.

Dual Sanctioned Meets: When a USMS meet is held in conjunction with a USA Swimming sanctioned meet (swimmers from both organizations swimming together in one or more sessions), swimmers must select only one organization with which to compete for the entire meet.

Warm Down: A swimmer who completes a race may warm down in their assigned lane while the rest of the swimmers finish the heat and shall not be disqualified if that swimmer does not delay the start of the next heat.

Automatic Splits at National Championships: Recording of intermediate splits is a mandatory requirement for hosts of national championship meets.

Glossary

Administrative Referee—an official certified as an administrative referee who supervises entries, seeding, determination of official times, results, and meet personnel assisting with these duties.

Aggregate Time—times achieved by four individuals in separate starts that are added together to arrive at a relay time for entry purposes.

Anchored (Starting Platform)—stable at all times without human aid.

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

Bulkhead—moveable end wall of a course.

Cable Swim—a type of straightaway swim defined by a cable.

Club—an organization or group of permanent character that is a member of USMS, registered through an LMSC, and that actively promotes and/or participates in Masters Swimming.

Corporation—United States Masters Swimming Inc. (USMS).

Course—designated distance over which the competition is conducted.

Long Course—50 meters.

Short Course—25 yards or 25 meters.

Deck-Entered—all entries are accepted on the first or later day of that meet and subsequently seeded into events.

Deck-Seeding—with or without check-in, events seeded at the time of the event using entries received prior to or at the meet.

Drafting—in open water and long distance events, an individual swimming behind or next to a single swimmer or support craft for the purpose of taking advantage of the reduced water resistance.

Dual Meet—competition between two clubs.

Dual-Sanctioned Meet—A USMS sanctioned meet held in conjunction with a USA Swimming sanctioned meet in which swimmers from both organizations are competing together in the same session(s).

Electronic Timing Chip—used to trigger the timing system and may not be used as an audible pacing device in swimming.

End of the Course—designated wall for racing turns or finishes.

Escort Craft—boats or paddle boards that accompany swimmers in an open water swim for safety and logistical support, including the person or people that staff them.

Event—any clinic, demonstration, series of races in a given stroke and distance, or meet: including pool, long distance, and open water.

Event Director—the person responsible for the administration and conduct of the event.

Ex Officio Member—a committee member, appointed by virtue of an office or position held, who has participatory rights of membership but no vote.

FINA—Fédération Internationale de Natation (International Federation of Swimming).

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

Finish Point—the physical location where the race terminates.

Fitness Events—events designed to encourage and enhance fitness.

First Day of Meet—day on which first competitive swimming event is conducted.

Foreign Swimmer—athlete member of a FINA member federation other than USMS.

Forward Start—an entry made while facing the course or a start made while in the water either facing the course or not facing the course.

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

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

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

Horizontal—parallel to the level surface of the water.

IOC—International Olympic Committee.

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

Lane—the specific area in which the swimmer is assigned to swim.

Lane Line—continuous floating markers attached to a line stretched from one end of the course to the other for the purpose of separating adjacent lanes.

Lane Markers—the guide lines on the bottom of the pool and in the center of the lanes running from one end of the course to the other.

Last Day of the Meet—day on which last competitive swimming event is conducted.

Leadoff—the first part of the relay event that is swum by a single team member.

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

Length—the extent of the course from end to end.

LMSC—Local Masters Swimming Committee.

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

Manual Start—the start of any timing device by an individual in response to the same starting signal given to the swimmers.

Mark—(take your) starting position.

Masters Swimming—a program including training, competition, and other activities affiliated with United States Masters Swimming through the participation of USMS members or through a USMS sanction.

May—permissive, not mandatory.

Medical Identification Item—an item worn by a swimmer that identifies medical conditions, emergency contacts, or other information necessary to protect the health of the swimmer. Medical identification items are not considered part of swimwear.

Meet—an event or series of events held under a single sanction or recognition and conducted within 10 consecutive days, except for postal meets.

Member—an individual, club, or organization registered with USMS.

Must—mandatory.

On the back—position of the body when the shoulders are at or past the vertical towards the back.

On the breast—position of the body when the shoulders are at or past the vertical towards the breast.

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

Pool—the physical facility in which the competition is conducted.

Postal Event—a swimming competition conducted in multiple pool locations with results compiled in a central location.

Preliminary Heats—competition in which a number of heats are swum to qualify the fastest swimmers for the finals.

Preseeding—events are seeded prior to the day of competition.

Propulsive—having the power to propel.

Recognized Events—the written acknowledgment by an LMSC for a designated competition conducted in conformance with relevant USMS rules, or a demonstration, clinic, or exhibition conducted by USMS member clubs, individual members, or organizations other than USMS in which both members and nonmembers may participate. Times or distances achieved by members at recognized competitions will be considered for recording purposes by USMS.

Register—enroll as a member of USMS through an LMSC.

Safety Plans—written plans for the procedures to be followed in the event of an emergency or need for medical intervention.

Sanction—the written authorization of an LMSC to permit members to participate in a specific competition, demonstration, clinic, exhibition, or Swim-A-Thon®.

Scissors 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—withdraw an entry from an event or fail to report to the assigned lane in the assigned heat.

Seeding—distributing swimmers among the required number of heats and/or lanes, based on submitted times.

Session—any portion of a pool meet distinctly separated from other portions of the meet by locale, time, day, or type of competition; i.e., first day and second day, morning and evening, etc., exclusive of a short break between events such as before the start of distance events or relays.

Shall—mandatory.

Should—recommended but not mandatory.

Soft Touch—a swimmer’s touch that does not register a time at the point of contact with the touchpad.

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

Still Water—water contained within four walls or landlocked, having no perceptible current or movement other than that caused by wind or by swimmers.

Straightaway Swim—any swim of any length where the course shall be a straight, measured distance in stationary open water and defined by a cable with floats or a continuous marking system visible to the swimmer.

Submitted Times—those filed with an entry as having been previously achieved or reasonably estimated; also known as seed times.

Time Trial—a timed heat conducted within a meet where the swimmer races against the clock to establish an official time.

Timed Finals—competition in which only heats are swum and final placings are determined by the times achieved in the heats.

Touch—contact with the end of the course.

Turn—a point on the course where the swimmers reverse or change direction of the swim.

USA-S—USA Swimming Inc.

USAS—United States Aquatic Sports Inc.

USMS—United States Masters Swimming Inc.

Venue—geographical area and environs where a swim event is conducted.

Wall—the vertical portion of the pool, the contiguous surface of the deck and overflow gutters, 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—the second or subsequent start used if the start area cannot accommodate all contestants at the same time.

Will—consent to do, an expectation.

Workout Group—a subordinate organization (subgroup) of a USMS-registered club.

Zone—a geographic section of the country that includes all LMSCs within that section.

[illegible]

WE POWER SWIMMING

ACTIVE Hy-Tek's family of products was created to power your swim organization.

Meet Manager

The most trusted software for scheduling and managing swim meets.

Meet Mobile

Relied upon by millions for real-time meet results.

Swim Manager

Built for coaches to simplify registration and team management.

ACTIVE Hy-Tek Websites

Custom websites as unique as your swimmers and coaches.





**Colorado
TIME SYSTEMS®**
A PLAYCORE Company



#wemaketimecount

TRAIN FOR IT | TIME IT | SCORE IT | DISPLAY IT

*Colorado Time Systems is pleased to be the Official
Timing & Scoring Partner of U.S. Masters Swimming.*

Call today to find the right solution for your team and facility.

www.coloradotime.com | +1 970.667.1000

PART 1:

SWIMMING RULES

1

All provisions under *Part 1: Swimming Rules*, unless otherwise specified, are effective beginning January 1, 2018, and until changed. Rules in effect on the first day of a meet shall govern throughout the meet.

Part 1: Swimming Rules is based upon articles 101, “Individual Strokes and Relays,” 102, “Conduct and Officiating of All Swimming Competition,” and 105, “Guidelines for Officiating Swimmers With a Disability in USA Swimming Meets,” of the USA Swimming Technical Rules, which, as amended, will govern all Masters swimming competitions.

All competitive swimming meets or events held under corporate sanction shall be conducted in accordance with the following rules, which are designed to provide fair and equitable conditions of competition.

It is not the purpose of the *Code of Regulations and Rules of Competition* of United States Masters Swimming (the national governing body) contained herein to set standards of care for the safety of the swimmer. Safety considerations should be addressed by the swimmer, the swim coach, and the local public entity or pool owner in whose facility events are held.

ARTICLE 101:

Starts, Strokes, and Relays

101.1 Starts

101.1.1 Forward Start—The forward start may be taken from the starting block, the pool deck, or a push from the wall. 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 may take and maintain their positions with at least one foot at the front of the starting platform or the deck, or in the water. On the starter’s command, “Take your mark,” each swimmer shall immediately assume the starting position with at least one foot at the front of the starting platform or the deck. Each swimmer starting in the water must take the position on the wall with at least one hand in contact with the wall or starting platform and one foot in contact with the wall. A swimmer starting in the water may face any direction.

101.1.2 Backstroke Start

A Starting commands—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. At the referee’s first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall take their positions on the wall without undue delay.

B All courses—The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the backstroke 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.

101.1.3 Starter—See article 103.8 for starter equipment, preparation, optional instructions, start commands, false starts, warning signal, and deliberate delay or misconduct.

101.2 Breaststroke

101.2.1 Start—The forward start shall be used.

101.2.2 Stroke—After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. The swimmer 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.

101.2.3 Kick—After the start and after each turn, at any time prior to the first breast stroke kick, a single butterfly (dolphin) 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 (dolphin) 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 (dolphin) 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

101.3.1 Start—The forward start shall be used.

101.3.2 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. (Note: After the start and after each turn, only one breaststroke kick is allowed prior to the arm pull that brings 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.

101.3.3 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. The breaststroke kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. Only one breaststroke kick is permitted per arm pull, except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull. A scissors kicking movement is not permitted.

101.3.4 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.

101.3.5 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

101.4.1 Start—The backstroke start shall be used.

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

101.4.3 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 an immediate continuous simultaneous double arm pull may be used to

initiate the turn. Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall.

Note: The swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a “continuous turning action.”

101.4.4 Finish—Upon the finish of the race, the swimmer must touch the wall while on the back.

101.5 Freestyle

101.5.1 Start—The forward start or the backstroke start shall be used.

101.5.2 Stroke—In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or 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.

101.5.3 Turns—Upon completion of each length, the swimmer must touch the wall.

101.5.4 Finish—The swimmer shall have finished the race when any part of the swimmer 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.

101.6.1 Start—The forward start shall be used.

101.6.2 Stroke—The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke, except that in the freestyle, the swimmer must be on the breast except when executing a turn.

101.6.3 Turns

A Intermediate turns within each stroke shall conform to the turn rules for that stroke, except that in the freestyle turn, the swimmer must return to the breast before any kick or 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 article 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.

(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 article 101.2.4. Once a legal touch has been made, the swimmer may turn in any manner and must return to the breast before any kick or stroke.

101.6.4 Finish—The swimmer shall have finished the race when any part of the swimmer touches the wall after completion of the prescribed distance.

101.7 Relays

101.7.1 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.

101.7.2 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; fourth, freestyle. Rules pertaining to each stroke as described in article 101.6 (Individual Medley) shall govern. At the end of each leg, the finish rules for that stroke apply.

101.7.3 Rules Pertaining to Relays

- A** No swimmer shall swim more than one leg in any relay event.
- B** When automatic relay takeoff judging is used, all swimmers must touch the touchplate or pad in their respective lanes at the end of the course to have finished their legs of the relay.
- C** A swimmer other than the first swimmer shall not start until the previous swimmer's leg has been concluded.
- D** If a team member other than the swimmer designated to swim a particular leg jumps into or enters the pool in the area where the race is being conducted and before all swimmers of all teams have finished the race, both the offending swimmer and relay team shall be disqualified.
- Note:** An exception may be granted to a relay team member who wishes to enter the water to start from the water; this swimmer shall notify the starter and be careful not to disturb or interfere with another swimmer or the timing system pad when in use.
- E** All relay team members shall leave the water immediately upon finishing their legs, except for the last member.
- Note:** Swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may be allowed to 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.
- F** The team of a swimmer whose feet have lost contact with the starting platform (ground, deck, or wall) before the preceding teammate touches the wall shall be disqualified.
- G** Mixed relays shall consist of two men and two women who may swim in any order.

- H** On relays, the second, third, and fourth swimmers are prohibited from starting from the top of the adjustable setting back plate. A swimmer must have at least part of one foot in contact with the starting platform in front of the adjustable setting back plate.

101.7.4 See article 102.9 for additional relay rules.

ARTICLE 102: Swimming Competition

102.1 Eligibility

102.1.1 To be eligible for competition, including participation in warm-ups, members must be 18 years of age or over.

102.1.2 USMS members may participate in non-USMS aquatic activities, meetings, exhibitions, demonstrations, etc., without jeopardy to their eligibility to swim in USMS competition. However, any times achieved in nonsanctioned or nonrecognized activities will not be recorded for official purposes and cannot be used for LMSC rankings or USMS Top 10 times, All-American status, or qualification times for USMS national championship meets.

102.2 Age Determining Date

102.2.1 For short course yards, the eligibility of a participant for a particular age group shall be determined by the age as of the last day of the meet.

102.2.2 For short course meters and long course meters, the eligibility of a participant for a particular age group shall be determined by the age as of December 31 of the year of competition.

102.3 Age Groups

102.3.1 Individual Events—18–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80–84, 85–89, 90–94, 95–99, 100–104 ... (five-year age groups as high as is necessary).

102.3.2 Relay Events

A Short course (25) yards—18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+... (10-year increments as high as is necessary). The age of the youngest relay team member shall determine the age group. Relay teams must swim in the oldest age group for which they are eligible.

B Short course (25) meters and long course (50) meters—72–99, 100–119, 120–159, 160–199, 200–239, 240–279, 280–319, 320–359, 360–399 ... (40-year increments as high as is necessary). The aggregate age of the four relay team members shall determine the age group.

102.3.3 If a sanctioned meet is conducted by an organization whose age eligibility requirements differ from USMS (see articles 202.1.1G), the age groups listed in articles 102.3.1 and 102.3.2 may be adjusted to conform to the minimum and maximum ages eligible to compete in the meet.

102.4 Warm-up/Warm-down

102.4.1 Availability— In pools of five lanes or more, a separate warm-up area must be made available to swimmers during the competition. 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. If there is no other warm-up/warm-down area available 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 shall be offered at least once during each half-hour of competition.

102.4.2 Dual-Sanctioned Meets—If the meet is a dual-sanctioned meet with USA Swimming, the requirements of 102.4.1 may be adjusted depending on

availability of warm-up space at the venue by agreement between the LMSC and LSC host clubs. If a continuous warm-up/warm-down lane(s) or area is not available in pools of five lanes or more, the entry information shall clearly state the availability of warm-up for USMS athletes. Once the entry information is published, changes which further restrict the availability of continuous warm-up/warm-down space are not permitted.

- 102.4.3 Procedure**—Swimmers must enter the pool feet first in a cautious and controlled manner. Diving and backstroke starts shall be permitted only in the designated lanes. No hand paddles are allowed.

102.5 Events

- 102.5.1** In planning any meet, careful consideration must be given the demands to be made upon swimmers, officials, and spectators, in that order. Meets should be planned to terminate within a reasonable period of time each day. Planning should provide for adequate meal and rest breaks and sheltered rest areas.

- 102.5.2** Any event (series of races in a given stroke and distance) conducted at a sanctioned meet must be offered for all age groups listed in articles 102.3.1 and 102.3.2 and both genders. Sanctioned meets conducted by organizations whose age eligibility requirements differ from USMS (see article 202.1.1G) must comply with article 102.3.3. Events may be repeated with the same stroke and distance as different event numbers at a meet. Any of the following events may be conducted.

A. Short Course (25) Yards

50-100-200-500-1000-1650 yards freestyle
 50-100-200 yards backstroke
 50-100-200 yards breaststroke
 50-100-200 yards butterfly
 100-200-400 yards individual medley
 200-400-800 yards freestyle relay
 200-400-800 yards mixed freestyle relay
 200-400 yards medley relay
 200-400 yards mixed medley relay

B. Long Course (50) Meters and Short Course (25) Meters

50-100-200-400-800-1500 meters freestyle
 50-100-200 meters backstroke
 50-100-200 meters breaststroke
 50-100-200 meters butterfly
 100*-200-400 meters individual medley
 200-400-800 meters freestyle relay
 200-400-800 meters mixed freestyle relay
 200-400 meters medley relay
 200-400 meters mixed medley relay
 *short course meters only

102.6

- 102.5.3** Nonconforming events may be offered in accordance with the provisions of article 202.1.1G(3). For open water and long distance events, see Part 3.
- 102.5.4** All short course meters events, long course meters events, and national championships shall be conducted on a timed-finals basis. Other short course yards events may be conducted on a timed-finals basis or another basis (e.g., preliminary heats and finals). If events are conducted in a format other than timed finals, the entry information shall state the process for seeding, contesting the event, and determining the final places.
- 102.5.5** Independent attempts to establish official times (“time trials”) are permitted only in USMS-sanctioned short course yards meets other than national championship meets. Time trials are not permitted in USMS national championship meets, short course meters, or long course meters meets. If time trials are offered, the meet announcement must state the events being offered and the format for the time trials.
- 102.5.6** The order of events must be published in the meet announcement at least one week prior to the entry deadline. (See article 102.11 for change of program or postponement.)

102.6 Event Limit

- 102.6.1** A swimmer may compete in not more than six individual events per day.
- 102.6.2** A swimmer shall not compete more than once in the same numbered individual event.
- 102.6.3** If, due to conditions beyond the control of meet officials, an event or events are postponed to a subsequent day of the meet, such postponed events shall not be included in the daily event limit.
- 102.6.4** For events conducted in formats other than timed finals that require multiple swims (e.g., preliminary heats and finals), swimmers may compete in not more than three individual events per day.
- 102.6.5** For events conducted in formats other than timed finals that require multiple swims (e.g., preliminary heats and finals), all swims (e.g., preliminary heats) are considered as part of the same individual event, not as multiple individual events.
- 102.6.6** If time trials are offered in short course yards meets, any time trial events swum shall be included in the daily event limit. A swimmer may repeat, as a time trial, an individual event already swum during the meet on the same day or in the same meet.
- 102.6.7** Any nonconforming events swum shall be included in the daily event limit.
- 102.6.8** When a USMS meet is held as a dual-sanctioned meet in conjunction with a USA Swimming meet, swimmers must select only one organization (USMS or USA Swimming) with which to compete. Dual membership cannot be used to exceed the daily event limit regardless of the format of the dual-sanctioned meet.

102.7 Entries

- 102.7.1** Each competitor shall enter with the full name as it appears on the USMS registration card.
- 102.7.2** Entry fee policies for local Masters events shall be set by the LMSC.

102.8 Scratch Procedures

It is the swimmer's responsibility to be informed of the meet starting time and to 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.

102.8.1 Penalties—Any swimmer or relay team not reporting for or competing in an event shall not be penalized.

102.9 Relays

102.9.1 Relay teams shall not compete unattached. In all cases, relay teams must be composed of USMS members of the same club, which is a member of USMS.

102.9.2 Clubs entering two or more relay teams in an event shall designate them on the entry blank as team A, team B, etc.

102.9.3 The best time or aggregate time of each relay team shall be entered on the entry blank for seeding purposes, and no change in time shall be permitted.

102.9.4 Swimmers who will be competing only in relays must be entered in accordance with the procedures in the official meet entry information.

102.9.5 On the relay card, relay teams must list the name of the club, the full name (as it appears on the USMS membership card), the age, and for mixed relays, the gender of each relay member. The name of the leadoff swimmer must be clearly designated.

102.9.6 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. 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 relay heat in which such relay team is entered. No changes will be permitted thereafter.

102.9.7 The competing teams, first and last names of members, and their ages must be listed in the meet results.

102.9.8 Competitors shall be allowed to swim only once per meet in each of the following relays: men's/women's 200 medley, 400 medley, 200 freestyle, 400 freestyle, and 800 freestyle; and mixed 200 medley, 200 freestyle, 400 freestyle, and 800 freestyle.

102.9.9 See article 101.7 for additional relay rules.

102.10 Lane Assignments—Seeding—Counters

102.10.1 Seeding Principles for Masters Competition

A All short course meters events, long course meters events, and national championships shall be conducted on a timed-final basis. Other short course yards events may be conducted on a timed-final basis or other basis (e.g., preliminary heats and finals). In such cases, the entry information shall state the process for seeding.

B Age groups and/or genders, as well as events of the same distance 200 yards or longer, may be combined so that no swimmer has to swim alone and lanes may be filled.

- C It is recommended that when swimmers are seeded by time and not by age groups, the fastest two swimmers in each age group should not be seeded into outside lanes. It is recommended that they be moved inward one lane or given the center lanes in the next slowest heat, whichever is the more appropriate placement.
- D 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 (events 400 yards or longer) within a meet. Women's and men's heats may be alternated in the distance events. The meet information shall state the seeding for all events.
- E Heat and lane assignments for events of 200 meters or less shall be available to all competitors at least five minutes prior to the start of the event.

102.10.2 Heat and Lane Assignments

- A **Seeding within heats**—Within each heat, lanes shall be assigned in order of submitted times (fastest to slowest) in accordance with the following pattern:

Ten Lanes: 5-6-4-7-3-8-2-9-1-10

Nine Lanes: 5-6-4-7-3-8-2-9-1

Eight Lanes: 4-5-3-6-2-7-1-8

Seven Lanes: 4-5-3-6-2-7-1

Six Lanes: 3-4-2-5-1-6

Five Lanes: 3-4-2-5-1

Four Lanes: 2-3-1-4

- B **Minimum number of swimmers per heat**—When there are two or more heats, there shall be a minimum of three swimmers or relay teams seeded into the slowest heat. The fastest heat shall be filled first, then the next fastest heat, etc.
- C **Fast-to-slow seeding**—The first heat of each event shall be composed of the swimmers with the fastest submitted times, the second heat composed of the next fastest swimmers, etc.
- D **Slow-to-fast seeding**—The last heat of each event shall be composed of the swimmers with the fastest submitted times, the next-to-last heat composed of the next fastest swimmers, etc.

102.10.3 Seeding of Events in a 50-Meter Course

- A **Seeding of 50-meter events in a 50-meter course**—Fifty-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.
- B **Starting heats from alternate ends of the course**—If only one course is available and the pool depth is adequate at both ends of the course, the meet director may choose to start heats from alternate ends of the course.

- (1) In 50-meter events, the in-the-water heat may be instructed to wait in the water after the finish until the next heat has been started.

- (2) In events 100 meters and longer, the next heat may be started when the in-the-water heat is within a half-length of the finish.
- (3) If the pool depth is different at alternate ends of the course, the meet director may choose to start men's events at one end of the course and women's events at the alternate end of the course. Men's and women's heats shall alternate.
- (4) If the pool depth is the same at alternate ends of the course, men's and women's heats may alternate.

102.10.4 Two-to-a-Lane Seeding in Distance Freestyle Events

A General principles of seeding two-to-a-lane

(1) Options to swim two-to-a-lane

- (a) At the discretion of the meet director, competitors in the freestyle events over 200 meters may be required to swim two-to-a-lane when only one course is available for the event. The meet information shall state the criteria under which such events are to be swum two-to-a-lane.
- (b) When competitors have an option of swimming two-to-a-lane, the heats with two competitors per lane will be completed before the heats with a single competitor per lane.
- (c) If there are not enough swimmers to fill all heats with two swimmers in each lane, those swimmers with the fastest submitted times may be seeded one-to-a-lane.

(2) Men's/women's events

- (a) If men and women compete under the same event number, they shall be seeded by time without regard to gender.
- (b) If men and women compete under different event numbers, they shall be seeded separately by time.
- (c) If men and women compete under different event numbers, men's and women's heats should be alternated.

- (3) **Heat designations**—Heats shall be numbered consecutively without using alphabetical characters (e.g., no "A" and "B" heats). Heats shall be referred to as "odd" or "even" numbered heats. Odd and even heats shall be paired when seeding two-to-a-lane.

- (4) **Reporting to the clerk of course**—Swimmers in both odd and even heats shall be asked to report to the clerk of course (or to the starting area) at the same time.

- (5) **Starting procedure**—The starter shall call the odd heat to the starting block first. As soon as the odd heat is under way, swimmers in the even heat shall be called to the starting blocks. The even heat shall be started as soon as practical after the odd heat.

(6) Lane etiquette

- (a) The starter shall instruct the swimmers to swim on one side of the lane during the entire race (i.e., no "circle" swimming).
- (b) Obstructing another swimmer by swimming across the lane or otherwise interfering with the swimmer shall disqualify

the offender, subject to the discretion of the referee, and the disqualified offender shall be removed from the lane as soon as practical.

(7) **Timing**—Separate timing shall be required for each swimmer.

B Methods of seeding two-to-a-lane (either method is recommended)

(1) Swimmers of similar speed in the same heat

(a) **Heat and lane assignments**—Lanes shall be assigned as in article 102.10.2.

(b) **Pairing of heats**—After lanes are assigned, heats shall be arranged in pairs beginning with either the slowest or fastest heats, at the meet director’s discretion. The fastest heat within each pair shall be designated as the odd heat and the next-fastest heat as the even heat.

In the following example, for a six-lane pool, “1” refers to the fastest swimmer, “2” to the next-fastest swimmer, etc.

	Lane					
	1	2	3	4	5	6
Odd Heat	5	3	1	2	4	6
Even Heat	11	9	7	8	10	12

(2) **Swimmers of similar speed in the same lane**—Groups of swimmers equal in number to twice the number of lanes of the pool (e.g., groups of 12 swimmers for a six-lane pool) shall be created. Each group of swimmers shall be divided into odd and even heats. The fastest swimmer in each group shall be assigned to a middle lane in the odd heat. The second-fastest swimmer shall be assigned to the same middle lane in the even heat. The remaining swimmers shall be assigned to lanes in accordance with article 102.10.2A.

In the following example, for a six-lane pool, “1” refers to the fastest swimmer, “2” to the next-fastest swimmer, etc.

	Lane					
	1	2	3	4	5	6
Odd Heat	9	5	1	3	7	11
Even Heat	10	6	2	4	8	12

102.10.5 Places—Places shall be determined on a time basis, subject to the order of finish within each heat. Any ties resulting from the procedure used shall be declared officially tied for awards and points, with no further attempt made at resolution.

102.10.6 Counters

A A swimmer in any individual event of 16 lengths or more, except the individual medley, 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 competitor nor 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.

102.11 Change of Program and Postponement

102.11.1 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.

102.11.2 At the meet referee's discretion, events may be combined by distance and/or stroke.

102.11.3 The entry provisions and starting time of any event, meet, or portion thereof shall stand as stated in the meet announcement 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. Electronic notice must be sent no later than the entry deadline date stated in the meet announcement. If mailed, such notice must be postmarked no later than the entry deadline date stated in the meet announcement, and if lack of time prohibits mail notification, all affected swimmers must voluntarily agree in writing that they have been notified and are in accord with such change. Affected swimmers or coaches may file a written protest with the referee prior to the running of the event or the meet if they do not agree to such change in time or date.

102.11.4 Postponement or Cancellation

- A.** If, prior to the start of a meet or event, unusual or severe weather or other conditions preclude the possibility of safely and effectively conducting a meet or event, the meet committee (article 103.5) 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 meet or event may be suspended at the referee's sole discretion 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 be terminated prior to an official finish and be postponed to another time or date, it shall then be conducted among the swimmers who were officially competing in the event at the time of termination.

- E Incomplete events will not be awarded or scored; however, times achieved in accordance with articles 103.17 and 103.18 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 officers of the LMSC (local or regional meets) or the USMS Championship Committee (national championship meets).

102.12 Swimwear for Pool Competition

102.12.1 Design

- A The swimsuits worn for competition shall be nontransparent and conform to the current concept of the appropriate. The referee shall have authority to bar offenders from competition until they comply with this rule.
- B Swimwear shall include only a swimsuit, no more than two caps, and goggles (a nose clip and ear plugs are allowed). Armbands or legbands shall not be regarded as parts of the swimsuit and are not allowed.
- C In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. 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 knees.
 - (1) Exemptions to the foregoing restrictions may be granted to a swimmer, on a case-by-case basis, by the chair of the Rules Committee or designee. Exemptions will be granted for conflicts due to the swimmer's verified religious beliefs, verified medical conditions, or other reasons as deemed appropriate by the chair of the Rules Committee.
 - (2) Procedures for applying for an exemption will be established by the Rules Committee and posted on the USMS website.
 - (3) No exemption to these restrictions will be granted for a swimsuit that will give the swimmer a competitive advantage.
 - (4) The decision of the Rules Committee chair may be appealed only to the entire Rules Committee, whose decision shall be final and binding on all parties.
- D Only swimsuits complying with FINA swimsuit specifications may be worn in any USMS sanctioned or recognized competition.
- E No swimmer is permitted to wear or use any device or substance to enhance speed, pace, buoyancy, or endurance during a race (such as webbed gloves, fins, power bands, adhesive substances, snorkels, neoprene caps, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the referee. Medical identification items may be worn. Any kind of tape on the body is not permitted unless approved by the referee.

- 102.12.2 Advertising**—Products involving tobacco, alcohol, or pharmaceuticals containing substances 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.

102.13 Disqualifications

- 102.13.1** A disqualification can be made only by the official within whose jurisdiction the infraction has been committed. The referee, stroke, turn, or relay takeoff judge, upon observing an infraction, shall immediately raise one hand overhead. If the official does not do so, there shall be no disqualification. When there is dual confirmation of relay takeoffs (article 103.10.5B) or dual confirmation of false starts (article 103.8.6A–B), a disqualification is not signaled by raising one hand overhead.
- 102.13.2** The referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or the swimmer's coach and inform one or both as to the reason for the disqualification. Failure to notify does not negate the disqualification.
- 102.13.3** Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee.
- 102.13.4** A swimmer must start and finish the race in the assigned lane.
- 102.13.5** Standing on the bottom during a freestyle race shall not disqualify a swimmer, but the swimmer must not leave the pool, walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification.
- 102.13.6** Obstructing another swimmer by swimming across the lane or otherwise interfering with the swimmer shall disqualify the offender, subject to the discretion of the referee.
- 102.13.7** A swimmer who completes a race may warm down in the assigned lane while the rest of the swimmers finish the heat and shall not be disqualified if that swimmer does not delay the start of the next heat.
- 102.13.8** Dipping goggles in the water or splashing water on the competitor's face or body prior to the event shall not be considered as entering the pool unless the referee finds that such action is interfering with the competition.
- 102.13.9** Should a foul endanger the chance of success of a swimmer(s), the referee may allow the affected competitor(s) to reswim the event. In the case of collusion to foul another swimmer, at the referee's discretion, the swimmer for whose aid the foul was committed may be disqualified, as well as the swimmer committing the foul.
- 102.13.10** No swimmers are permitted to wear or use any device or substance to enhance speed, pace, buoyancy, or endurance during a race (such as webbed gloves, fins, power bands, adhesive substances, snorkels, neoprene caps, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the referee. Medical identification items may be worn. Any kind of tape on the body is not permitted unless approved by the referee.
- 102.13.11** Grasping the lane line or side wall to assist forward motion is not permitted.
- 102.13.12** For relay disqualifications, refer to article 101.7.3.
- 102.13.13** The time, place, and/or initial splits 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 given prior to the decision to disqualify, they shall be returned and given to the proper recipient(s), and if points have been scored by those disqualified, the event shall be rescored.

102.14

- 102.13.14** Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.
- 102.13.15** A swimmer who misrepresents a seed time, causing a significant delay of the meet, may be disqualified at the discretion of the referee. The disqualified swimmer shall be removed from the lane as soon as practical.
- 102.13.16** Video replay footage from cameras approved in writing in advance of the competition by the chair of the USMS Officials Committee and, for a national championship meet, with the concurrence of the chair of the USMS Championship Committee, 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.

102.14 Protests

- 102.14.1** The official results of any protested race shall not be announced, the affected awards shall not be given, and points shall not be allocated until the protest is resolved or is withdrawn in writing.
- 102.14.2** Protests affecting the eligibility of any swimmer to compete or to represent an organization in any race shall be made in writing to the meet director or referee before the race is held, and if the meet committee deems it advisable, the swimmer may compete under protest and it shall be so announced before the race. The meet committee shall immediately refer such protest to the LMSC officers (local meets) or championship meet protest committee (national championship meets; see article 104.5.9B) having jurisdiction for adjudication at the earliest possible time.
- 102.14.3** Protests against judgment decisions of starters and stroke, turn and relay takeoff judges can only be considered by the referee, and the referee's decision shall be final.
- 102.14.4** 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, who shall issue a decision in writing (on paper or in an electronic file) within five days of the date of receipt of such protest, unless the USMS Rules Committee chair notifies the parties that the issue must come before the entire committee. The ruling shall be final and binding on all parties.
- 102.14.5** Any other protest arising from the competition itself 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 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 decision shall then be binding on all parties.

102.15 Tobacco Products

Smoking and use of other tobacco products is prohibited on the pool deck, in locker rooms, in spectator seating, and standing areas, and in all areas used by swimmers during the meet and during the warm-up periods in connection with the meet.

ARTICLE 103: Meet Procedures

1

103.1 Meet Director

The meet director shall be the chair of the meet committee and is responsible for the overall operation of the meet.

103.2 Required Personnel

The minimum personnel at USMS sanctioned Masters swimming meets or recognized events shall include the following for each course:

103.2.1 Officials

A One referee—The referee may also serve as a stroke and turn judge but shall not serve as starter.

B One starter—The starter may also serve as a stroke and turn judge.

C Two stroke and turn judges—At least two people shall perform these duties during competition.

Note: USMS sanctioned meets approved for observation of swims by USA Swimming require a minimum of four officials: one referee, one starter, and a minimum of two stroke and turn judges who are not serving in another capacity.

103.2.2 Timers—Two timers per lane if semiautomatic or manual timing is used. One timer per lane if automatic timing is used.

103.3 Qualification of Officials

103.3.1 Referees shall be certified in this capacity by a USMS-approved certifying body (Appendix B). Starters or stroke and turn judges certified by one of these bodies may serve as referees if they receive training on specific duties of the referee.

103.3.2 Starters and stroke and turn judges shall be certified in said capacities by a USMS-approved certifying body (Appendix B). However, uncertified officials may perform the duties of such positions if they receive training in the specified duties of their positions and are under the direct supervision of a certified official.

103.4 Reporting of Officials and Meet Personnel

All officials accepting an invitation to work at a swim meet should arrive promptly and report immediately to the meet director or meet referee. All other meet personnel should report directly to the meet director or volunteer coordinator.

103.5 Meet Committee

The meet committee is appointed by the meet host. The committee consists of a minimum of the meet director, referee, or starter, and a participating athlete, as appointed by the meet director prior to the start of the meet. Responsibilities include, but are not limited to: obtaining a sanction; arranging for personnel, equipment, and supplies necessary for meet operation; ordering awards; arranging appropriate publicity and media coverage; processing entries; printing programs; preparing the facility; verifying proper certification of pool length as described in 105.1.7; completing record applications; preparing and distributing a summary of results within 14 days after the meet; and filing an LMSC report.

103.6 Referee**103.6.1** The referee:

- A** Shall have full authority over all officials.
- B** Shall assign and instruct all officials.
- C** 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.
- D** Can overrule any meet official on a point of rule interpretation or on a judgment decision pertaining to an action that the referee has personally observed.

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

103.6.3 The referee shall signal the starter before each race that all officials are in position, that the course is clear, and that the competition can begin.

103.6.4 The referee shall assign marshals with specific instructions.

103.6.5 The referee 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 racing conditions are observed.

103.6.6 The referee may assign two or more additional timers per lane dedicated to recording initial distances for USMS Top 10 purposes. The swimmer may request such additional timers for this purpose.

103.6.7 The referee shall make an immediate investigation when an apparent malfunction of the automatic or semiautomatic timing equipment has occurred to determine whether the swimmer finished in accordance with the rules and/or if there was an actual equipment malfunction.

103.6.8 The referee may prohibit the use of any device, such as a laser pointing device or artificial noisemaker, that disrupts or interferes with the meet.

103.6.9 The referee may modify any rule for a swimmer who has a disability. Any such modification shall be in accordance with article 107, shall affect only the current meet, and shall not set precedent. It shall be the responsibility of the swimmer or a representative to notify the referee of the disability prior to competition.

103.6.10 The referee shall establish the necessary administrative and officiating procedures to conform to article 102.10.3 and .4 when conducting events from alternate ends of a 50-meter course or conducting freestyle events longer than 200 meters two-to-a-lane.

103.6.11 Refer to article 102.14 concerning protests.

103.7 Administrative Official

103.7.1 The administrative official 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 Other administrative personnel.

103.7.2 The administrative official shall be responsible to the referee for:

- A The accurate processing of entries and scratches.
- B Accurate seeding of heats.
- C Determination and recording of official time:
 - (1) Receiving and reviewing the automatic and/or semiautomatic timing results from the timing equipment operator and comparing primary timing results with the backup timing results to determine their validity.
 - (2) Receiving the times recorded by the head lane timers from the chief timer 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 of each event by gender and age group and scores (scores optional).

103.7.3 The administrative official shall perform other duties assigned by the referee.

103.8 Starter

103.8.1 Equipment—The preferred starting device shall be a loudspeaker start system conforming to article 106.15, with or without an underwater recall device, and an electronic strobe signal visible to all manual timers and for forward and backstroke starts.

103.8.2 Preparation—The starter shall stand on the side of the pool within approximately 5 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.

103.8.3 Optional Instructions—The starter may:

- A Announce the event.
- B Advise the heat that a swimmer will be attempting to achieve a time at an initial distance.
- C For backstroke event starts, give the command, “Place your feet.”

103.8.4 Starts (see article 101.1)

103.8.5 Start Commands

- 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 may take and maintain their positions with at least one foot at the front of the starting platform or the deck and remain there (article 101.1.1). Swimmers starting in the water must take their positions on the wall with at least one hand in contact with the wall or starting platform and one foot

in contact with the wall. 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 take their positions on the wall without undue delay (article 101.1.2).

- 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," each swimmer shall immediately assume a starting position that maintains at least one foot at the front of the starting platform or at the front of the pool deck. A swimmer starting in the water must have at least one foot on the wall and 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, upon which the swimmers may stand up, step off the blocks, or leave the wall.

103.8.6 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(s) who have false started shall be disqualified upon completion of the race in accordance with article 102.13.1.
- 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** 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.

103.8.7 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 5 yards or 5 meters to swim. As an alternative, a bell warning signal may be given over each lane by a lane judge or timer in that lane.

103.8.8 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 the heat.

103.9 Recall Rope Operator

The duty of the recall rope operator shall be to immediately, upon sounding of the false start signal, activate the quick-release mechanism of the recall rope so that the recall rope drops across the course.

103.10 Judges

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

103.10.1 Chief—An overall “chief judge” may assign and supervise the activities of all stroke, turn, and takeoff 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 category.

103.10.2 Stroke Judges—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 poolside, at the referee’s discretion; shall ensure that the rules relating to the style of swimming designated for the event are being observed; and shall report any violations to the referee on signed slips detailing the event, the heat number, the lane number, and the infraction observed.

103.10.3 Turn Judges—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, the lane number, and the infraction observed.

103.10.4 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 ensure that all swimmers shall have fair, equitable, and uniform conditions of judging.

103.10.5 Relay Takeoff Judges

- A** Relay takeoff 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 takeoff judging is used, the lane and side takeoff judges shall independently report infractions in writing without the use of the infraction hand signal. A relay shall be disqualified only if the lane takeoff judge has reported an infraction and the assigned side takeoff 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 backup 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.

- 103.10.6 Place Judge**—One or two place judges may be positioned on the side of the course near the finish to 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. The referee, starter, or another official may also serve as a place judge. Judging results may only be used to corroborate the places determined by the ranking of official times or to determine places in the event of a malfunction. Judging may not be used to change the results produced by ranking the official times.

103.11 Timers

- 103.11.1 Chief Timer**—The chief timer shall:

- A** Ensure 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 stopwatch times, including those of disqualified swimmers, to the administrative official.

- 103.11.2 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 that relay swimmers are swimming in the order listed. When overhead video cameras replace timers, this responsibility shall be assigned to other meet personnel.
- B** Determine and record stopwatch times or the absence of a swimmer or the relay team seeded in that lane.
- C** Assign one timer to take 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 touchpad at the finish, or there is reason to believe the semiautomatic or manual times may be inaccurate. When overhead video cameras replace timers, this responsibility shall be assigned to other meet personnel.

- 103.11.3 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 a lane timer's jurisdiction to judge if the swimmer's touch conforms to the applicable finish rules or if a relay takeoff infraction has occurred unless assigned concurrent responsibility as a lane timer and turn judge or relay takeoff 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 sound of 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 semiautomatic system button when any part of the swimmer's body touches the wall. When overhead video cameras replace timers, this responsibility shall be assigned to other meet personnel.

- 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 the command, “Clear watches,” is given or the referee signals that the next heat is ready to start.

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

103.12 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 may assign heats and lanes.

103.13 Marshals

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 those whose actions are disrupting the orderly conduct of the meet.

103.14 Announcer

The announcer shall make any announcements requested by the referee, the clerk of course, or the meet management. Announcements may include:

- event,
- number of heats,
- lane, name, and club affiliation of competitors,
- results.

103.15 Recorder of Records

The recorder of records shall obtain from the administrative official all times made in each event, shall have proper application forms and shall duly process all record claims as set forth in article 105.

103.16 Press Steward

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

103.17 Timing Equipment

103.17.1 Timing System Definitions—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 whose start is activated by a starting device and stopped at the finish by the swimmer touching the touchpad.

B Semiautomatic—A timing system whose start is activated by a starting device and stopped by buttons pushed by timers at the finish touch of the swimmer.

C Manual—A timing system operated by individual lane timers, each of whom operates a stopwatch that is both started and stopped by the timer as described in article 103.11.3. Only digital-readout-type, hand-held, battery-powered watches designed for timing purposes shall be used.

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

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

- (1) Automatic timing.
- (2) Semiautomatic, with three or two buttons per lane, each operated by a separate timer.
- (3) Manual, with three or two 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 shall be used. The secondary system may be one of the following, listed in their preferred order of use:

- (1) Stationary overhead video cameras recording 100 images per second. The cameras must be fully integrated with the primary timing system.
- (2) Semiautomatic with three, two, or one button(s), each operated by a separate timer.
- (3) Manual with three, two, or one watch(es) per lane, each operated by a separate timer.

C Tertiary system—Unless the primary system consists of stopwatches or the secondary system is a fully integrated video system or includes at least one stopwatch per lane, a tertiary system of at least one stopwatch per lane shall be provided.

103.17.3 Determination of Official Time

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

B Semiautomatic or manual timing—Whenever semiautomatic 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 valid button times or two of the three valid watch times agree, the time of the two buttons or two watches in agreement shall be the time for that timing system.

- (2) If three valid button times or three valid watch times disagree, the time of the intermediate button or intermediate watch shall be the time for that timing system.
- (3) If only two valid button times or two valid watch times are available, the average of the two button times or the average of the two watch times shall be the time for that timing system. The digits representing thousandths of a second shall be dropped with no rounding.
- (4) If only one button or one watch time is available, the time of that button or watch shall be the time for that timing system unless that time conflicts with other information. If such a conflict exists, the administrative official shall gather as much data as possible and determine the time.

C Primary timing system malfunction—A primary timing system malfunction may have occurred if:

- (1) The difference between the time obtained by the primary system and the backup system(s) is approximately .30 second or greater; or
- (2) It is reported the swimmer missed the touchpad or had a soft touch.

D Fully integrated, overhead video system backup—If the backup 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.

E Official time for a malfunction on a lane—When a malfunction is confirmed on a lane, the official time for that lane shall be calculated using valid times reported by the secondary timing system (or the tertiary system in the event of a failure of the primary and secondary backup systems) in accordance with 103.17.3B and integrated with the accurate primary times in determining the results. (See 103.10.6 for the use of place judge rankings in the determination of official time.)

F Adjustment for malfunction equally affecting an entire heat—When, because of an early or late start, or other equipment or operator malfunction, the time of the automatic or semiautomatic primary timing system is equally incorrect for all 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 backup times and adding or subtracting when appropriate, that difference to the primary times of every lane in that heat.

Table 1—Example of Heat Malfunction

Systems used:

Primary—Automatic (late manual start confirmed)

Secondary—Semiautomatic, three buttons (button times not valid)

Tertiary—Manual, one watch (valid)

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

Adjustment calculation:

- Add the differences between the pad and watch times (total = 24.50)
- Divide the total by the number of lanes to determine an average ($24.50 \div 8 = 3.0625$).
- Drop the digits after the hundredths place (leaving a heat adjustment of 3.06).
- Add the adjustment factor for the late start of the primary system to each pad time to obtain the official time for that lane (e.g., lane one, $52.12 + 3.06 = 55.18$).

103.18 Official Time

103.18.1 An official time shall be achieved in a USMS-sanctioned competition or a USMS-recognized event in accordance with all applicable rules (articles 202.1.1G(1) and 202.2.1E). It may be achieved in:

- A** Any timed heat.
- B** An initial distance within a longer event or relay, provided the swimmer:
 - (1) Notifies the meet referee in writing of the intent to record an initial split time prior to the conclusion of the meet,
 - (2) Makes the written request prior to the swim for relay leadoff splits and for initial backstroke distances in individual backstroke events,
 - (3) Completes the initial distance with a legal finish, and
 - (4) Completes the event without being disqualified.
- C** A relay leadoff leg, provided:
 - (1) the second swimmer does not start in the water when automatic timing is used,
 - (2) the second swimmer does not invalidate the pad touch by standing on an active touchpad at the exchange if starting from the deck when automatic timing is used, and
 - (3) that swimmers complete the event without being disqualified.
- D** A time trial conducted in a USMS-sanctioned meet or USMS-recognized meet under the rules of the sanctioning organization.

- 103.18.2** Upon a recommendation from the meet host, the meet referee may approve the automatic recording of individual initial splits and relay leadoff splits without the requirement for a written request subject to the following conditions:
- A** Initial splits from specific individual events or from all individual events, with the exception of backstroke events, may be approved.
 - B** Relay leadoff splits from specific relay events or from all relay events, with the exception of initial splits within a backstroke leadoff distance, may be approved provided that:
 - (1)** Officials are assigned to judge the exchanges,
 - (2)** Officials confirm that the second swimmer does not start in the water when automatic timing is used, and
 - (3)** Officials confirm that the second swimmer does not invalidate the pad touch at the exchange by standing on an active pad.
 - C** For national championship meets, automatic splits shall be automatically recorded in accordance with 103.18.2B.
- 103.18.3** An official time for an event or stroke can be achieved only in that event or stroke, or in an initial distance of such event or stroke (e.g., backstroke time must be achieved in a backstroke event or a butterfly time can be achieved in an individual medley event). Regardless of the stroke(s) used, times achieved in freestyle events can be recorded only as freestyle times.
- 103.18.4 Timing Resolution (Timing Accuracy)**—All timing systems, including stopwatches, shall have a resolution of .01 second. Times from all systems shall be recorded to hundredths of a second. The digits representing thousandths shall be dropped with no rounding.
- 103.18.5 Records and Top 10 times using an Automatic Primary Timing System**—Secondary and tertiary times may be used to determine the official time as follows when the automatic primary timing system fails, provided the procedures in 103.17.3B are followed. See 103.17.3D for overhead video backup.
- A** World records, USMS records, and USMS Top 10 times may be established when the times are reported by an automatic primary timing system.
 - B** World records, USMS records, and USMS Top 10 times may be established when the automatic primary timing system fails if the times are reported by a semiautomatic secondary timing system using three, two, or one valid button(s).
 - C** USMS Top 10 times may be established when both the automatic primary and semiautomatic secondary systems fail (no valid button times) if the times are reported by a manual tertiary system using a minimum of one valid watch time.
 - D** An initial distance or a relay leadoff leg may be used to establish world records, USMS records, or USMS Top 10 times when reported by an automatic primary timing system.

- E** An initial distance or a relay leadoff leg may be used to establish world records when the automatic primary timing system fails and the times are reported by a semiautomatic secondary timing system with three, two, or one valid buttons(s).
- F** USMS records shall not be established when the times are reported by a manual backup system when the primary system fails.
- G** An initial distance or relay leadoff leg may be used to establish USMS Top 10 times when the primary timing system fails and the times are reported by a manual backup timing system with a minimum of two valid watch times. Note: If the secondary system is manual watches (no semiautomatic system), the requirements listed in 103.18.5C shall apply to the watch times.

103.18.6 Records and Top 10 times using a Semiautomatic Primary Timing System—Semiautomatic times are used to determine the official time as follows (or backup times when the semiautomatic primary timing system fails), provided the procedures in 103.17.3B are followed.

- A** USMS Top 10 times may be established when timed by a minimum two-button semiautomatic primary timing system and the times are reported by three, two, or one valid button times.
- B** USMS Top 10 times may be established when the minimum two-button semiautomatic primary system fails (no valid button times) if the times are reported by a manual backup system with three, two, or one valid watch times.
- C** USMS records shall not be established using a semiautomatic primary system or a manual backup system when the primary system fails.
- D** An initial distance or relay leadoff leg may be used to establish USMS Top 10 times when the times are reported by a manual backup timing system with a minimum of two valid watch times.

103.18.7 Records and Top 10 Times using a Manual Primary Timing System—Manual times are used to determine the official time as follows, provided the procedures in 103.17.3B are followed.

- A** USMS Top 10 times may be established when the times are reported by a manual primary timing system with a minimum of two valid watch times.
- B** USMS records shall not be established using a manual primary timing system.
- C** An initial distance or a relay leadoff leg may be used to establish USMS Top 10 times when the times are reported by a manual primary system with a minimum of two valid watch times.

103.18.8 Only those results from events conducted in pools officially certified for length in conformance with article 106.2.1 shall be acceptable for record applications or Top 10 submissions.

103.18.9 Except when the primary system consists of watches, backup timing shall be provided for all competitors. No swimmer shall be required to reswim a race due to equipment failure that 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 articles 103.18.5-103.18.7. If it is not possible to satisfy the requirements of articles 103.18.5-103.18.7, the meet announcement must include a statement which informs swimmers that the official times cannot be submitted for world records, USMS records, and/or Top 10. If a change in primary timing system is necessary before or during the meet, the meet director shall ensure that all swimmers are notified of the change.

	Automatic Primary Timing System	Semiautomatic Primary Timing System	Manual Primary Timing System
World Records	Touchpad time		
	Semiautomatic backup time with three, two, or one valid button(s) if the touchpad fails.		
	Leadoff or initial split recorded by a touchpad.		
	Leadoff or initial split recorded by three, two, or one semiautomatic button(s) if the touchpad fails.		
USMS Records	Touchpad time		
	Semiautomatic backup time with three, two, or one valid button(s) if the touchpad fails.		
	Leadoff or initial split recorded by touchpad.		
USMS Top 10 Times	Touchpad Time		
	Semiautomatic backup time with three, two, or one valid button(s) if the touchpad fails.	Two-button system with a time calculated using the procedure in 103.17.3B	
	Manual backup time with one valid watch if the semiautomatic system fails (no valid buttons).	One watch if the two-button semiautomatic system fails (no buttons)	Two valid watches
	Leadoff or initial split recorded by two valid watches if the touchpad fails.	Leadoff or initial split recorded by two valid watches.	Leadoff or initial split recorded by two valid watches.

103.18.10 Secondary and tertiary times shall be recorded but shall not be used except to corroborate or correct missing or inaccurate primary/secondary results.

103.19 Scoring

The following is recommended for all Masters swimming competition.

103.19.1 Dual Meets

Individual events: 5-3-1-0

Relay events: 7-0

103.19.2 Triangular Meets

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

Relay events: 8-4-0

103.19.3 Other Meets

A Individual events:

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

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

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

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

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

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

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

Individual point values shall be doubled for relays.

B LMSC Options—For nonstandard meets, the LMSC and/or meet host may establish the scoring point values to suit the format of the meet. These point values shall be stated in the meet announcement.

103.19.4 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 among the swimmers; i.e., if two tie for first place, the points to be credited to first and second place shall be added and divided by two. Each tying swimmer will receive half of the total points for first and second places. If three tie for first place, the points credited to first, second, and third places shall be added and divided by three, 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.

103.19.5 Disqualifications—When a relay team or individual swimmer is disqualified, the subsequent places will move up accordingly and points will be awarded to conform to the new places.

103.20 Awards

When two or more swimmers tie for any place, duplicate awards shall be given to each swimmer. In such cases, no awards shall be given for the place or places immediately following the tied positions. If two tie for first place, no award for second place; if three tie for first place, no awards for second and third, and so on.

ARTICLE 104: National Championship Meets

(Recommended for all other championship meets when possible)

104.1 Meet Categories

USMS national championship meets shall be awarded in the following categories and held during the following dates:

104.1.1 Short Course (25) Yards or (25) Meters—Between April 15 and May 31.

104.1.2 Long Course (50) Meters—Between August 1 and September 15. With the approval of the Championship Committee, other dates may be considered.

104.2 Meet Name

The official name shall include the following words: “U.S. Masters Swimming” and “National Championship.” The name shall also include the year of the event and may include a title sponsor and any other wording approved by the Championship Committee.

104.3 Awarding of National Championship Meets

104.3.1 Solicitation of Bids—The USMS Championship Committee shall be responsible for the solicitation of bids with an emphasis on soliciting bids from all areas of the country

- 104.3.2 Eligible Bidders**—Any club, LMSC, or organization may bid. The facility to be used must be in accordance with the facility standards (article 106). The Championship Committee shall strongly consider LMSC endorsement as a selection criteria.
- 104.3.3 Bid Information**—The Championship Committee shall provide a bidder with the appropriate bid documents, financial statements, meet contract, previous championships' meet reports, and all other information pertaining to the policies and procedures of running a national championship meet.
- 104.3.4 Bid Deadline**—All bids for a national championship meet shall be submitted to the chair of the Championship Committee no later than June 1 (or the next business day if June 1 falls on a Sunday). If no timely certifiable bid is received, the Championship Committee shall continue to solicit bids.
- 104.3.5 Certification of Bids**—Prior to the annual meeting of the House of Delegates, the Championship Committee shall certify each bid for compliance with its policies and procedures, including facilities standards (article 106).
- 104.3.6 Awarding of Bids**—National championship meets shall be awarded by the Championship Committee. The committee may award championships one to three years in advance of the national championship meet.
- 104.4 USMS Assistance and Agreements**
- 104.4.1 Contract**—Successful bidders of national championship meets shall sign a written contract with USMS specifying the responsibilities of the meet host and of USMS.
- 104.4.2 Payments**—Prior to the meet, USMS shall withhold from payments to the meet host an amount per entrant to be determined by the Championship Committee and stipulated in the contract. Upon compliance with the conditions set forth in the meet contract, an amount per entrant shall be returned to the meet host as stipulated in the contract. Noncompliance with said conditions, as determined by the meet evaluation committee, shall result in forfeiture of part or all of the final payment.
- 104.4.3 Assistance to Meet Host**—The Championship Committee shall provide such assistance and guidance necessary to provide uniformity in national championship meet production. Out-of-pocket expenses for services shall be reimbursed by USMS Inc.
- 104.4.4 Meet Evaluation Committee**—A five-member meet evaluation committee shall be composed of at least three Championship Committee members and two additional USMS members who are knowledgeable in championship procedures. No member of the protest committee, host club, or host LMSC shall serve on the meet evaluation committee. A written evaluation shall be submitted to the meet host.
- 104.4.5 Meet Report**—The meet director of each national championship meet shall submit a written report to the chair of the Championship Committee within 60 days of the end of competition. This report shall include a complete financial report, lessons learned, suggestions, and any other information that may be helpful to future meet directors.

- 104.4.6 Meet Referee Report**—The meet referee of each national championship meet shall submit a written report to the chair of the Officials Committee within 60 days of the end of the competition. The report format and contents shall be defined by the Officials Committee.

104.5 Conduct of National Championship Meets

Conduct of national championship meets shall be governed by the swimming rules of USMS Inc.

104.5.1 Information for Participants

- A Warm-up schedule**—A separate warm-up area must be made available to swimmers during the competition. A list of times when the competition pool and other facilities will be available for warm-up shall be provided in the official meet information.
- B Heat sheets**—For preseeded events, heat sheets listing the name, age, club, seed time, and heat and lane assignments shall be made available to all swimmers at the time of registration. For deck-seeded events, entry lists with the name, age, club, and time, by time or age group, except relays, shall be made available to all swimmers at the time of registration. If instead the host chooses to make heat sheets available for deck-seeded events, then the heat sheets for each day, except relays, shall be made available in the morning before those events are swum.

- 104.5.2 Format**—A four-day or five-day national championship meet shall be conducted. The Championship Committee shall set the order of events for each national championship meet.

- A** A national championship meet format shall not be repeated for at least two years.
- B** The Championship Committee shall publish the meet format no less than six months before the national championship meet begins.
- C** In odd-numbered years, men's events shall be odd-numbered. In even-numbered years, men's events shall be even-numbered.
- D** With Championship Committee approval, swimmers may compete in both of the two longest freestyle events at the meet. The Championship Committee shall decide how national qualifying times will affect the entry.

104.5.3 Event Limit

- A Individual events**—Competitors may enter and swim in a maximum of six individual events (or five individual events, if deemed necessary by the Championship Committee), with a maximum of three individual events per day.
- B Relays**—Each competitor shall be allowed to swim in only one free-style relay, one medley relay, one mixed freestyle relay, and one mixed medley relay of each distance, to a maximum number of relays for each competitor as determined by the Championship Committee.
- C National qualifying times**—There shall be qualifying times for national championship meets unless otherwise determined by the Championship Committee. The procedure for determining the qualification times shall

be established by the Championship Committee with the approval of the House of Delegates.

- (1) **Altitude adjustment**—Times achieved at an altitude of 3,000 feet or higher may be adjusted, for national qualifying times purposes only, by subtracting the adjustment times (in seconds) from the actual time achieved. The specific adjustments for each age group and gender are found in Appendix B. The adjustments shall be determined every four years starting in 1998. The adjustment times for men and women competitors shall be calculated by multiplying the time adjustment in the following table by the ratio of the 200-yard freestyle USMS record for the age group to that of the 25–29 200-yard freestyle for men and women, respectively. The values in the following table shall be those determined and used for the same purpose by USA Swimming.

Note: Records and Top 10, etc., are to be actual times swum, not adjusted for altitude.

	3,000–4,249 ft	4,250–6,499 ft	6,500+ ft
200 meters/yards	0.5	1.2	1.6
400 meters/500 yards	2.5	5.0	7.0
800 meters/1000 yards	5.0	10.0	15.0
1500 meters/1650 yards	11.0	23.0	32.5

- (2) **Event limit**—When qualifying times are in effect, competitors may enter and swim in a maximum of three individual events without meeting the established qualifying times. Competitors may also enter up to three additional events (or two if the maximum event limit is five) in which they have in the past two years achieved a time equal to or better than the qualifying times for those events. The Championship Committee may choose to specify one or more of the following entry limitations for the 800/1000 and/or the 1500/1650 freestyle:

- (a) Each competitor may enter only one of these events.
- (b) Only competitors who meet the qualifying times in both events may enter both events.
- (c) One of these events may be restricted to only competitors who meet the qualifying times in that event.

104.5.4 Entry Procedures

A Eligibility/affiliation

- (1) **USMS membership**—USMS individual membership numbers and club names and abbreviations must be submitted on all entry forms together with entry times. “Pending” as a membership number shall not be permitted except for 18-year-olds as follows: A swimmer who will turn 18 by the day prior to the beginning of competition must enter the meet by the entry deadline as a 17-year-old, provided the swimmer registers with USMS no later than the day prior to competition. An 18-year-old may register for USMS membership

at the championship venue on the day prior to the beginning of competition and must be 18 by that date.

- (2) **Foreign swimmers**—National championship meets shall include and welcome foreign swimmers, except that they may not qualify for USMS Top 10 and All-American awards nor set USMS records.
- (3) **Affiliation**—A swimmer's affiliation as stated on the entry form shall apply throughout the meet. If the club on the entry form and the club listed in the USMS membership database do not match, the swimmer shall, prior to the first day of competition, submit a new USMS membership card showing the new affiliation. The swimmer shall notify the meet host of a valid club transfer prior to the first event in which that swimmer competes. If at any time there are any questions about club affiliation, the swimmer shall be switched to unattached status for the entire meet, regardless of actual affiliation. A swimmer may declare unattached status only prior to the first event in which that swimmer competes.

B Entry form

- (1) **Approval of entry form**—Entry forms (both individual and relay) and meet information shall be prepared following the direction and approval of the Championship Committee.
- (2) **Distribution of entry form**—The individual and relay entry forms and any Championship Committee–approved additional information the host desires shall be posted on the USMS website.
- (3) **Meet information**—National championship meet information shall be published according to the Championship Committee policy.
- (4) **Completion of entry form**—All competitors, including members of relay teams, must fill out and sign the appropriate entry forms.
- (5) **Entry time**—Swimmers must submit a time for each event. “No time” will not be permitted.
- (6) **Information on entry**—All information regarding seeding must be stated in the meet information.
- (7) **Relay cards**—On the relay card, relay teams must list the name of the club and the full name (as it appears on the USMS membership card) and the age of each relay member.

C Entry deadline

- (1) **Individual entry deadline**—The deadline for receipt of entries for national championship meets shall be not more than 35 days prior to the first day of competition.
- (2) **Relay entry deadline**—A relay may be entered until the day before it is scheduled to be swum as per meet information. Participants therein must have entered the meet by the individual entry deadline.
- (3) **Entry Receipt Deadline**—The Championship Committee may establish an entry receipt deadline. All entries must be received by USMS by that deadline to be considered on time.

D Entry fees

- (1) The Championship Committee shall determine the individual and relay entry fees.

104.5.5 Seeding**A General procedures for seeding** (also see article 102.10)

- (1) At the request of the meet director and with the approval of the Championship Committee, any or all events may be deck-seeded. The Championship Committee may mandate deck seeding for any or all events.
- (2) Preseeded events shall be seeded with oldest age groups first, slowest heats swum first in each age group. In the event that swimmers of the same gender are simultaneously swimming in two courses, the Championship Committee may authorize some alteration of this rule to allow for smooth progress of the meet.
- (3) Events 100 yards/meters or less shall be seeded with oldest age groups first, slowest heats swum first in each age group. In the event that swimmers of the same gender are simultaneously swimming in two courses, the Championship Committee may authorize some alteration of this rule to allow for smooth progress of the meet.
- (4) Events 200 yards/meters and longer shall be seeded by one of the following methods:
 - (a) By entry time only,
 - (b) By age group, the oldest age group first, slowest heats seeded first within each age group, then by time, or
 - (c) By a combination of (a) and (b).

The Championship Committee shall make all seeding decisions.

- (5) 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.

(Note exception provided in article 104.5.5A[9].)

- (6) In any age group, if there are not enough swimmers for one complete heat, all swimmers in that age group shall be seeded in adjacent lanes for preseeded events.
- (7) After all full heats are seeded within each age group, the remaining swimmers may be seeded with any available age group of remaining swimmers.
- (8) In situations where all seeding rules cannot be simultaneously met, the seeding of these heats may diverge slightly from the general seeding procedures, with the concurrence of the Championship Committee.
- (9) A swimmer may be seeded in an incomplete heat of another age group if the swimmer's entry time would have a significant impact on the timely running of the meet, as determined by the Championship Committee.

- (10) There will be no splitting of age groups into A.M. and P.M. sessions. However, at the discretion of the Championship Committee, swimmers whose entry times will inordinately delay the progress of the meet may be seeded individually in an outside lane with manual timing, thus allowing the continued sequence of the regularly scheduled heats.
- (11) If a swimmer enters an event with a time significantly slower or faster than that swimmer's recorded time in the past two years, the Championship Committee may, after a discussion with the swimmer, change the seeded time to a realistic time.

B Distance events

- (1) The 1000/1650 or 800/1500 freestyle shall be deck-seeded as in article 104.5.5A(4).
- (2) For any freestyle event 400 meters or longer, men and women may be seeded together at the discretion of the Championship Committee.
- (3) In the 800/1000 and 1500/1650 freestyle, all men and women swimming slower than a standard established by the Championship Committee may be seeded together by time only.

- C Multiple courses**—When courses are unequal in any way (depth of the course, visibility of timing display, bulkhead turns, type of gutter, or starting blocks, etc.), male and female swimmers shall alternate courses by days. Days for each course shall be determined by the Championship Committee. If the timeline of the meet is significantly affected by this rotation, the Championship Committee may override this requirement.

104.5.6 Club Scoring

- A Scoring**—All national championship meet scoring and awards shall be treated as if the meet were swum in a 10-lane pool, regardless of the actual number of lanes available. Points shall be awarded as in article 103.19.3.

- B Categories**—Club scoring will be tabulated in two categories.

- (1) **Regional clubs**—For competition at national championship meets, a regional club consists of a club made up of those swimmers who represent a club at nationals, but at competitions within their LMSC, they compete for an entity or subgroup (such as a workout group) that is different than the one they compete with at nationals.
- (2) **Local clubs**—For competition at national championship meets, a local club consists of a club that does not qualify as a regional club.
- (3) The Championship Committee shall publish a list of regional and local clubs no later than February 15 of each year. A club may contest its designation or the designation of another club by filing an appeal with the chair of the Championship Committee at least 45 days prior to the first day of competition at the national championship meet.

- C Overall point total**—The overall point totals for each club shall be published in all results documentation.

104.5.7 Awards

- A Awards**—All top finishers in each race will be given awards regardless of the nationality of the swimmer. Duplicate awards will NOT be given except in the case of ties. Appropriate awards as determined by the Championship Committee will be awarded for places one through 10.
- B USMS championship award** (i.e., patch or some similar award to be determined by the Championship Committee)—Each individual who wins a short course or long course individual or relay championship shall be awarded a USMS championship award. Swimmers winning more than one championship may purchase one additional award for each additional championship won.
- C Club awards**—The organization conducting the national championship meet shall provide awards as approved by the Championship Committee in accordance with the scoring method. Points scored for a club will be the sum of all points scored by members competing for that club in events for men, women, and relays.

104.5.8 Results

- A Posting of meet results**—Event results shall be posted and splits for each swimmer shall be made available in accordance with article 103.7.2E.
- B Publication of meet results**—Meet results in the appropriate format (see Appendix B, “Preparation of Meet Results”) and club scores shall be published within 30 days of the last day of the meet and posted on the USMS website. Electronic files shall be sent to the Championship Committee chair and the USMS Records and Tabulations Committee chair.

104.5.9 Protest Procedure

- A** Protests against judgment decisions of starters, stroke and turn judges, and relay takeoff judges may only be considered by the referee of the meet.
- B** Protests affecting the eligibility of an individual, a relay team, or a club to compete, or protests arising from the competition itself, shall be handled by a panel of five persons. The panel shall be composed of one representative each from the Championship Committee and Rules Committee, if present, plus three other participants selected from other than the host club by the protest panel chair or Championship Committee liaison. This panel shall be chaired by the representative from the Championship Committee. Protests shall be submitted in writing and heard by the panel. Both the party lodging the protest and the party charged shall be afforded a chance to be heard. Decisions shall be rendered no later than the last day of competition. The decision of the panel shall be final.
- C** Any protests made following the close of competition shall be directed to the chair of the Championship Committee for resolution.

104.5.10 Personnel (also see article 103)

A Meet director—The meet director shall follow the swimming rules of USMS Inc. and the policies and procedures established by the Championship Committee with regard to the planning and execution of the requirements for a national championship meet.

B Officials—The meet host may nominate a meet referee subject to qualification standards established by the USMS Officials Committee. This nomination is subject to approval by the chairs of the Championship and Officials Committees. If there are no nominations from the meet host, the chairs of the Championship and Officials Committees shall jointly appoint the meet referee. The meet referee shall develop a leadership team (administrative referee, head starter, and chief judge) and submit the names to the chairs of the Championship and Officials Committees for approval.

The minimum requirements for the following positions assigned for each session shall be:

- one deck referee for each course,
- one starter for each course,
- one chief judge for each course.

A sufficient number of stroke and turn judges shall be assigned in order to provide fair and equitable jurisdictions per article 103.10.4. Their assignments should meet the following minimum requirements:

- two turn judges at each end of each course, each judge with a jurisdiction that does not exceed five lanes per judge,
- one stroke judge on each side of a 50-meter course,
- one official at the 15-meter mark of each course for all starts and turns except breaststroke.

In addition to the officials listed above, it is strongly recommended that additional officials be assigned in order to provide adequate relief for all officials during each session.

All officials shall be certified by a USMS-approved certifying body (Appendix B) in the capacity to which they are assigned.

C Other personnel—The minimum other personnel at each session of a USMS national championship meet shall include the following:

- two timers per lane for each course, each using a backup button, and at least one timer using a stopwatch,
- one recall rope operator for each course if a recall rope is used,
- one safety marshal for each end of each pool in use for warmups.

A sufficient number of administrative officials (including timing equipment operators) shall be assigned to ensure that rules and procedures regarding seeding, official time determination, results, and certification of records are followed. Where overhead video cameras are used, the referee shall make further modifications as appropriate and shall ensure that timers' duties in 103.11.2A and D and 103.11.3B are assigned to other meet personnel.

D Availability of officials—In the event of insufficient personnel, the meet referee may modify or combine assignments, except that the deck referee and starter may not be the same person and lane timers may not operate two similar timing devices simultaneously.

104.5.11 Facilities and Equipment (also see article 106)

A If more than one course is to be used in a national championship meet, then each course must have its own automatic timing system.

B All courses shall have electronic readout boards. For two courses, the electronic readout boards shall have the capability of displaying times for all lanes simultaneously.

C Automatic timing equipment shall be provided for all courses during the competition.

D The event number and heat number for each heat in the water shall be displayed at all times during the competition in a location easily visible to all participants for each course being used.

ARTICLE 105: Records, Top 10 Times, and All-American Recognition

105.1 Requirements for Records, Top 10 Times, and All-American

105.1.1 Sanction/Recognition—All times to be considered for records, Top 10, and All-American must be achieved in USMS-sanctioned meets or USMS-recognized events.

105.1.2 Deadlines—Times to be considered for records and Top 10 times shall be achieved and submitted as follows:

Course	Times shall be achieved on or before:	Times shall be forwarded to Records and Tabulation chair or designee by:	Season
Short Course Yards	May 31	June 30	June 1— May 31
Long Course Meters	September 30	October 20	October 1— September 30
Short Course Meters	December 31	January 26	January 1— December 31

105.1.3 LMSC Responsibility—Each LMSC is responsible for reporting the Top 10 times, USMS records, and world records achieved in its LMSC in the appropriate format (see Appendix B), including all times achieved by swimmers from other LMSCs.

105.1.4 Required Information—To be considered for USMS Top 10 times or for USMS records, eligibility for all individual times and relay leadoff times is based on current USMS membership. The results must contain the full name

(as it appears on the USMS membership card) and age of each swimmer. All relay times must include the name of the club and the full name (as it appears on the USMS membership card), the age, and for mixed relays, the gender of each swimmer.

105.1.5 Acceptable Times—Only those results from events conducted in pools in conformance with article 106.2.1 shall be acceptable for record applications or Top 10 submissions.

105.1.6 Pool Certification

- A** 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.
- B** Pool certification shall be reported on the USMS Pool Length Certification Form (see Appendix B). USA Swimming verification of pool length certification will be accepted if it meets the USMS requirements for pool measurement (105.1.7B).
- C** Certification data need only be filed once unless structural changes, including resurfacing, have occurred since the original certification.

105.1.7 Pool Measurement

- A** The length of the course must be measured for all lanes using a steel tape or other acceptable measuring device. The measurement must be attested to by the person performing the measurements. The measurement must be recorded:
 - (1)** In feet and inches and fractions of an inch or
 - (2)** In meters and centimeters.
- B** A statement of the conditions under which the course was measured must be included as stipulated on the USMS Pool Length Certification Form (Appendix B).
- C** If a moveable bulkhead is used and the initial pool length certification for all lanes is on file, the length of the course must be confirmed by measuring the two outside lanes and a middle lane prior to the start of the meet and at the conclusion of each session.
- D** If a moveable bulkhead is used and the initial pool length certification for all lanes is on file, the measurement rules and policies of FINA shall be the standard for events sanctioned by a FINA Masters member federation other than USMS.
- E** If a moveable bulkhead is used and the initial pool length certification for all lanes is on file, the measurement rules and policies of USA Swimming shall be the standard for Top 10 eligibility for events sanctioned or approved by USA-S. A bulkhead placement confirmation measurement is required for a USMS record set at events sanctioned or approved by USA-S. The measurement rules and policies of USMS shall apply for dual sanctioned events.

105.2 Top 10 Times

105.2.1 The USMS Top 10 Times list shall be published annually for each age division and for each gender for the events listed under article 102.5.

105.2.2 Split times shall be considered for Top 10 times if:

- A** The time meets the requirements for an official time,
- B** In an individual event other than backstroke, the request to have a split time recorded is brought to the attention of the meet referee in writing prior to the conclusion of the meet. A written request is not required for individual events (other than backstroke) in national championship meets or other meets when the meet referee has approved automatic splits.
- C** In a relay event or in an individual backstroke event, the request to have a split time recorded is brought to the attention of the meet referee in writing prior to the swim. A written request is not required for relay leadoff splits (other than initial splits within a backstroke leadoff distance) in national championship meets or other meets when the meet referee has approved automatic splits.
- D** The swimmer(s) completes the full distance of the scheduled event without being disqualified and performs a legal finish at the initial distance.
- E** For a relay leadoff split time, the second swimmer does not start in the water when automatic timing is used.
- F** In nonconforming individual or relay events, the initial distance corresponds to an event listed in article 102.5. The relay event itself and the individual event itself need not conform to article 102.5 as long as the distance and stroke are clearly defined.

Such split times shall be included separately in the summary of results prepared by the meet director, and submitted to the LMSC Top 10 recorder.

105.2.3 In order for a time to be valid for Top 10 times consideration, a minimum primary timing quality of two manual times, averaged per USMS rules (see article 103.17.3), shall be used.

105.2.4 A Top 10 time can only be made in fresh water. No Top 10 times will be recognized in any kind of sea or ocean water.

105.3 USMS Records

105.3.1 The fastest official time by a USMS member in each event in a USMS-sanctioned or USMS-recognized competition, as verified in accordance with article 105.3.9, shall be designated as a USMS record. For open water and long distance records, see article 308.

105.3.2 Records shall be achieved only in distances and strokes as listed in article 102.5.

105.3.3 Records must be made in accordance with all pertinent rules of USMS.

105.3.4 A record can only be made in still water.

105.3.5 A record can only be made in fresh water. No records will be recognized in any kind of sea or ocean water.

105.3.6 The official time for establishing records shall be achieved and determined in accordance with articles 103.11, 103.17, and 103.18.

105.3.7 Split times shall be considered for USMS records if:

- A** They are recorded by automatic timing equipment.

B They meet the requirements of articles 105.2.2B–F.

Such split times shall be included separately in the summary of results prepared by the meet director and submitted to the LMSC Top 10 recorder.

105.3.8 Record times shall be submitted in hundredths of a second (two decimal places). If times are tied to the hundredth of a second, the results shall be declared a tie and records shared by all swimmers thus tied.

105.3.9 The requirements for USMS record applications are:

A When a record is claimed in meets other than USMS national championship meets, an official USMS record application form (Appendix B) shall be completed, signed by the designated officials, and transmitted immediately following the performance with all supporting data to the records and tabulation chair for the LMSC in which the event was sanctioned or recognized. Supporting data shall include official meet results, the timing system printout and/or copy of the entry card with timers' signatures, and a copy of the heat sheet. The heat sheet shall show the swimmer's name, heat number, and lane number in which the record was achieved. The LMSC may assign this responsibility to the LMSC records chair or to the meet director.

B The LMSC records chair shall send the supporting data to the chair of the USMS Records and Tabulation Committee or designee within 90 days of the end of the season (see 105.1.2). Note that if the USMS record is also a FINA Masters Record, the record application must be received within 60 days of the swim and not 90 days after the close of the season.

C Upon verification, the chair of the USMS Records and Tabulation Committee or designee shall promptly publish the new record on the USMS website.

D A record application shall not be accepted unless a copy of a birth certificate or passport accompanies it or is on file with USMS or has been sent to the chair of the USMS Records and Tabulation Committee or designee by the individual or relay applicants.

E Record applications are not required for times reported in the official electronic meet database from USMS national championship meets. If necessary, the chair of the USMS Records and Tabulations Committee or designee may request additional information (including timing system printouts) to resolve discrepancies in reported times.

F With the exception of FINA World Masters Championships, record applications from times swum in meets held outside of the United States shall be submitted on official USMS record application forms (Appendix B) and are subject to all pertinent requirements. Record applications are not required for times reported in the official results from FINA World Masters Championships.

105.4 All-American and All-Star

105.4.1 Individual All-American—The USMS member with the fastest listed time for an individual event for that season shall be declared the All-American in that event for the year.

105.4.2 Relay All-American—The USMS members from each relay team with the fastest listed time for that season shall be declared the relay All-Americans in that event for the year.

105.4.3 All-Star—The USMS member with the most individual All-American finishes for all three seasons in each age group and gender shall be declared the All-Star in that age group and gender for the year. If two or more swimmers have the same number of All-American finishes, then points will be assigned to all the Top 10 rankings of the tied swimmers for the year, and the swimmer with the highest sum will be declared the All-Star.

105.5 World Records

Applications and documentation for world records (25-meter and 50-meter courses only) shall be submitted to the USMS Records and Tabulation Committee chair or designee as detailed in Appendix B (see also articles 103.18.5 through 103.18.8).

ARTICLE 106: Facilities Standards

IMPORTANT: Swimmers are advised that United States Masters Swimming Inc. accepts no responsibility or liability for injuries resulting from accidents occurring in facilities not owned by United States Masters Swimming Inc., and strongly urges that all safety precautions be observed during sanctioned events.

106.1 Definitions

106.1.1 [M]—Mandatory requirement for all competition.

106.1.2 [M*]—Predicated upon facility availability, LMSCs may waive strict compliance with these requirements when sanctioning local competition.

106.1.3 [M‡]—Mandatory requirement; sanctioned events may be conducted in facilities not meeting these requirements but the results of those events shall not count for USMS records and Top 10. It must be noted in the meet information that events conducted in these facilities are noncompliant.

106.1.4 [NC]—Mandatory requirement for national championship meets and international competition.

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

106.2 Racing Course Dimensions

106.2.1 Length

A Long course meters—50.00 meters (164 feet, ½ inch). [M]

B Short course meters—25.00 meters (82 feet, ¼ inch). [M]

C Short course yards—25.00 yards. [M]

D Dimensional tolerance—Against the required length, a tolerance of minus 0.00 meter in each lane used for competition on both end walls at all points from 0.3 meter above (if the wall or timing pad extends to this height, otherwise to the top of the wall or pad) to 0.8 meter below the surface of the water is allowed. [M‡]

E Touchpads—When touchpads are used as part of an automatic timing system, the thickness of these pads shall not cause the length of the racing course in any lane to fall below the minimum required length. [M]

F Movable bulkheads—When the racing course is fixed by the use of movable bulkheads, such bulkheads shall be capable of resisting lateral deflection due to tension exerted by the attachment of the lane dividers to ensure the required course distance in all lanes. [M]

106.2.2 Width—Minimum lane width for competitive swimming shall be 7 feet (2.13 meters). [M*, NC]

106.2.3 Water Depth

A Starting end—Minimum water depth for racing starts, as measured for a distance of 3 feet, 3½ inches (1.0 meter) to 16 feet, 5 inches (5.0 meters) from the end wall, during either competition or practice shall be as follows:

(1) In pools with water depth less than 3 feet, 6 inches (1.07 meters) at the starting end;

(a) The swimmer must start in the water. [M]

(b) Backstroke starting ledges are not permitted. [M]

(2) In pools with water depth 3 feet, 6 inches (1.07 meters) to less than 4 feet (1.22 meters) at the starting end, the swimmer must start from the deck or from in the water. Backstroke starting ledges are not permitted. [M]

(3) In pools with water depth 4 feet (1.22 meters) or more at the starting end, platforms shall meet the height requirements of article 106.11.1. [M]

B Racing course—Minimum water depth shall be 2 meters (6 feet, 7 inches) throughout the course. Based on facility availability, the Championship Committee may waive this requirement for national championship meets. [NC]

106.3 Racing Course Walls

106.3.1 Permanent Course—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 a nonslip surface that extends no less than .8 meter (2 feet, 7½ inches) below the water surface. [M]

106.3.2 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 not be less than 6 inches (.15 meter) and designed in a manner to prevent the swimmer's fingers from contacting the back surface of the recess. [M]

106.4 Pool and Bulkhead Markings

106.4.1 Pool Bottom Lane Markers—Minimum 10-inch-wide (25-centimeter) 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 3 feet, 4 inches (1.0 meter) long and the same width as the bottom center

marker. The line, including the cross line, shall terminate 6 feet, 7 inches (2.0 meters) from each end wall. [M*, NC]

106.4.2 End Wall Targets—Flush, nonslip targets in the 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 meter) 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 the water at the end of the course. [M*, NC]

106.4.3 Lane Numbers—The lanes shall be numbered from right to left as the swimmers stand facing the course from the starting end of the pool. 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. Lane numbers shall clearly identify the lanes to officials stationed on each side of the course. [M]

106.5 Overflow Recirculation System

The pool water recirculation and overflow system shall maintain the water level in line with the overflow rim of the pool gutters without creating appreciable current or water turbulence and shall maintain a smooth and calm water surface during competition. [M]

106.6 Water Temperature

Water temperature from 25 to 28 degrees Celsius (77 to 82 degrees Fahrenheit) shall be maintained for competition. [M*, NC]

106.7 Ladders

All ladders, steps, or stairs within the racing course should be recessed in the pool side walls or removed during competition. [M*, NC]

106.8 Other Deck Equipment

106.8.1 Unobstructed Deck—Use of portable lifeguard chair stands and other deck fixtures is recommended. 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. [M*, NC]

106.8.2 Diving Boards—One-meter diving boards that overhang the racing course shall be hinged out of the way or removed during competition. [M*, NC]

106.9 Lighting

106.9.1 Illumination—For indoor pools, 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. [M*, NC]

106.9.2 National championship meets—At national championship meets the same type and level of illumination must be provided and maintained during the warm-up period and competition. [NC]

106.10 No Smoking Signs

No smoking indoors or outdoors shall be permitted in any area designated for swimmers, including spectator seating, standing, and eating areas, and “No Smoking” signs shall be so posted. [M]

106.11

106.11 Starting Platforms

106.11.1 Height (subject to the provisions of article 106.2.3)

A Long course and short course meters—The front edge of the starting platform shall be no less than .50 meter (1 foot, 8 inches) nor more than .75 meter (2 feet, 5½ inches) above the surface of the water. [M]

B Short course yards—The front edge of the starting platform shall be not higher than 2 feet, 6 inches (.762 meter) above the surface of the water. [M]

106.11.2 Front Edge of Platform

—The front edge of the starting platform shall be flush with the face of the end walls. [M]

106.11.3 Size and Slope of Platform

—The top surface of the starting platform shall be not less than .50 by .50 meters (20 inches by 20 inches) 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 nonslip material. [M]

106.11.4 Forward Start Handgrips

—Handgrips for the forward start may be installed on the sides of the starting platform. [M*]

106.11.5 Backstroke Starting Grips

—Starting platforms shall be equipped with firm starting grips located between .3 meter (12 inches) and .6 meter (24 inches) above the water surface. The front edge of the grips shall be parallel to and flush with the face of the end wall. [M]

106.11.6 Lane Numbers

—Starting platforms shall be clearly marked with lane numbers visible to competitors and officials. [M]

106.11.7 Stability of Platforms

—Starting platforms shall be anchored to the deck or bulkhead to remain stable at all times. [M]

106.12 Backstroke Ledge

The backstroke ledge shall conform to FINA specifications when used in competition as follows:

106.12.1

The ledge may be adjustable to 4 centimeters above or 4 centimeters below the water level. [M]

106.12.2

The ledge shall be a minimum of 65 centimeters in length. [M]

106.12.3

The ledge must be 8 centimeters in height, 2 centimeters at the width with 10 degrees of slope. [M]

106.12.4

The ledge shall not be used in water depth less than 4 feet (1.22 meters). [M]

106.13 Floating Lane Lines/Dividers

106.13.1 Installation

—Floating lines dividing each lane 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 lane lines shall be on the surface of the water with the bottom half of the floats uniformly submerged for its entire length. They shall:

A Separate the racing lanes. [M]

B Be outside the outermost lanes being used. [M*]

- 106.13.2 Size, Color, and Safety**—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 (16 feet, 6 inches) 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, 2½ inches) from each end wall in both short course and long course pools. Damaged or broken floats shall be removed and/or replaced to the extent possible. [M]
- 106.13.3 Number of Lane Lines**—A single lane line between racing lanes shall be used in long course and short course meters competition. Multiple lane lines may be installed for short course yards competition, provided the width of water between dividers is not reduced to less than 7 feet. [M*, NC]
- 106.13.4 National Championship Meets**—Minimum 11-centimeter-diameter floats shall be required for national championship meets. [NC]

106.14 Backstroke Flags and Lines

- 106.14.1 Design**—At least three triangular pennants 6 to 12 inches in width at the base and 12 to 18 inches in vertical length, of two or more alternating and contrasting colors, shall be suspended on a firmly stretched line over each lane for all backstroke, individual medley, and medley relay events. [M]

106.14.2 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. [M]
- B Short course yards**—15 feet (4.57 meters) from each end of the course, 7 feet (2.13 meters) above the water surface. [M]
- C Measurement**—Height shall be measured to the horizontal line from which the pennants are suspended. [M]

- 106.14.3 Marking at Midpoint of Course**—For long course backstroke, individual medley, and medley relay events, a firmly stretched ¼-inch (7-millimeter) line without flags or pennants may be suspended at the midpoint of the course.

106.15 Loudspeaker Starting 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 (also see article 107.3). The starting system may include an underwater recall speaker and final-lap signal option. [NC]

106.16 Recall Device

A device to recall swimmers shall be provided. If a recall rope is used, it shall be placed at the midpoint of the course in long course facilities and at the turn end backstroke flags in short course facilities. The rope shall be attached to vertical stanchions with

106.17

a quick-release mechanism and shall be suspended at least 4 feet (1.22 meters) above the water surface at the lowest point. [M*]

106.17 Pace Clocks

There shall be at least two large, accurate timing devices or clocks for each warm-up course, preferably located on opposite sides of the course, clearly visible to all swimmers. [M*, NC]

106.18 Automatic Timing Equipment

106.18.1 Installation and Safety—Equipment shall be installed so that it will not interfere with swimmers' starts, turns, or finishes or the normal overflow functions of the pool water recirculation system. All deck-level wiring shall be no more than 12 volts. [M]

106.18.2 Power Source—See article 103.17 for automatic and semiautomatic timing equipment types and performance requirements. Equipment powered directly from the utility line electrical service shall have the capability to automatically switch to standby battery power source in case of line power failure without affecting the continuity and accuracy of the timing system. [NC]

106.18.3 Touchpads

A Size and thickness—Recommended pad size shall be 6 feet, 6 inches (2 meters) wide and not less than 2 feet (.6 meter) deep. Minimum width of pads shall be 5 feet (1.52 meters). Thickness shall not exceed 3/8-inch (1 centimeter). [NC]

B Markings—Panel face markings shall conform to and superimpose on pool end wall markings as closely as possible. Perimeter edges of the panel shall have a 1-inch-wide (0.025-meter) black border. [NC]

C Sensitivity—Panels shall stop the timing system instantaneously by a light hand touch anywhere on the flat surface facing the race course and the upper edge, but shall not be activated by water turbulence. [NC]

D Installation and safety—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. [NC]

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

106.18.5 Time Display Board (optional, except for national championships)—An automatic display board visible to all swimmers shall give a digital-time readout 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. A separate line of display for each lane meeting the above requirements shall be provided for national championship meets on two courses. A one-line board is the minimum requirement for a third course. [NC]

106.19 Electrical Safety

All permanent or temporary electrical connections to the electronic loudspeaker start system, automatic timing equipment, and other electrical or electronic devices operating on line voltages in the vicinity of the racing course shall be made only from 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 UL-approved self-contained GFCI outlet fittings shall be provided (furnished and installed) at the nonprotected convenience receptacles by the meet management, meet director, or equipment operator(s), whenever such equipment is connected and in use. [M]

ARTICLE 107: Guidelines for Officiating Swimmers With a Disability in USMS Meets

107.1 General

107.1.1 Authority—The USMS rules and regulations grant the referee the authority to modify the rules for the swimmer with a disability (see article 103.6.9). Disability is defined 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.

107.1.2 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 and turn officials as to the accommodations to be made for that swimmer.
- (3) **Modifications**—Aids to buoyancy or speed are not allowed (see articles 102.12.1E and 102.13.9). Some of the modifications that 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 two and seven).
 - (c) Allowing the swimmer to have a personal assistant(s).
 Other allowable modifications are further described in this section under the type of disability.

107.2 Blind and Visually Impaired

107.2.1 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 the chosen starting position.

107.2.2 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.

107.2.3 Relay Takeoffs—A physical touch may be required to signal when the relay swimmer's 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 takeoff or interfere with the timing.

107.3 Deaf and Hard of Hearing

107.3.1 Visual Starting Signal—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 recall 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.

107.3.2 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 do not have to turn their heads to look backwards.



Figure 1A



Figure 1B

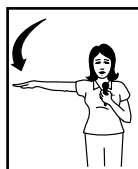


Figure 1C



Figure 1D

Figure 1. Standard starter's arm signals for deaf swimmers for **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 2A

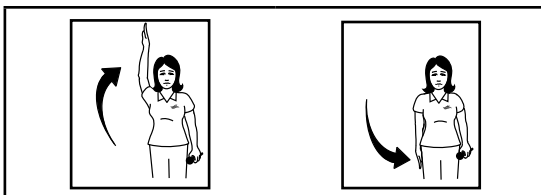


Figure 2B

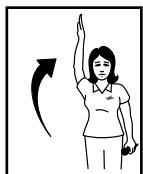


Figure 2C

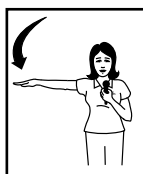


Figure 2D



Figure 2E

Figure 2. Standard starter's arm signals for deaf swimmers for **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

107.4 Cognitively Disabled

The 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.

107.5 Physical Disabilities

107.5.1 Start—Swimmers with physical disabilities:

- A May take longer to assume their starting positions.
- 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. Examples of modified starting positions are shown in Figures 3 and 4.
- E Shall use a forward start for 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 asymmetrical stroke to attain the breast position.

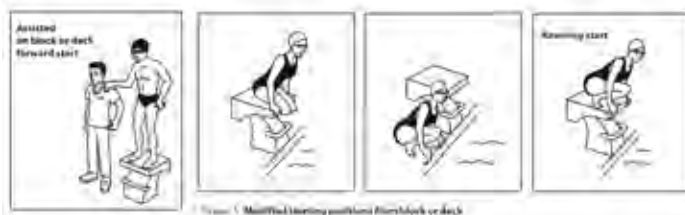


Figure 5: Modified starting positions (forward start block or duck)

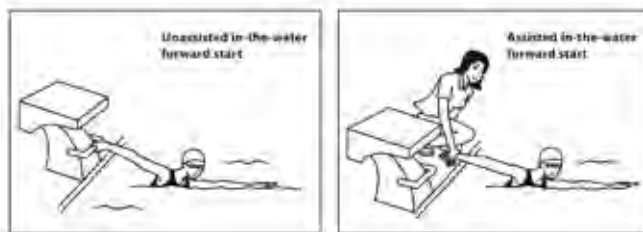


Figure 6: Modified starting positions (forward start)

- 107.5.2 Stroke/Kick**— In judging the stroke or kick of a swimmer with a physical disability, the referee and stroke and 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 USMS rules.

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 nonsymmetrical stroke or kick, but as long as the arm or leg action is simultaneous, it would meet that portion of the rule.

107.5.3 Turns/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-handed touch. When a swimmer has different arm lengths, 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.
- 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

In Memoriam

Adirondack	Joyce McGuire	Ed Tico
Terry Laughlin	Rick Murray	Pacific Northwest
Arizona	Mark Petry	Maxine Carlson
Gene Donner	Joanne Tingley	Julie Montiel
Arkansas	Lake Erie	Potomac Valley
Laverne Andersen	Russ Witte	Paul Geithner
Colorado	Metropolitan	Mauro Pittaro
Joe Himmel	David Bosch	Dean Rogers
Delaware Valley	Michigan	San Diego - Imperial
Martha O'Barnett	Mary Ellen Lunderberg	J. Brockway Clark
Charles Bender	Minnesota	Anne Cleveland
Roger Franks	Tim Daly	JD Dudek
Barbara Merin	New England	Steven Plackemeier
Joan Waldbaum	Jeremiah Fitzgibbon	South Carolina
Stephanie Walsh Beilman	David Jaicks	Douglas Long
Florida	Diane Reed	James Longnecker
Alvin Rogerson	New Jersey	South Texas
Brian Venables	Doug Clark	Georgia Goggin
Florida Gold Coast	New Mexico	Shelly Whitlock
Ricardo Gesund	Daniel Miles	Southern Pacific
Walter Pesetsky	North Carolina	Ruth Baar
William Zenga	Donald Greetham	T. Johnson
Georgia	North Texas	Will Rauch
Colette Pirie	Tim Birkhead	Brian Roney
Gulf	Ohio	J.J. Shaughnessy
Emmett Hines	Barbara Anderson	Unknown
Hawaii	Ozark	Buddy Baarcke
Diane Stowell	Beth Calabotta	Walter Jennings
Illinois	Pacific	Utah
William Kinsella	Celia De Martini	Willis Wynn
David Mulliken	Howard Kline	Virginia
Richard Schefflow	Alan Levinson	Marie Kelleher
Indiana	Melvin Lichtman	Wisconsin
Kevin Sherman	Norm Myers	Robert Kane
Kentucky	Carlos Pineda	Joanne Moder
Barbara Howe	Luman Sutton	

[illegible]

Are you ready to join #TeamFINIS?



FREE ULTIMATE COACHES KIT

Get an exclusive collection of our industry-leading technical training gear

COMPLETELY CUSTOM SWIMWEAR

Your Team. Your Design.

FREE TECHNICAL RACING SUITS

Opportunities for your athletes to receive innovative technical racing suits

PERSONALIZED CUSTOMER SUPPORT

We will be there every step of the way to support you and your team's needs

WE'RE READY FOR YOU!

Contact a local FINIS dealer or go to FINISswim.com/teamsponsorship



MASTERS SWIMMERS LIVE LONGER

Swimmers have a **53% lower risk**
of early death



Health IQ celebrates health conscious swimmers
**SPECIAL RATE LIFE INSURANCE
FOR SWIMMERS**

HealthIQ.com/USMS 888-945-USMS

Source: International Journal of Aquatic Research and Education, 2008 study

PART 2:

ADMINISTRATIVE REGULATIONS

ARTICLE 201: Membership and Representation

2

201.1 Membership of Individuals

All swimmers participating in events sanctioned by USMS, with the exception of events falling under articles 203.1.1B and 203.1.1C, must be members of USMS registered through their LMSC or members of their nation's recognized Masters swimming governing body.

201.1.1 Eligibility—Swimmers age 18 and over are eligible and may apply for membership in USMS.

201.1.2 Annual Membership—Individual membership is for the period January 1 through December 31 of each year. Swimmers applying for membership for the following year on or after November 1 shall be issued a membership card valid from the registration date through December 31 of the following year. Swimmers may register unattached or may affiliate with a club that is already registered for the same year for which the swimmer is registering.

201.1.3 One-Event Registration

A Open Water One-Event Registration—An LMSC may offer a single-event registration that allows an athlete to participate in a USMS-sanctioned open water event. Membership cards shall not be issued for one-event registration. One-event registrants must be considered unattached and agree to be governed by applicable USMS open water swimming rules and administrative regulations, except that their swims shall not be eligible for USMS open water awards and recognition. One-event registrants shall be identified as such in the meet results.

B Pool One-Event Registration—An LMSC may offer a single-event registration that allows an athlete to participate in one event sanctioned by that LMSC. Membership cards shall not be issued for one-event registration. One-event registrants must be considered unattached and agree to be governed by the rules and regulations of USMS, except that their times shall not be considered for Top 10 tabulation and USMS or world records, All-American status, or any other USMS special awards; one-event registration forms must include the statement "Times swum under one-event registration are not eligible for USMS Top 10 or records consideration." One-event registrants shall be identified as such in the meet results.

201.1.4 Membership Application

A Individuals may apply for membership through the USMS website or by obtaining an application form from the registrar of the LMSC. The LMSC shall provide a link to an electronic membership card or issue a membership card upon request.

- B** All membership applications shall contain the language of the liability release as stated in USMS policy (see USMS Guide to Operations, Sanctions section).

201.1.5 Fee—The annual membership fee and the one-event registration fee are composed of the following elements:

- A** A national fee established by the Board of Directors or the House of Delegates.
- B** A local fee established by the LMSC.

201.2 Membership of Clubs

Member clubs are organizations or groups of permanent character currently registered with USMS through its LMSCs and that actively promote and participate in Masters swimming.

201.2.1 Annual Membership—Annual membership for clubs is from the date of registration through December 31 of that year; however, a club applying for membership on or after October 1 will receive membership valid through December 31 of the following year.

201.2.2 Club Membership Application—Clubs may apply for membership through the USMS website or by obtaining an application form from the registrar of the LMSC. Renewal forms will be accepted October 1 for the next registration year.

201.2.3 Membership Fee—The annual membership fee is composed of the following elements:

- A** A national fee established by the Board of Directors or the House of Delegates.
- B** A local fee established by the LMSC.

201.2.4 Changing LMSC Affiliation—A club wishing to change its LMSC affiliation must approve such change by a majority vote of its general membership at a regular club meeting or at a special meeting called for that purpose, with the vote duly certified by the club's president and secretary. The transfer also must be approved by a majority vote of the officers of the club's current and proposed LMSCs. If approved, the transfer shall be effective 60 days after receipt of written notice by the National Office.

201.3 Representation

201.3.1 There shall be only one USMS membership per individual permitted at any time.

201.3.2 In order for a swimmer to compete as a representative of a club, that club must be a member in good standing of an LMSC and USMS for the year a swimmer is registering.

201.3.3 A swimmer shall register in the LMSC in which the club being represented is located. The swimmer need not reside within the LMSC territory.

201.3.4 An unattached swimmer is an individual member who is registered with the UC through an LMSC. Swimmers registered with the UC shall not compete in relays or score points in competition. Competing while registered with UC shall not be considered as representing a club for the purposes of article 201.3.5.

- 201.3.5** A swimmer shall not represent any club in competition for 60 consecutive days before transferring affiliation to another club, unless this transfer takes place at the time of annual registration. A swimmer may declare unattached status at any time without written application. It is recommended that swimmers who intend to compete as unattached in a meet contact their registrar prior to the meet and request that their registration status be changed. The registrar shall change the club affiliation of the swimmer to the UC and note the effective date.
- 201.3.6** All applications for changes of membership (including transfers) must be accompanied by a reasonable fee to be determined by USMS and the LMSC in which the swimmer will register for change of membership.
- 201.4 Travel Permits**
- 201.4.1** A USMS membership card shall serve as a valid travel permit.
- 201.4.2** Written permission to compete in a foreign country may be obtained from that country's national Masters swimming chair or the chair's designee.
- 201.4.3** Any foreign swimmers requesting an invitation to participate in USMS events may have such invitation extended only by the USMS president or the president's designee.

ARTICLE 202:

Sanction/Recognition of Pool Events

202.1 Sanctions

Times achieved at sanctioned events are considered for USMS records, USMS Top 10 times, and FINA world records. All swimmers entered in sanctioned events shall be USMS members, or shall have valid travel permits or their equivalents, or shall have other acceptable proof of current Masters membership.

202.1.1 Sanction Requirements—Sanctions shall be issued, withheld, or withdrawn in accordance with the following:

- A** Applications for sanction shall be made to the LMSC within which the event is to be held. Sanction applications shall be accompanied by the entry form.
 - (1)** The entry forms, except those for postal events, shall contain the language of the liability release as stated in USMS policy (see USMS Guide to Operations, Sanctions section). All swimmers, before participating, shall have signed the liability release.
 - (2)** Event entry forms and programs must bear the statement “Sanctioned by (LMSC name) for USMS Inc.” Event entry forms and programs may include the statement “Sanction number ____.”
 - (3)** Meet information shall include ONE of the following statements:
 - (a)** The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.
 - (b)** The length of the competition course has been measured and is NOT in compliance with USMS articles 105.1.7 and 106.2.1:

Times achieved in the meet will NOT be eligible for USMS Top 10 and records.

- (c) The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet (USMS articles 105.1.7 and 106.2.1).
 - (d) The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.
- (4) If it is not possible to provide timing systems that will satisfy the requirements for records or Top 10 submission (articles 103.8.5–103.8.7), the meet announcement must include a statement that informs swimmers that times cannot be submitted for records and/or Top 10.
- (5) The sanction fee shall consist of a national fee established by the House of Delegates. Each LMSC may also establish a local fee.
- B** Entries shall not be accepted before the sanction has been granted. Paper forms shall not be distributed, online entry systems shall not be activated, and the event shall not be listed as sanctioned on the USMS Calendar of Events until the sanction has been granted.
- C** Approval of sanctions shall be made by the LMSC's authorized representative, and a record thereof shall be retained for two years.
- D** Sanctions issued to one organization cannot be transferred to another. Any sanctions so transferred shall be void for all purposes, and the LMSC may deny further sanctions to any organization violating this provision.
- E** No sanction may be issued to any organization whose interest in sports and games is purely commercial, or where the event is to be promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from sanctioned events must be used for the further promotion of swimming, for an approved charity, or for the general welfare of the promoting organization as a whole.
- F** No sanction of any event shall be granted with the word "Olympic" or any derivative thereof used in any manner in connection with said event unless consent is obtained from the USOC.
- G** All sanctioned events are subject to the following conditions:
 - (1) The conduct of a sanctioned event shall be in strict compliance with applicable USMS swimming rules and administrative regulations, or when the sanctioned event is held simultaneously in conjunction with a USA Swimming sanctioned meet, with applicable USA Swimming rules and administrative regulations.

- (2) In order to be in compliance with FINA rule C.7.3, an LMSC may grant exceptions to specific USMS swimming rules and administrative regulations when sanctioning a FINA Masters World Championship.
 - (3) Sanctioned events may include nonconforming swimming events so long as they are conducted in a safe manner. Nonconforming swimming events are events not defined in article 102.5, article 307.2.2G–J, or that would typically result in the disqualification of participants as defined in article 102.13. USMS records and Top 10 times shall not be maintained in nonconforming events except for initial distances and relay leadoff split times for distances that are also events defined in article 102.5.
 - (4) Sanctioned events may be conducted in facilities not meeting the dimensional tolerance for required pool length, but the results of those events shall not count for USMS records and Top 10. It must be noted in the meet information that events conducted in these facilities are noncompliant.
 - (5) All swimmers shall submit with their entries copies of their current membership cards or travel permits, or supply proof of current Masters membership acceptable to the LMSC; however, at the discretion of the meet director and exclusive of national championship meets, a swimmer may enter indicating “number pending,” as long as proof of membership is presented prior to the swimmer’s participation in the event.
 - (6) A swimmer’s valid affiliation and age must be displayed after the name on the heat sheet or in the program.
- H** Pursuant to article 202.1.1A, after receiving a sanction application the sanctioning LMSC may transfer its sanctioning administration to another LMSC, provided both agree to the transfer in writing. All fees and sanction obligations under article 202.1.1 will be transferred to the accepting LMSC.
- I** A further sanction may be denied to any organization that has failed to conduct such event in accordance with applicable USMS swimming rules and administrative regulations, or as stated on the entry form.

202.2 Recognized Events

Times achieved at recognized events shall be considered for USMS records and Top 10 times if a designated USMS observer is present and verifies in writing that the conduct of the competition conforms to the relevant USMS swimming rules and administrative regulations. USMS membership is not required for swimmers entered in recognized events. Times achieved by USMS members at events sanctioned or approved by USA Swimming shall be considered for USMS records and Top 10 times without formal application for recognition. Times achieved by USMS members at events sanctioned by a FINA member federation shall be considered for USMS records and Top 10 times without formal application for recognition if the USMS member(s) register for the meet as USMS members. Times achieved by USMS members at the FINA World Masters Championships shall automatically be considered for USMS records and Top

10 without formal application for recognition and without further documentation. It is the responsibility of the swimmer to submit times obtained in recognized events with complete documentation to the appropriate LMSC Top 10 recorder and the Records and Tabulation Committee chair.

202.2.1 Recognition—Recognition shall be issued, withheld, or withdrawn in accordance with the following:

- A** Application for recognition of events within the jurisdiction of USMS shall be made to the LMSC within which the event is to be held, and applications shall be accompanied by the recognition fee. The recognition fee shall consist of a national fee established by the House of Delegates. Each LMSC may also establish a local fee.
- B** Approval of recognitions shall be made by the LMSC's authorized representative, and a record thereof shall be retained for two years.
- C** Recognition issued to one organization cannot be transferred to another. Any recognition so transferred shall be void for all purposes, and the LMSC may deny further recognition to any organization violating this provision.
- D** No recognition may be issued to any organization whose interest in sports and games is purely commercial, or where the event is to be promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from recognized events must be used for the further promotion of swimming, for an approved charity, or for the general welfare of the promoting organization as a whole.
- E** The conduct of a recognized event shall conform to relevant USMS swimming rules and administrative regulations, including but not limited to the following:
 - (1)** Article 101 or article 107 Starts, Strokes, and Relays (Swimmers With a Disability)
 - (2)** Article 102.12.1 Swimwear Restrictions
 - (3)** Article 103.18.4 Timing Resolution
 - (4)** Articles 103.18.1, 103.18.3, 103.18.5–103.18.8, and 103.18.10 Official Time
 - (5)** Articles 105.1, 105.2.1, 105.2.2A, 105.3.2, 105.3.7A, and 105.3.9 Records and Top 10 Times
 - (6)** Articles 106.2.1, 106.2.3A, 106.3, 106.11.1, 106.11.2, and 106.14 Minimum Standards for Facilities
 - (7)** Relay leadoff split times that conform to articles 103.18.1 and 105.2.2A will be considered for events listed in article 102.5. USMS membership is not required for the other members of the relay team and the relay event itself need not conform to article 102.5.

- F** Further recognition may be denied to any organization that has failed to conduct said competition in accordance with applicable USMS swimming rules and regulations, or as stated on the entry form.
- G** Recognition for any meet held outside the jurisdiction of USMS, and not sanctioned by a FINA member federation, shall be obtained from the Executive Committee.

202.3 Fitness Events

Fitness events are USMS events approved by the USMS Fitness Education Committee, LMSCs, or clubs. Participants shall be USMS members or obtain one-event registrations to participate in these events. A fitness event shall be a sanctioned event or performed in an organized/supervised practice.

ARTICLE 203: Sanction of Open Water Events

203.1 Sanctions

Swims achieved by USMS members at sanctioned events are considered for USMS open water awards and recognition, provided a designated USMS observer is present and verifies in writing that the conduct of the competition conforms to the applicable USMS swimming rules and administrative regulations.

203.1.1 Sanction Options—USMS shall offer sanction options as defined below.

- A Standard USMS Sanction**—Open water events restricted to USMS members, one-event registrants, and Masters swimming members of a FINA member federation. All swimmers entered shall be considered part of the same event and shall swim under applicable USMS open water swimming rules and administrative regulations.
- B Events Including Both USMS and USA Swimming Members**—USMS sanctioned open water event held in conjunction with a USA Swimming sanctioned open water event. USMS members shall swim under applicable USMS open water swimming rules and administrative regulations and USA Swimming members shall swim under applicable USA Swimming rules and administrative regulations. USMS athletes and USA Swimming athletes may swim at the same time on the same course. Athletes holding both USMS and USA Swimming memberships must declare their affiliation, in writing, prior to the start of the event.
- C Other Sanctions**—The Board of Directors shall consider and may approve other sanction options recommended by the Long Distance Committee, with input from the Open Water Committee, that allow sanctioning of events that include USMS and non-USMS members.

203.2 Swimmer Verification

- 203.2.1** All swimmers entered in USMS sanctioned events as USMS members or Masters swimming members of a FINA member federation shall provide proof of current membership acceptable to the LMSC. All other swimmers entered shall provide proof of one-event open water registration.
- 203.2.2** All swimmers entered in USMS sanctioned events as members of non-FINA governing bodies shall have membership verification acceptable to their governing body.

203.3

- 203.2.3** At the discretion of the event director and exclusive of national championship events, a swimmer may enter indicating “number pending,” as long as acceptable proof of membership is presented prior to the swimmer’s participation in the event.

203.3 Sanction Requirements

203.3.1 Jurisdiction

- A** The LMSC in which the event originates shall have jurisdiction in issuing the sanction. If any events are to be swum in more than one LMSC, the other LMSC(s) may also issue a sanction for the event.
- B** If an organization wishes to hold an event outside the boundaries of the LMSC in which it is registered, the sanctioning LMSC (the LMSC within whose boundaries the event originates) may transfer its sanctioning administration to the hosting LMSC, provided both LMSCs agree to the transfer in writing. All fees and sanction obligations shall be transferred to the accepting LMSC.

203.3.2 Requirements—The following requirements shall be followed by the sanctioning LMSC and sanction applicant:

- A** LMSCs shall use the prescribed sanction application form or online sanctioning system without additional requirements.
- B** Applications for sanction shall be made to the LMSC with jurisdiction.
- C** Approval of sanctions shall be made by the LMSC’s authorized representative, and a record thereof shall be retained for two years.
- D** The LMSC’s authorized representative shall ensure that the sanction application is forwarded to the USMS National Office for approval of the safety plan.
- E** Sanctions issued to one organization cannot be transferred to another.
- F** No sanction may be issued to any organization whose interest in sports and games is purely commercial, or where the event is to be promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from sanctioned events must be used for the further promotion of swimming, for an approved charity, or for the general welfare of the promoting organization as a whole.
- G** No sanction of any event shall be granted with the word “Olympic” or any derivative thereof used in any manner in connection with said event unless consent is obtained from the USOC.
- H** When sanctioning a FINA Masters World Championship open water event, an LMSC may grant exceptions to specific USMS open water swimming rules and administrative regulations in order to be in compliance with FINA rules.
- I** Sanctioned events may include nonconforming swims so long as they are conducted in a safe manner.
- J** The sanction fee shall consist of a national fee established by the House of Delegates. Each LMSC may also establish a local fee.

203.3.3 Entry Forms and Programs

- A** The entry forms shall contain the language of the liability release as stated in USMS policy (see USMS Guide to Operations, Sanctions section). All swimmers, before participating, shall have signed the liability release.
- B** Entry forms, programs, and results must bear the statement “Sanctioned by (LMSC name) for USMS Inc.”
- C** An event securing sanctions from more than one governing body shall identify all sanctioning bodies on entry forms, programs, and results.
- D** Entries shall not be accepted before the sanction has been granted. Paper forms shall not be distributed, online entry systems shall not be activated, and the event shall not be listed as sanctioned on the USMS Calendar of Events until the sanction has been granted.
- E** For competitive open water events that calculate individual scoring for place and/or club scoring, a swimmer’s valid club affiliation and age must be displayed after the name in the program, if a program is published.

203.3.4 Results—Event directors shall submit official electronic results of the event to the LMSC’s authorized representative.

203.4 Withdrawal or Denial of Sanctions

- 203.4.1** Sanction may be denied to any individual or organization that has failed to conduct previously sanctioned events in accordance with applicable USMS open water swimming rules and administrative regulations, or as stated on the entry form.
- 203.4.2** Sanction may be denied to any individual or organization that has failed to demonstrate the ability or willingness to conduct the sanctioned events in accordance with applicable USMS open water swimming rules and administrative regulations.
- 203.4.3** Sanction may be withdrawn from any individual or organization failing to conduct the sanctioned events in accordance with agreed upon USMS open water swimming rules and administrative regulations and other stated requirements on the entry form.

ARTICLE 204:

Liability Release

204.1 Release

All individual membership application forms and sanctioned entry forms, except those for postal events, shall include a liability release. The liability release shall be signed by the person registering or entering. The liability release shall conform to the language and format specified by USMS policy (see USMS Guide to Operations, Sanctions section).

[illegible]



DESIGNED FOR SWIMMERS,
BY SWIMMERS



Proceeds for U.S. Masters Swimming Formulas go
to benefit the Swimming Saves Lives Foundation



Official Partner

InfinitNutrition.us



When your family is protected, we all win.

At Nationwide®, our number one goal is being there for our members. That's why we have your back when it comes to protecting what's most important, like:



The car you drive to every practice



The RV you use for that weekend tournament

Join us as we team up with U.S. Masters Swimming to promote safety.

To learn more about a special discount for U.S. Masters Swimming members visit nationwide.com/USMS or call 1-888-231-3614.

Nationwide Insurance has made a financial contribution to this organization in return for the opportunity to market products and services to its members or customers.

Products underwritten by Nationwide Mutual Insurance Company and Affiliated Companies, Home Office: Columbus, OH 43215. Subject to underwriting guidelines, review, and approval. Products and discounts not available to all persons in all states. Nationwide and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. © 2017 Nationwide AFR-0256A0.2 (10/17)



PART 3:

OPEN WATER AND LONG DISTANCE SWIMMING RULES

ARTICLE 301: Administration

301.1 Organization

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 507.1.7.

301.2 Guide to Operations

301.2.1 Open Water Guide to Operations—The Open Water Committee shall maintain the *Open Water Guide to Operations* for the use of USMS open water officials and event hosts. The guide shall contain the manner of implementation, governing policies, and management of the rules applying to open water swims.

301.2.2 Postal Guide to Operations—The Long Distance Committee shall develop and maintain a USMS Postal Guide to Operations. The guide shall contain the manner of implementation, governing policies, and management of the rules applying to postal swims.

301.3 Membership, Representation, and Sanctions

Membership, representation, and sanctions for open water and long distance events shall be governed by all applicable rules under articles 202 and 203.

301.4 Age Determining Date

In open water and postal swims, the eligibility of a swimmer shall be determined by the age of the swimmer on December 31 of the year of competition, except for 18-year-olds, who must be 18 on the day that they swim.

ARTICLE 302: Open Water Events

302.1 Events

An open water event is composed of one or more swims of any distance conducted in an open body of water, either natural or manmade. The distances shall be the same for both men and women.

302.1.1 Open water events shall be composed of individual and/or relay swims.

302.1.2 At the discretion of the event host, open water events may include clinics or other swimming activities.

302.2

- 302.1.3** At the discretion of the event host, open water events may be competitive (article 303) and/or noncompetitive (article 304).

302.2 Open Water Courses

302.2.1 The Course

- A** The event host shall determine the course and type of start and finish.
- B** The event host shall measure and mark the course as accurately as feasible.
- C** The event host should eliminate known hazards on the course wherever possible. Known hazards that cannot be eliminated shall be marked and reported to all participants.

302.2.2 Water Conditions

A Water Temperature

- (1) A swim shall not begin if the water temperature is less than 60.8° Fahrenheit (16° Celsius), unless heat-retaining swimwear is required of all swimmers or a USMS-approved thermal plan is in place.
- (2) A swim in which heat retaining swimwear is required of all swimmers shall not begin if the water temperature is less than 57° Fahrenheit (13.9° Celsius) unless a USMS-approved thermal plan is in place.
- (3) A swim of 5 kilometers or greater shall not begin if the water temperature exceeds 85° Fahrenheit (29.45° Celsius). A swim of less than 5 kilometers shall not begin if the water temperature exceeds 87.8° Fahrenheit (31° Celsius).

- B Water Quality**—If water quality meets the standards of the local testing authority, the water quality will be deemed acceptable.

302.2.3 Starting Line

- A** The starting line shall be specifically designated and clearly defined.
- B** Water depth for swims starting from a platform (dock, pier, or ship):
 - (1) For platforms .75 meter or less above the water surface, the water depth shall be no less than 2 meters for the first 5 meters of the course.
 - (2) For platforms more than .75 meters above the water surface, the water depth shall be a safe depth for the first 5 meters of the course as determined by the referee. Swimmers must enter the water feet first.
 - (3) The referee shall inform all swimmers before the start of each race/wave of the water depth at the start. Water depth markings on the starting platform or dock are recommended. Before the swim, the referee shall have this start area inspected for underwater hazards and ensure that the starting protocol is safe. The swim shall use an alternative method of starting if hazards cannot be eliminated or the start cannot be safe.

302.2.4 Turns

- A** All turns shall be clearly indicated.
- B** Turn buoys shall be passed on the right or left as stated in the pre-swim instructions.

- C Guide buoys may be used between turns to help swimmers navigate. Swimmers may pass these buoys on either side, except for floats on a straightaway swim course or when otherwise directed by the referee.

302.3.5 Finish Line

- A The finish line shall be specifically designated, clearly defined, and easily visible from the water to swimmers approaching the finish.

302.3.5 Feeding Stations

- A Feeding stations shall be fixed in position and shall safely accommodate the number of swimmers and feeders.
- B Feeding stations shall be located on the inner or outer boundaries of the course.
- C Number of feeding stations for swims without individual escorts:
- (1) For swims 5 kilometers or shorter, feeding stations are optional.
 - (2) For swims longer than 5 kilometers but shorter than 10 kilometers, at least one feeding station is required.
 - (3) For swims 10 kilometers or longer, there shall be at least one feeding station every 2.5 kilometers.
- D For swims requiring individual escorts, feeding stations are optional.

302.3 Straightaway Swim Courses

- A 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.
- B The course shall be certified by a licensed surveyor, every year if the turning points are not permanent and every five years if they are.

302.4 Cumulative Relays

- 302.4.1** Cumulative relays are composed of groups of swimmers from the same USMS-registered club entered in the individual swim. Cumulative relay swims may be contested on a total time/distance or point system basis.

- 302.4.2 Time/Distance Basis**—A specified number of swimmers on each relay shall be considered in the computations for club scoring. The relay whose specified number of swimmers has the lowest cumulative time or the greatest cumulative distance shall be declared the winner. A similar method shall be used to determine second, third, and subsequent places.

- 302.4.3 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.

- 302.4.4** With the exception of National Championship events, the event host may allow special events in which members of an open water relay need not be from the same club.

302.5

302.5 Sequential Relays

302.5.1 Relays shall consist of two or more swimmers from the same USMS-registered club as specified in the entry information. 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 in the entry information. The changeover to the new swimmer shall be made within one minute after the completion of the previous swimmer's leg. In the exchange in open water relays, physical contact must be made between the two swimmers.

302.5.2 Mixed-gender sequential relays shall consist of at least one swimmer of each gender, 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

302.5.3 With the exception of National Championship events, the event host may allow special events in which members of an open water relay need not be from the same club.

Article 303: Conduct of Competitive Open Water Events

303.1 Scoring Divisions

With the exception of national championship events, scoring divisions are at the discretion of the event host and may be separated by gender, age group, swimwear, specialty categories, or any other method suitable to the swimmers served.

303.1.1 Scoring divisions shall be subject to the following:

- A** Scoring divisions shall be the same for men and women.
- B** Separate scoring divisions may be contested at the same time, with results tabulated separately.
- C** If awards are given, they shall be of equal value for men and women and for all age groups.
- D** With the exception of national championships, requirements defined in articles 307.7.5 and 307.7.6 may be waived by the Long Distance Committee chair to facilitate the development of new or revised awards systems.

303.1.2 Standard USMS gender scoring divisions consist of:

- A Individual**—Open, women, and men.
- B Relay**—Women, men, and mixed.

303.1.3 Standard USMS age group scoring divisions consist of:

A Individual—Open and 18–24, 25–29, 30–34 ... (five-year age groups as high as necessary).

B Relay—Open and 18+, 25+, 35+... (10-year age groups as high as necessary), the age of the youngest relay member determining the age group.

303.1.4 Standard USMS swimwear scoring divisions consist of category I and category II swimwear as defined in article 303.7.

303.2 Safety

303.2.1 Event hosts shall develop and maintain a written safety plan that must be reviewed by the LMSC authorized representative. Safety plans shall then be included in the sanction application and must be approved by USMS before issue of the sanction.

303.2.2 Swims must conform to the written and approved safety plan, except where conditions warrant modification.

303.3 Escorted Swims

303.3.1 In any event for which it has been arranged that an escort craft will accompany each swimmer throughout the event, all swimmers shall be accompanied by such an escort craft. If the escort craft becomes disabled or cannot continue to accompany the swimmer, the swimmer may:

A Stay in the water near the disabled escort craft until a replacement arrives,

B Join another escort craft that is accompanying only one other swimmer until another escort craft arrives, or

C Exit the water.

303.3.2 Swimmers may receive the following assistance from any escort craft:

A Food or drink may be passed from escort craft to swimmer.

B The escort craft may also assist the swimmer with navigation, including verbal and written communication.

303.3.3 Swimmers shall not receive the following assistance from any escort craft:

A Swimmers shall not receive forward progress from any escort craft.

B Drafting directly behind the escort craft shall not be permitted when other open water is readily available.

C Escort craft shall not obstruct other swimmers in the race.

303.3.4 If a swimmer's escort craft becomes disabled as per article 303.3.1, an escort craft for another swimmer may assume responsibility for the swimmer with the disabled escort craft, subject to the following conditions:

A Any one escort craft may escort no more than two swimmers.

B The two swimmers must stay within 3 meters of each other. Failure to stay within 3 meters shall result in immediate disqualification of the second swimmer assigned to the escort craft and the immediate exit of that person from the water.

303.3.5 In any swim in which individual escorts are required and motorized escorts are allowed, drafting from any craft or other swimmers is prohibited. Swimmers must attempt to remain 3 meters or more from other swimmers, except

when rounding buoys, when overtaking other swimmers when space is not readily available, when unescorted at the start and finish of the swim, and when the swimmer's escort craft becomes disabled as per articles 301.3.1 and 303.3.4. Incidental or accidental incursion into the 3-meter zone of another swimmer shall not be the basis for disqualification.

- 303.3.6** In any swim in which individual escorts are required and nonmotorized escorts are used, the event host may choose to allow drafting or prohibit drafting in accordance with article 303.3.5.

303.4 Starts

303.4.1 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.
- C Wave**—At the discretion of the event host, swims may be started in waves in which each wave is separated at the start from other waves by a 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.

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

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

303.5 Seeding

- 303.5.1** 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 event host and stated in the event information.

- 303.5.2** When wave starts are used in straightaway swims, the swimmers shall be seeded in order of time, with the fastest swimmers receiving the preferred positions in seeded order. If subsequent rows are needed, they shall be seeded in a similar method.

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

303.6 Finishes

303.6.1 Types

- A In-Water**—The swimmer shall have finished the swim when any part of the swimmer touches a vertical surface or crosses the finish line after completion of the prescribed distance. If visual judging is used, order of finish shall be determined as the swimmer touches the vertical surface or crosses the finish line. If electronic chip timing is used, order of finish shall be determined when the timing chip is registered by the electronic timing system or when the independent backup timing system is activated.
- B Out-of-Water**—Swimmers shall leave the water, as defined by the course, and proceed to the finish line. If visual judging is used, order

of finish shall be determined as the swimmer's chest crosses the finish line. If electronic chip timing is used, order of finish shall be determined when the timing chip is registered by the electronic timing system or when the independent backup timing system is activated.

303.6.2 Straightaway Events—An in-water finish shall be used in straightaway events.

303.6.3 When a final time has been submitted to the nearest second, .99 second shall be added to the time submitted. When a final time has been submitted to the nearest tenth of a second, .09 shall be added to the time submitted.

303.6.4 Backup Timing and Judging—In open water swims in which electronic chip timing is used, an independently operating backup timing and judging system is required.

303.7 Swimwear for Open Water Events

Swimwear allowed for open water events is defined below. It is the swimmer's responsibility to understand the appropriate swimwear allowed at a particular event.

303.7.1 Rules for All Swimwear for Open Water Events

A Design—Swimsuits shall be nontransparent and conform to the current concept of the appropriate. The referee shall have the authority to bar offenders from competition until they comply with this rule.

B Advertising—Products involving tobacco, alcohol, or pharmaceuticals containing substances 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.

303.7.2 Rules for Category I Swimwear for Open Water Events

A Swimwear shall include only a swimsuit, cap or caps (including those made of neoprene when the water temperature is not greater than 78 degrees Fahrenheit), and goggles. Swim caps shall be defined as head gear conforming to a traditional swim cap design and shall not extend to protect the neck and shoulders. Nose clips, ear plugs, and wristwatches are also allowed.

B The swimmer shall wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials and not contain clasps or zippers. For both men and women, the swimsuit shall not cover the neck and shall not extend past the shoulder nor below the ankles.

C Exemptions to the restrictions in articles 303.7.2A–B may be granted to a swimmer, on a case by case basis, by the chair of the Long Distance Committee or designee. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs or verified medical conditions.

(1) Procedures for applying for an exemption will be published by the Long Distance Committee and posted on the USMS website.

(2) No exemptions to these restrictions will be granted for swimwear that would give a swimmer a competitive advantage.

(3) The decision of the Long Distance Committee chair may be appealed only to the entire Long Distance Committee, whose decision shall be final and binding on all parties.

- D** Swimmers are not permitted to wear or use any device or substance to help their speed, pace, navigation, buoyancy, or endurance during a swim (such as wetsuits, webbed gloves, fins, snorkels, buoyant armbands, audio players, etc.). Medical identification items may be worn. Any kind of tape on the body or flat armband is not permitted unless approved by the referee. Any devices used to maintain body heat are not permitted, except for those listed in article 303.7.2A.

303.7.3 Rules for Category II Swimwear for Open Water Events

- A** Swimwear that does not meet the requirements for category I swimwear shall be considered category II swimwear. Swimwear may include a swimsuit or wetsuit, cap or caps, goggles, armbands, and rash guards. Nose clips, ear plugs, wristwatches, and grease are also allowed.
- B** Wetsuits, neoprene caps, or any other heat-retaining swimwear may be allowed at the discretion of the event director when the water temperature is not greater than 78 degrees Fahrenheit.
- C** Swimmers are not permitted to wear or use any additional device or substance to help their speed, pace, navigation, buoyancy, or endurance during a swim (such as webbed gloves, fins, snorkels, audio players, etc.), except in designated events where all swimmers may use similar devices or substances. Medical identification items may be worn. Any kind of tape on the body is not permitted unless approved by the referee.

303.8 Officials and Staff

303.8.1 There shall be an event director, safety director, and referee

- A Event Director**—The event director is responsible for the overall operation of the event. The event director shall be responsible for:

- (1) Securing the sanction and permit(s) for the event.
- (2) Determining the course.
- (3) Recruiting and approving personnel assignments for all event staff.
- (4) Ensuring that the necessary staff for the conduct of the event are at their respective posts.
- (5) Advising the referee to modify the manner in which the swim is conducted, change the course and/or distance, delay the start, and/or stop a swim in progress if circumstances warrant.
- (6) Cancelling the swim if circumstances warrant.

- B Safety Director**—The safety director is responsible for overseeing all aspects of event safety. The position of safety director shall not be combined with the duties of any other staff member or official. The safety director shall be responsible for:

- (1) Completing and complying with the approved safety plan
- (2) Checking that the entire course, especially the start and finish areas, is safe and free of obstructions.
- (3) Arranging that sufficient suitable water craft, equipment, and safety staff are available during the swim.
- (4) Briefing and assigning safety staff.

- (5) Advising the referee to modify the manner in which the swim is conducted or change the course and/or distance.
- (6) Delaying the start and/or stopping a swim in progress if circumstances warrant.

C Referee—The referee is responsible for the fair conduct of the swim. The referee shall be responsible for:

- (1) All officials, including instructing and assigning officials, enforcing all applicable rules, deciding all questions related to the conduct of the swim, and adjudicating protests.
- (2) Ensuring that all swimmers are briefed about safety procedures, the course, site-specific rules, and other necessary information about the conduct of the swim.
- (3) Barring, removing, or taking other appropriate action with any swimmer who acts in an unsporting or unsafe manner within the swimming venue.
- (4) Disqualifying any swimmer violating event or USMS rules or safety procedures.
- (5) Modifying the manner in which the swim is conducted, changing the course or distance, delaying the start, or stopping a swim in progress if circumstances warrant.

303.8.2 There shall be additional officials and staff in numbers sufficient to operate the event in accordance with USMS open water rules and administrative regulations.

303.8.3 Safety directors and referees shall be certified in these capacities by a USMS-approved certifying body. If a certifying official becomes indisposed, other officials or staff may perform the duties of such positions if they receive training in the specified duties of their positions and are under the direct supervision of the event director.

303.9 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:

- 303.9.1** Or their personal escort 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.
- 303.9.2** Fail to complete the prescribed course.
- 303.9.3** Fail to complete the prescribed course within the preannounced time.
- 303.9.4** Fail to follow race rules.
- 303.9.5** Make forward progress by pulling, pushing, or maintaining contact on physical features and/or craft on or near the course, other than the bottom near the start and finish and at specified locations. Event hosts may choose to prohibit deliberate contact between swimmers and craft and physical features if it has been announced in the event information.
- 303.9.6** Draft in swims in which drafting is prohibited.
- 303.9.7** Violate rules on escorted swims as described in article 303.3.3 or receive similar assistance from any craft on the course.

303.10

303.9.8 Receive unauthorized assistance at the start or finish.

303.9.9 Violate swimwear rules.

303.9.10 Swim in a manner in which personal safety is jeopardized.

303.9.11 Act in an unsporting or unsafe manner within the swimming venue.

303.10 Swimmers with Disabilities

303.10.1 The referee may modify any rule and the event director may modify any swim management procedure for a swimmer who has a disability. Any such modification shall affect only the current event and does not set precedent.

303.10.2 Definition—Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities.

303.10.3 Responsibilities

A Athlete—The athlete (or the athlete's coach) is responsible for notifying the event host, prior to the competition, of any disability of the athlete and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment if required.

B Referee or event director—The referee or event director shall devise such modifications that allow the swimmer to participate as long as they conform to safety requirements. No modifications shall be granted that will give a swimmer a competitive advantage.

303.10.4 Recommendations for allowable modifications are described in the *Open Water Guide to Operations*.

303.11 Incomplete Swim

303.11.1 The event director, safety director, or referee shall have the authority to determine if the start of a race is to be postponed. The referee and/or safety director shall have the authority to stop a race in progress. Only the event director shall have the authority to cancel a swim or event.

303.11.2 If a race is stopped and swimmers are removed from the water for their safety, the referee shall determine if the swim is to be restarted or considered official. If the referee determines the swim to be official, article 303.9.2 may be waived and the referee shall determine the order of finish of the swimmers on the course.

303.11.3 In swims with cutoff times, the entry information shall state whether swimmers who have not finished by the cutoff time will be advanced to the finish line, considered to be officially finished, or disqualified.

303.12 Protests

303.12.1 Any protest arising from an open water event (other than national championships—refer to article 307.7) shall be made to the event referee within 30 minutes after the release of results at the venue. If results are not released in a timely manner, a protest may be made to the event director in writing within three days after all swimmers are notified of the release of results. If the protest is not resolved, the protester may appeal in writing promptly to the LMSC. If the LMSC does not satisfactorily resolve the protest, the protestor may appeal in writing promptly to the USMS Long Distance Committee chair.

ARTICLE 304:

Conduct of Noncompetitive Open Water Swims

304.1 Noncompetitive Swims

Noncompetitive swims are those in which swimmer placement is not included in results.

304.1.1 Conduct of noncompetitive swims shall be at the discretion of the event host, as long as they conform to article 301, 302.2.2, 303.2, and 303.8.

304.1.2 At the discretion of the event director, noncompetitive swims may provide timing as a courtesy to swimmers who desire to know their finish time.

ARTICLE 305:

Conduct of Long Distance Pool Events

305.1 Events

Long distance pool events shall consist of individual and/or relay competitions. The distances shall be the same for both men and women.

305.2 Definitions

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

305.3 Pool

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

305.3.1 Event Host—The event host shall have the discretion to decide the time/distance of the swim(s) and, in the case of postal swim(s), the size(s) of the pools in which the event is to be swum.

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

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

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

305.4 Cumulative Relays

Cumulative relays are composed of groups of swimmers from the same USMS-registered club entered in the individual swim. Cumulative relay swims may be contested on a total time/distance or point system basis.

305.5 Sequential Relays

Sequential relays shall consist of two or more swimmers from the same USMS-registered club as specified in the entry information. 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 in the entry information. The composition of mixed-gender sequential relays is governed by 302.5.2. Relay exchanges are governed by articles 101.7.3C and 107.3.F.

305.6 Age Groups

Age groups in individual and relay events for men and women shall be the same as the standard USMS age group scoring divisions (listed in article 303.1.3).

305.7 Awards

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

305.8 Protests

Any protest arising from a long distance pool event (other than National Championships—refer to article 307.7.9) shall be made to the referee within 30 minutes after the release of results at the venue. If results are not released in a timely manner, a protest may be made to the event director in writing within 3 days after all swimmers are notified of the release of results. If the protest is not resolved, the protester may appeal in writing promptly to the LMSC. If the LMSC does not satisfactorily resolve the protest, the protestor may appeal in writing promptly to the USMS Long Distance Committee chair.

ARTICLE 306: Conduct of Postal Events

306.1 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 306.

306.2 Pool Size

306.2.1 Events shall be swum in a pool at least 25 yards in length.

306.2.2 Requirements for pool certification (article 105.1.6) and pool measurement (article 105.1.7) shall not apply to postal events.

306.3 Officials

306.3.1 There shall be at least one adult acting as a referee and starter present at all times, having no additional responsibilities during the swim other than acting as a timer if necessary.

306.3.2 Each swimmer shall have a timer who shall time and count lengths by recording split times for every two lengths during the swim. A timer may also serve as referee and starter if necessary. One person may serve as timer for no more than two swimmers at the same time.

306.4 Eligibility

All swimmers in national championship postal events must be currently registered members of USMS or a FINA-member national governing body on or before the day of their swim.

306.5 Multiple Swimmers per Lane

306.5.1 No more than two swimmers shall share a lane.

306.5.2 Drafting shall not be permitted.

306.5.3 When two swimmers are sharing the same lane, they shall conform to articles 102.10.4A(6)(a)–(b).

306.6 Timing

- 306.6.1** A stopwatch or electronic timing system shall be used to time the event.
- 306.6.2** Cumulative split times must be recorded to the nearest second.
- 306.6.3** When a final time has been submitted to the nearest second, .99 second shall be added to the time submitted. When a final time has been submitted to the nearest tenth of a second, .09 second shall be added to the time submitted.

306.7 Determining Distances in Time-Based Events

- 306.7.1** Distances shall be determined by multiplying the total lengths swum by the length of the pool and adding the last completed 5-yard/meter increment.
- 306.7.2** If the size of the pool is not designated, all distances shall be reported in yards.
- 306.7.3** If distances are to be reported in yards and the event is swum in a metric pool, the distances shall be determined to the last completed meter 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.

306.8 Determining Times in Short-Course Distance-Based Events

- 306.8.1** Swimmers may choose to swim events in 25-meter pools, swimming the same nominal number of meters as yards.
- 306.8.2** Times done in 25-meter pools shall be reported as if swum in a 25-yard pool, by dividing times by 1.0936 and integrating them with 25-yard times.

306.9 Split Times

- 306.9.1** Split times from individual postal events may not be used for entry into a separate individual postal national championship event of a shorter distance.
- 306.9.2** Split times from individual postal events may not be used as part of a relay entry into a separate relay postal national championship event of a shorter distance.

306.10 Integrity of Results in Postal Events

- 306.10.1** Each entrant shall be responsible for the validity of the split times and/or the final time/distance submitted.
- 306.10.2** Event hosts may request additional verification of completion from any entrant and may request that the Long Distance Committee chair refuse to accept, or disqualify, any entry that appears to contain erroneous information.

306.11 Determination of Place

- 306.11.1** In distance-based events, the person or relay swimming the fastest time shall be declared the winner. If two or more swimmers achieve the same time, a tie shall be declared.
- 306.11.2** In time-based events, the person or relay swimming the farthest shall be declared the winner. If two or more swimmers swim the same distance, a tie shall be declared.

ARTICLE 307:
Open Water and
Long Distance National Championships

307.1 Rules

Open water and long distance championship events shall be governed by articles 301, 302, 303, 305, and 306. In addition, the following rules apply specifically to championships.

307.2 Open Water and Long Distance Championship Events

307.2.1 The Long Distance Committee shall award open water national championships as:

- A** Individual championships,
- B** Multichampionship swim festivals,
- C** A combination of A and B, or
- D** Any other configuration that enhances the value of USMS open water championships.

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

- A** One mile Sprint Distance Championship (quarter-mile straightaway or open water course).
- B** Two miles Cable Championship (quarter-mile straightaway).
- C** Open water Middle Distance Championship (greater than 1 mile and less than or equal to 3 miles).
- D** Open water Long Distance Championship (greater than 3 miles and less than 6 miles.)
- E** Open water Marathon Distance Championship (greater than or equal to 6 miles and less than 9 miles).
- F** Open water Ultra Marathon Distance Championship (greater than or equal to 9 miles).
- G** Postal 1 hour Championship(in a pool 25 yards or longer).
- H** Postal 5 and 10 kilometer Championship (each event swum separately on a 50-meter course in a pool).
- I** Postal 3000 and 6000 yard Championship (each event swum separately on a 25-yard or 25-meter course in a pool)
- J** Other national championship events and distances may be awarded at the discretion of the Long Distance Committee chair

307.2.3 Rules Pertaining to Cumulative Relays

- A** Cumulative relay competitions shall be contested in postal championships and may be contested in other championships. Recognized relays shall be three-person women's relays, three-person men's relays, and four-person mixed gender relays with two women and two men. Exceptions for open water national championships may be granted by the Long Distance Committee chair.

- B** Age groups for relay swims shall be the same as those listed in article 303.1.3B.
- C** All relay members shall also be entered in the individual event. Exceptions for open water events only are at the discretion of the event host and with the approval of the Long Distance Committee chair.
- D** All team members shall be from the same USMS-registered club.
- E** Competitors shall be allowed to swim in only one same-gender and one mixed-gender relay event per event.

307.3 Site Selection

The manner of site selection for national championships shall be at the discretion of the Long Distance Committee and shall depend upon the championship structure chosen under article 307.2. Should a bidding system be selected, it shall be accomplished in the following manner.

- 307.3.1** Suitable bids shall comply with all applicable USMS swimming and open water and long distance rules, policies, and procedures.
- 307.3.2** All bids shall be submitted to the chair of the Long Distance Committee no later than July 1. If no timely suitable bid is received, the committee shall continue to solicit bids.
- 307.3.3** Championships shall be awarded by the Long Distance Committee one to three years in advance of the national championship event.
- 307.3.4** A three-area award system may be followed for the bidding of open water championships (see Appendix D for map and description of areas). In this system, suitable bids from a qualifying area shall receive preference over bids from other areas.

National Championship Bid Rotation (see 307.2.2 for distance definitions)			
Year	Area 1 West	Area 2 Central	Area 3 East
2017	Sprint Distance Long Distance Festival	Middle Distance Ultra-Marathon Distance	2-mile cable Marathon Distance
2018	2-mile cable Marathon Distance	Sprint Distance Long Distance Festival	Middle Distance Ultra-Marathon Distance
2019	Middle Distance Ultra-Marathon Distance	2-mile cable Marathon Distance	2-mile cable Marathon Distance
2020	Sprint Distance Long Distance Festival	Middle Distance Ultra-Marathon Distance	2-mile cable Marathon Distance

307.4 Contract

Representatives of the host organization that 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 event host and of USMS.

307.5 Financial

307.5.1 The host organization shall agree to underwrite the full event expenses, including but not limited to the following:

- A** Costs associated with the event (setting up the course, supplies, equipment, etc.).
- B** Cost of all national championship event awards (medals and patches) and/or other appropriate awards.
- C** A fee per individual entrant in the championship swim (or a fee per individual entrant in each championship swim in an event with multiple championship swims) and a performance bond shall be determined by the Long Distance Committee and paid to USMS. All or a portion of the performance bond shall be returned to the host organization, based upon compliance with the conditions set forth in the event contract.
- D** Any other costs that may be reflected in national championship event contracts.

307.5.2 Complete financial statements shall be forwarded to the Long Distance Committee chair on the championship forms provided.

307.6 Entry Fee

The Long Distance Committee shall determine the individual and relay entry fees for open water and postal national championships.

307.7 Rules of Conduct

307.7.1 Event Host—The event host 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.

307.7.2 Entry Forms—A Long Distance Committee representative and an LMSC representative shall review entry forms, including paper forms and forms used in the online entry system, for content and sanctioning before distribution.

307.7.3 Officials—In addition to the officials required by article 303.8, the following officials are required for national championship events:

- A** The Long Distance Committee shall appoint an event liaison to assist the event host in planning, to ensure that the event is conducted in accordance with the contract, to ensure that all rules are observed, and to evaluate the event.
- 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 in clear view of the turn to ensure that all swimmers complete the turn as indicated in the event information and as directed at the pre-race briefing.

- (2) Record any violation of the turn procedures, and
- (3) Report such violation to the referee.

307.7.4 Eligibility

Swimmers with one-event registrations shall not be eligible to compete in open water and postal national championships, nor shall they be eligible for records, All-American status, or any other USMS special awards.

307.7.5 Age Groups—Age groups in open water swims shall be the standard USMS age groups in article 303.1.3.

307.7.6 Swimwear

- A** Only swimmers wearing category I swimwear as defined in articles 303.7.1 and 303.7.2 may compete in national championship swims.
- B** At the discretion of the event host, swimmers wearing category II swimwear as defined in articles 303.7.1 and 303.7.3 may participate in events containing national championship swims, but shall be excluded for the purposes of articles 307.8 through 308.1. In addition, category II competitors shall have a separate start time.

307.7.7 Assistance During the Race

- A** Feeding is permissible, but use of alcohol or illegal drugs is forbidden.
- B** Escort craft may be permitted by the event director under the conditions in article 303.3.

307.7.8 Protests

- A** Any protest arising from an open water championship event shall be made to the referee within 30 minutes after the release of results at the venue. If results are not released in a timely manner, a protest may be made to the event director in writing within three days after all swimmers are notified of the release of results. If the protest is not resolved, the protester may appeal in writing promptly to the Long Distance Committee chair.
- B** Any protest arising from a postal championship event shall be made to the event director in writing three days after all swimmers are notified of the release of results. If the protest is not resolved, the protester may appeal in writing promptly to the Long Distance Committee chair.

307.8 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 event. Date of birth shall not be included in published results or results distributed to participants.

307.8.1 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 (as it appears on the USMS membership card).
- C** Age.
- D** Club (official USMS club abbreviation).

E USMS number.

F Official time/distance.

G Special information (USMS records, overall place, place among gender, etc.).

307.8.2 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 the 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.

E Special information (national records, overall place, place among gender, etc.).

307.9 Club Scoring

Club scores shall be officially tallied for national championship postal events. At the discretion of the event host, club scoring may be officially tallied for national championship open water events.

307.9.1 Scoring

A Club scoring for the 1-hour swim postal national championships shall be calculated based on total club yardage for individual swims.

B Club point scoring for the 3000- and 6000-yard and 5- and 10-kilometer postal national championships shall be calculated using a formula, approved by the Long Distance Committee, based on percentage of time differences from the age group national record times.

C Club scoring for the other national championships shall be calculated based on point value for placing in individual swims. Points shall be scored to 10 places (11-9-8-7-6-5-4-3-2-1).

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

307.9.3 Divisions—Up to four divisions may be recognized for purposes of club scoring based on the number of swimmers entered from each club in the event. 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 event host after the event entry deadline.

307.10 Awards

307.10.1 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. In national championship events with 1,000 or more entrants, individual awards shall be awarded to at least the first 10 place winners of individual championships in each age group.

- 307.10.2** 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 relay championships in each age group. In national championship events with 1,000 or more entrants, awards shall be awarded to the members of at least the first six place winners of relay championships in each age group.
- 307.10.3** A USMS championship patch shall be awarded to each individual champion and each member of a championship relay. An individual champion shall receive only one patch per event.
- 307.10.4** Appropriate awards approved by the Long Distance Committee chair may be awarded to the first, second, and third place club winners in each division if warranted by the size of the event entry. Club awards are not required.
- 307.11 All-American**
- 307.11.1** The highest placing USMS member in each age group of each individual open water and long distance pool national championship event shall qualify as a USMS Long Distance All-American for the calendar year in which the event was conducted.
- 307.11.2** The members of the highest placing USMS relay in each age group of each open water and long distance pool national championship event shall qualify as USMS Long Distance Relay All-Americans.
- 307.11.3** The event host shall submit the name, age, date of birth, club affiliation, time or distance, and USMS membership number for each competitor achieving All-American status to the Long Distance Committee chair.
- 307.12 All-Star Team**
- A USMS All-Star Team shall be selected each calendar year from the official results of the USMS open water and postal national championship events.
- 307.12.1** 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: 11 points, 2nd: 9 points, 3rd: 8 points, 4th: 7 points, 5th: 6 points, 6th: 5 points, 7th: 4 points, 8th: 3 points, 9th: 2 points, 10th: 1 points.
- 307.12.2** To be eligible 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.
- 307.12.3** Ties shall be allowed.

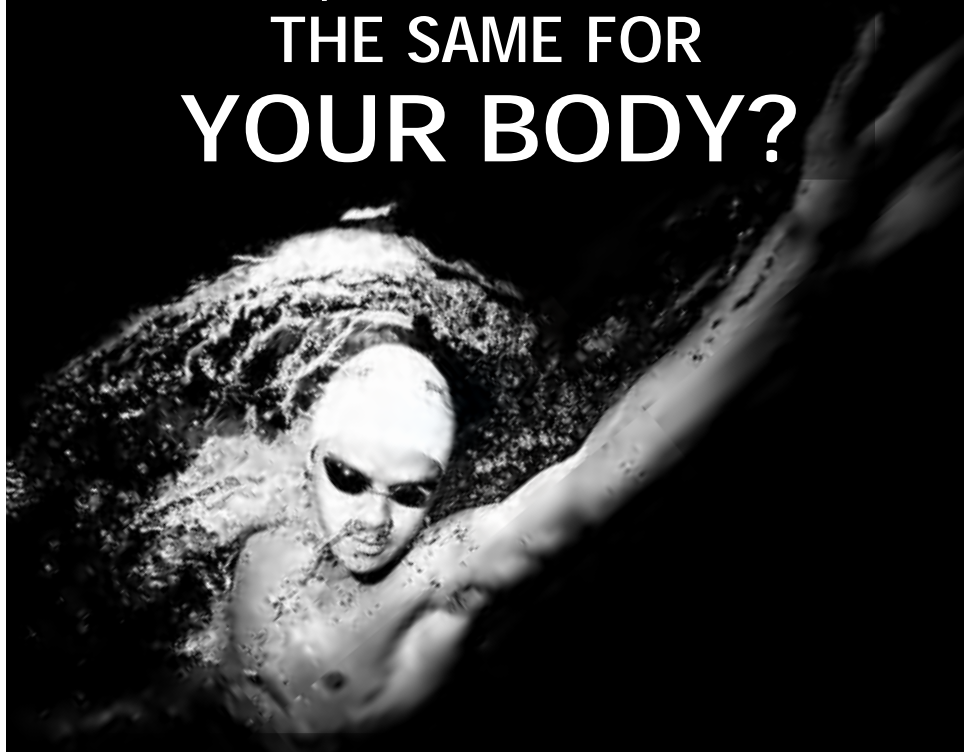
ARTICLE 308: Records

308.1 Records

- 308.1.1** Individual and relay USMS records will be maintained in quarter-mile straightaway swims (1-mile and 2-mile) and time/distance pool events (1-hour, 3000-yard, 6000-yard, and 5- and 10-kilometer postal).
- 308.1.2** To be considered for a USMS record, individual participants and relays must enter and complete the swim in a sanctioned event conducted in compliance with USMS rules.

-
- 308.1.3** 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.
- 308.1.4** USMS records for cable swims may not be established by using a swimmer's split time in an individual event.
- 308.1.5** USMS records for postal swims 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 an event,
 - B** The swimmer completes the full distance of the event,
 - C** The intent to record a split time is brought to the attention, in writing, of the event director at the time of entry in the longer event, and
 - D** A stopwatch or electronic timing system is used to record the record split in accordance with article 306.5.

**YOU'VE SPENT TIME
LEARNING ABOUT THE
RULES, HAVE YOU DONE
THE SAME FOR
YOUR BODY?**



**NUTRITION FOR
SWIMMERS**



PERFORMANCE NUTRITION

www.P2Life.com

**AFFORDABLE.
QUALITY.
CUSTOM.**

**AGONS MASTERS
SWIMMING**



agonswim.com

TEL: 1.877.718.9403

FAX: 1.877.866.9278

INFO@AGONSWIM.COM

PART 4:

PARTICIPATION, CONDUCT, HEARINGS, AND APPEALS

ARTICLE 401: Participation

401.1 Protection

USMS and its LMSCs shall respect and protect the opportunity of every eligible individual to participate in USMS administrative activities and sanctioned or recognized events.

401.2 Participation

No member of USMS or any organization associated with USMS may deny or threaten to deny any eligible individual the opportunity to participate in USMS administrative activities or deny any member the opportunity to host or participate in USMS activities without just cause. It is not a violation of this article to restrict an individual's eligibility based on one or more of the following:

401.2.1 The individual's age.

401.2.2 Membership in the organization that is conducting the event.

401.2.3 Qualifying times.

Any member or eligible individual who alleges that the opportunity to participate has been denied or is about to be denied by an individual or organization associated with USMS shall follow the procedures set forth in article 102.14.2 or article 403, as applicable, to seek redress for the alleged violation of opportunity.

ARTICLE 402: Conduct of Members

402.1 Standards of Conduct

The mission of USMS is to promote fitness and health in adults by offering and supporting Masters swimming programs. The opportunity to participate in Masters swimming is made possible by USMS. Members accept that this opportunity to participate is a privilege and as such shall conduct themselves with integrity and in a sporting manner. In matters relating to Masters swimming, members shall respect and protect the privileges of others who share this mission; therefore, the privileges of membership and participation may be withdrawn or denied if the conduct of a member or prospective member is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

402.2 Compliance With Rules and Regulations

It shall be the responsibility of all members to comply with the rules and regulations of USMS and the applicable rules, constitution, and bureau decisions of FINA.

402.3 Enforcement

Any prospective member may be denied membership, and any member may be denied membership, censured, placed on probation, suspended, fined, or expelled from USMS if such member engages in any unsporting conduct listed in article 402.4.

402.4 Unsporting Conduct

The following shall be considered unsporting conduct as it relates to Part 4:

402.4.1 Violation of the opportunity to participate, as set forth in article 401.

402.4.2 Discrimination in violation of article 501.3.

402.4.3 Any act of fraud, deception, or dishonesty in connection with any USMS-related activity.

402.4.4 Knowingly providing false information including name, date of birth, age, or gender on USMS membership applications or meet entries.

402.4.5 Any nonconsensual physical contact, obscene language or gesture, or other threatening language or conduct directed toward volunteers or staff in connection with a USMS event.

402.4.6 Any nonconsensual sexual conduct, pattern of unwelcome sexual advances, or other inappropriate sexually oriented behavior or action by a USMS member toward a member or any other person participating in any capacity whatsoever in the affairs or activities of USMS.

402.4.7 Any act, conduct, or omission that is detrimental to the image or reputation of USMS, an LMSC or the sport of swimming.

402.4.8 Causing a credible and material risk to the safety of USMS members or others who may be present during USMS activities. A lifetime ban, declaration of permanent ineligibility, or permanent resignation of membership from a member organization of United States Aquatic Sports may be considered as evidence of a violation of this article 402.4.8.

402.4.9 Aiding or abetting another to engage in any of the foregoing violations.

ARTICLE 403: Hearings and Appeals

403.1 General Jurisdiction

As provided herein, USMS may deny membership, censure, place on probation, suspend, fine, or expel any member or any person participating in the affairs of USMS who has engaged in any of the unsporting conduct listed in article 402.4.

403.2 Jurisdiction of the LMSC

Disputes arising within a single LMSC and not brought by USMS shall be filed directly with such LMSC and handled pursuant to LMSC rules and procedures. Any appeal of the LMSC's decision shall be made to the National Board of Review.

403.3 National Board of Review

The National Board of Review shall be composed of a chair and a pool of potential hearing panel members, all of whom shall be USMS members. The National Board of Review chair shall be appointed by the USMS president. The pool of potential hearing panel members shall be appointed by the chair. The Board of Directors shall approve

the appointment of the chair and the pool of potential hearing panel members. The term of the chair shall be two years, with no limit to the number of terms of service.

403.4 National Board of Review Procedures

The Board of Directors shall adopt and maintain National Board of Review procedures. These procedures shall set forth the process that will be used for matters filed with the National Board of Review including how disputes and appeals shall be filed, timing for each aspect of the National Board of Review hearing and appeal process, fees, structure of hearing panels, conduct of panel hearings, and notifications to the parties. The National Board of Review procedures shall be made publicly available and shall be updated on a periodic basis.

403.4.1 Because certain disputes are most appropriately heard at the national level, the National Board of Review has original and exclusive jurisdiction to hear:

- A** Any complaint from members of USMS where more than one LMSC is involved.
- B** Any complaint of violation of article 402.4.4, providing false information, or article 402.4.8, causing a credible and material risk to safety.
- C** Any complaint initiated by USMS.
- D** Any complaint in which LMSC bylaws, rules, policies, or procedures preclude filing of a grievance by a USMS member.
- E** Upon a majority vote of the Executive Committee, the National Board of Review may be assigned exclusive and immediate jurisdiction at any stage of any matter within the purview of this article 403 to serve the best interests of Masters Swimming.

403.4.2 The National Board of Review has appellate jurisdiction to hear appeals of LMSC decisions.

403.4.3 Matters of jurisdiction to the National Board of Review shall be initiated by a written filing made in accordance with the National Board of Review procedures.

403.4.4 Requests to the National Board of Review for review of LMSC decisions shall be initiated by a written request for review filed in accordance with the National Board of Review procedures.

403.5 Authority of the National Board of Review

The National Board of Review, through its hearing panels, in hearing grievances and appeals of LMSC decisions, has the authority to:

- 403.5.1** Impose and enforce penalties for any violation of the rules and regulations, administrative or technical, of USMS.
- 403.5.2** Determine the eligibility and right to participate of any member or individual.
- 403.5.3** Vacate, modify, sustain, reverse, or stay any decision or order properly submitted for review, or remand the matter for further action.
- 403.5.4** Investigate any alleged election impropriety.
- 403.5.5** Interpret any provision of the rules and regulations of USMS, with the exception of the rules of competition, which the National Board of Review shall defer to the USMS Rules (Part 1) or Long Distance (Part 3) Committees.

403.6

- 403.5.6** Review any revocation, suspension, reinstatement of membership, or challenge to the granting or denial of membership.
- 403.5.7** Issue such interim orders as may be necessary pending a final decision of the National Board of Review.
- 403.5.8** Require the production of any available evidence bearing on an alleged violation.
- 403.5.9** Take testimony from witnesses.
- 403.5.10** Transcribe the National Board of Review hearings.
- 403.5.11** Assess costs and fees against one or more parties, and refund filing fees.
- 403.5.12** Take such further action and make such further directives as deemed necessary under the circumstances.

403.6 Authority of the National Board of Review Chair

With regard to matters within the original or appellate jurisdiction of the National Board of Review, the National Board of Review chair must take one or more of the following actions when reviewing a matter:

- 403.6.1** Initiate an investigation into the alleged misconduct, as described in a written grievance or appeal.
- 403.6.2** Dismiss a grievance or appeal determined to be without merit, with the concurrence of the USMS president.
- 403.6.3** Refer a grievance or an appeal of an LMSC decision back to the LMSC.
- 403.6.4** Mediate or delegate the mediation of a grievance or appeal.
- 403.6.5** Appoint a hearing panel, drawn from the hearing panel pool, consisting of not less than three members to conduct a formal hearing to decide a grievance or appeal.

403.7 Appeal of LMSC Decision to the National Board of Review

- 403.7.1** Decisions rendered by an LMSC may be appealed to the National Board of Review.
- 403.7.2** The petition for appeal shall be served upon the National Office in accordance with the National Board of Review procedures.
- 403.7.3** In appeals from LMSC decisions, the National Board of Review chair shall exercise the authority detailed in article 403.6.
- 403.7.4** Any review of an LMSC decision by a National Board of Review hearing panel shall be made on the basis of the evidence and materials submitted to the LMSC, the written decision of the LMSC, concise statements from involved parties as to why the LMSC's decision is incorrect or correct, and such further information as the hearing panel may, in its sole discretion, request.

403.8 Hearing Panel Procedure

If, pursuant to the authority in article 403.6, the chair chooses to appoint a hearing panel to decide a dispute, the National Board of Review procedures shall govern the process for submissions and scheduling, and the conduct of any hearing. A written decision shall be rendered by the hearing panel. The written decision shall set forth the right of appeal.

- 403.8.1** Upon the request of either party for good cause shown or the determination of the hearing panel, the hearing may be held in private.
- 403.8.2** The hearing panel shall have the authority to stay the enforcement of its decision during the time allowed for appeal of the decision, with the decision going into effect automatically if no timely appeal is filed.
- 403.8.3** All mailings and other correspondence from the grievant, respondent, and any witnesses shall be made as prescribed by the chair.
- 403.8.4** A written decision shall be rendered by the hearing panel and shall be mailed to the parties within seven days after the hearing.
- 403.8.5** Communications between the parties, the National Board of Review, and the hearing panel shall be made as prescribed by the NBR chair.

403.9 Appeal to the Board of Directors

Any person directly affected by the National Board of Review's decision may appeal to the Board of Directors for review of any decision of the National Board of Review within 30 days of the receipt of the National Board of Review's written decision.

- 403.9.1** The petition shall set forth the grounds for appeal, citing specific facts. The petition shall not include new evidence that was not part of the record from the National Board of Review.
- 403.9.2** The Board of Directors panel may assess costs and fees against any or all named parties.
- 403.9.3** The review by the Board of Directors panel shall be on the basis of the record from the National Board of Review and written briefs and shall not include new evidence. However, by majority vote, the Board of Directors panel may decide to take new evidence and hear testimony.
- 403.9.4** The Board of Directors panel shall render a final and binding decision and a written decision shall be sent to all parties.
- 403.9.5** The review by the Board of Directors panel shall be on the basis of the record from the National Board of Review and written briefs. The Board of Directors panel may decide in its sole discretion to take new evidence and hear testimony.

403.10 Documentation

The National Office shall maintain a permanent file of all physical evidence and written decisions pertaining to any matter that was reviewed by the National Board of Review or the Board of Directors pursuant to Part 4. The files shall be made available to any member wishing to examine them.

403.11 Filing Fee

The Board of Directors shall establish fees for filing grievances with the National Board of Review and for filing appeals with the National Board of Review and the Board of Directors.

403.12 Recognition and Enforcement

Final decisions rendered by the National Board of Review or the Board of Directors pursuant to Part 4 shall, when applicable, be recognized and fully enforced.

[illegible]

FOCUS

YOUR STROKE

The Focus Swim Snorkel - Developed with USA National Men's Swim Coach Bob Bowman



DESIGNED BY



- Lightweight Head Bracket
 - Integrated cushion ensures comfortable fit
 - Low-Profile Snorkel reduces drag and eases breathing
 - Silicone Comfo - Bite prevents jaw fatigue
 - One Way Purge Valve positioned to maximize clearing of excess water
- Find out more at www.michaelphelps.com

MPTM
MICHAEL PHELPS



FOR THE LOVE OF SWIMMING THE ENDLESS POOL ELITE

You're a competitive swimmer. You measure progress in fractions of seconds. When it comes to your swim, you demand the best. This is your pool.

The Elite stroke-training system is used daily on the decks of University of Michigan, USC, Harvard, Auburn, Penn State, and SwimMAC Carolina. Now it's available for residential installation.

Turbulence-free power, high-volume precision ... that's what makes the Elite Endless Pool the choice for top-tier coaches, for great swimmers, and for swimmers who aspire to greatness.

For fun, for fitness, for the love of swimming, bring an Endless Pool to your home.

Endless Pools is a proud sponsor of U.S. Masters Swimming.

**Request your Free
Idea Kit today.**

www.endlesspools.com

**Questions? Call us at
800-732-8660**



PART 5:

UNITED STATES MASTERS SWIMMING INC.: ORGANIZATION AND BYLAWS

ARTICLE 501: Membership

501.1 Membership Categories

The membership of United States Masters Swimming Inc., hereinafter sometimes referred to as USMS, shall consist of the following categories:

- 501.1.1 Club**—Clubs that register with USMS through an LMSC.
- 501.1.2 Individual**—Individuals who register with USMS through an LMSC.
- 501.1.3 Affiliate**—Organizations that have an interest in Masters swimming. Organizations shall apply to the National Office for affiliate membership. Membership shall be granted or denied by the Board of Directors and shall be coincident with the individual membership year. Dues for affiliate members shall be established by the Board and entitle each affiliate member to one nonvoting delegate to the House of Delegates. Additional nonvoting delegates may be granted by a majority vote of the Board.
- 501.1.4 Allied**—Organizations that have an interest in Masters swimming and also have a national swimming program, national competition that provides for athlete development, due process, a rule book, and an officials training program. Organizations shall apply to the National Office for allied membership. Membership shall be granted or denied by the Board of Directors and shall be coincident with the individual membership year. Dues for allied members shall be established by the Board and entitle each allied member to one nonvoting seat on the Board of Directors and one nonvoting delegate to the House of Delegates. Additional nonvoting delegates may be granted by a majority vote of the Board.
- 501.1.5 Other**—Any organization that is interested in swimming on either the national or local level. The House of Delegates may establish classes for such membership.

501.2 Mandatory Memberships

All of the following shall hold individual memberships in USMS:

- 501.2.1** Members of the House of Delegates and Board of Directors.
- 501.2.2** Members of standing committees and ad hoc committees of USMS.
- 501.2.3** Members of the National Board of Review.
- 501.2.4** Appointees.
- 501.2.5** Officers and members of the board of directors of each LMSC.

501.3 Equal Opportunity

Membership in USMS shall not be denied by virtue of race, creed, gender, religion, political affiliation, disability, sexual orientation, or national origin.

ARTICLE 502:**Local Masters Swimming Committee (LMSC)**

A Local Masters Swimming Committee is a subordinate organization of the corporation with supervisory responsibilities within a specified geographical territory.

502.1 LMSC Membership

Each LMSC shall consist of individual members and club members registered through that LMSC. An LMSC shall not place any restrictions on the formation of clubs.

502.2 Bylaws

Each LMSC shall be governed by bylaws that are consistent with USMS objectives and goals.

502.3 Annual Meeting

Each LMSC shall hold an annual meeting open to all individual members of the LMSC.

502.4 Fiscal Year

Each LMSC shall have a one-year fiscal period for tax and accounting purposes commencing on the first day of January.

502.5 Election of Officers

Each LMSC shall provide for periodic election of officers in its bylaws.

502.6 Filing of Bylaws

Each LMSC shall file a copy of its current bylaws with the USMS National Office.

502.7 Boundary Descriptions

Appendix D contains official names and boundary descriptions for each LMSC.

502.8 Records and Record Keeping

Each LMSC shall comply with the financial record-keeping and reporting requirements of USMS. The LMSC shall forward to the USMS National Office the minutes of the annual meeting and annual financial reports by April 30.

502.9 Financial Controls

LMSC funds shall not be commingled with funds of USMS clubs, individual members, or any other person or entity.

502.10 LMSC Championship Meets

Each LMSC may conduct championship meets, but pool meets identified as such should not be scheduled beginning the weekend before, through and including the weekend following the USMS short course and long course national championship meets.

502.11 LMSC Standards

Each LMSC shall comply with the LMSC standards policy approved by the USMS Board of Directors and posted on the USMS website.

ARTICLE 503: Zones

503.1 Zone Boundaries

Appendix D contains official names and boundary descriptions for each of the zones.

503.2 Zone Meetings

Each zone shall conduct a meeting in conjunction with the annual meeting of the House of Delegates. Meetings between the annual meetings of the House of Delegates may be called at the discretion of the zone chair or as indicated in zone policies. The zone chairs or designees shall preside at all meetings of their respective zones. Minutes of each meeting should be maintained and forwarded to the vice president of local operations.

503.3 Zone Chairs

503.3.1 Zone chairs shall be elected in odd-numbered years at the zone meeting held in conjunction with the annual meeting of the House of Delegates. The term of office shall be two years.

503.3.2 Zone chairs shall be residents and members of an LMSC in their respective zones.

503.3.3 If a vacancy in the position of zone chair occurs, the vice president of local operations shall consult with the chair of each LMSC in that zone and appoint a new or replacement zone chair, with the concurrence of the USMS president.

503.3.4 Each zone chair is eligible for election to the same office for two consecutive terms. No person so elected for two successive terms is eligible for reelection to the same position until after the lapse of two years following the term of office to which that person was last elected.

503.4 Zone Policies

Each zone may adopt and maintain policies that provide direction on such items as voting rights at meetings, budgets, and financial records, zone championship meet conduct, zone records, and zone Top 10.

503.5 Zone Championship Meets

Each zone may conduct zone championship meets that should not be scheduled from the weekend before through the weekend following the USMS short course and long course national championship meets.

503.6 Communications

Zone chairs shall enhance communications among the LMSCs to promote Masters Swimming within the zones.

ARTICLE 504: House of Delegates

504.1 Membership

All members of the House of Delegates shall maintain membership until their successors are selected, except that membership may be terminated by resignation filed with the secretary. The House of Delegates of USMS shall consist of the following:

504.1.1 One member from each LMSC. If the LMSC has more than 300 individual members, it is entitled to one additional member. For each additional 500 individual members, the LMSC is entitled to one more member in the House of Delegates. Figures shall be determined by the records of the National Office for the previous year or June 15 of the current year, whichever is the greater.

504.1.2 All voting members of the Board of Directors.

504.1.3 All past presidents.

504.1.4 All zone chairs.

504.1.5 All voting members of the Finance, Legislation, Long Distance, and Rules Committees, the chairs of all standing committees, the legal counsel, and the National Board of Review chair.

504.1.6 At-large members representing up to 10 percent of the total membership of the House of Delegates. These members shall be appointed by the president of USMS.

504.1.7 Nonvoting delegates from affiliate and allied members.

504.2 Powers

The powers of the House of Delegates shall be as follows:

504.2.1 To determine the mission and objectives that govern USMS in all of its activities.

504.2.2 To delegate responsibility and authority to other USMS entities as prescribed in USMS code and by USMS policy. However, the following powers are fully the responsibility of the House of Delegates and shall not be delegated:

A To elect officers and directors (Note: The nomination and election procedures may be delegated).

B To amend the *USMS Code of Regulations and Rules of Competition*.

C To review and approve the annual budget.

504.2.3 To admit to group membership or individual membership any organization or person eligible under this code and who applies.

504.2.4 To prescribe and amend the code for the governance of USMS.

504.2.5 To call regular and special meetings of USMS and to fix the time, place, and manner for holding all meetings not fixed by this code.

504.2.6 To collect and expend the monies of USMS.

504.2.7 To create, modify, or disband standing committees.

504.2.8 To alter, amend, repeal, or otherwise change any provision of the *USMS Code of Regulations and Rules of Competition*. Explanation and interpretation shall be delegated to the chair and/or committee of jurisdiction.

504.2.9 To receive and approve all annual reports.

504.3 Meetings of the House of Delegates

504.3.1 The annual meeting of the House of Delegates shall be held at such time and place, within or without the state of Florida, as may be fixed in the notice of such meeting.

504.3.2 Special meetings of the House of Delegates may be held at any time, pursuant to a resolution of either the Board of Directors or the House of Delegates.

504.3.3 A written notice of all annual and special meetings of the House of Delegates, stating the time, place, and preliminary agenda, shall be given to each member of the House of Delegates by mail or electronic mail to each member's last known address at least three weeks prior to the meeting date.

504.3.4 Each member of the House of Delegates, except for the representatives of allied and affiliate members, shall have one vote on each matter submitted to the House of Delegates of USMS for vote, consent, waiver, release, or other action. There shall be no voting by proxy.

504.3.5 A quorum shall consist of those members of the House of Delegates present and voting.

ARTICLE 505: Officers

505.1 Positions

The elected officers of USMS shall be president, vice president of administration, vice president of community services, vice president of local operations, vice president of programs, secretary, and treasurer. No person may concurrently hold more than one such office.

505.2 Elections and Term of Office

505.2.1 All officers of USMS shall be elected by the members of the House of Delegates at annual meetings held in odd-numbered years. Their terms of office shall commence at the close of the annual meeting of the House of Delegates at which they are elected.

505.2.2 Elected officers shall hold office for two years or until their successors are elected and qualified.

505.2.3 The current election operating guidelines shall govern the nomination and election proceedings.

505.2.4 Each officer is eligible for election to the same office for two terms. No person so elected for two successive terms is eligible for reelection to the same office until after the lapse of two years following the term of office to which that person was last elected.

505.3 Duties of Officers

The duties of the officers shall be as follows:

505.3.1 The president shall:

A Order meetings of USMS as provided in the code and preside at all meetings of USMS.

- B** Exercise all the duties pertaining to this office in accordance with the code.
- C** Serve as an ex officio member of all committees.
- D** Make appointments as required in Part 5 and as necessary to carry out the business of the corporation.
- E** Serve as chair of the Board of Directors and the Executive Committee, and as the presiding officer of the House of Delegates.

505.3.2 The vice presidents shall:

- A** Chair their respective divisions as designated in Appendix E.
- B** Coordinate their respective committees' activities and funding as set forth in article 507.

In the event the president is unable to perform assigned duties, the vice president of administration shall perform these duties or, if the vice president of administration is unable to perform such duties, they pass to the vice president of local operations.

505.3.3 The secretary shall make proper arrangements to:

- A** Keep the records of USMS and the House of Delegates.
- B** Conduct all official correspondence of USMS.
- C** Issue all official notices of all meetings of the House of Delegates and Board of Directors.
- D** Serve as secretary of the House of Delegates and Board of Directors.

505.3.4 The treasurer shall:

- A** Be the custodian of all corporate funds.
- B** Oversee the receipt of all USMS funds and all deposits to the accounts of USMS.
- C** Oversee the disbursement of USMS funds as authorized in accordance with the budget.
- D** Invest USMS funds in a prudent manner for the benefit of USMS, in accordance with the investment policies established by the Board of Directors.
- E** Oversee the maintenance of accurate and reliable financial records that document the receipt and disbursement of USMS funds.
- F** Ensure that internal accounting controls are in place to protect USMS assets.

ARTICLE 506:

Board Of Directors

506.1 Membership

506.1.1 The voting members of the Board of Directors of this corporation shall consist of:

- A** Each voting member of the Executive Committee.
- B** An at-large director from each zone, nominated by that zone and elected by the House of Delegates.

506.1.2 The nonvoting members of the Board of Directors shall consist of the chief executive officer, legal counsel, all past presidents not already voting members, a representative of each allied organization (as approved by the Board of Directors), and a representative from USA Swimming.

506.2 Election and Term of Office of At-Large Directors

506.2.1 At-large directors shall be elected at annual meetings held in even-numbered years. Their terms of office shall commence at the close of the annual meeting of the House of Delegates at which they are elected.

506.2.2 At-large directors shall hold office for two years or until their successors are elected.

506.2.3 The current election operating guidelines shall govern the nomination and election proceedings.

506.2.4 Each at-large director is eligible for election to the same office for two consecutive terms. No person so elected for two successive terms is eligible for reelection to the same position until after the lapse of two years following the term of office to which that person was last elected.

506.3 Powers

The powers of the Board of Directors shall be:

506.3.1 To act for USMS and the House of Delegates between meetings of the House of Delegates, except that it shall not have the authority to assume the non-delegable powers of the House of Delegates set forth in article 504.2.3.

506.3.2 To alter, amend, or repeal the articles of incorporation.

506.3.3 To adopt and amend policies of USMS.

506.3.4 To create, modify, or disband committees of the Board.

506.3.5 To provide for efficient and effective use of financial and other resources.

506.3.6 To prepare or cause to be prepared, prior to each annual meeting, the USMS budget for the next fiscal period and submit same to the House of Delegates for approval.

506.3.7 To consider and make determinations regarding budget variance requests.

506.3.8 To employ, evaluate, and terminate a chief executive officer, who shall report to the Board of Directors.

506.3.9 To oversee elections of officers and Board members, in accordance with election operating guidelines. Conduct of officer and Board member elections shall be delegated to the Elections Committee.

506.3.10 To exercise the emergency power to adopt or suspend any swimming rule (Part 1 or Part 3) or administrative regulations of competition (Part 2) provided that the Board, with the advice and consent of the Rules Committee for Part 1, Legislation Committee for Part 2, Long Distance Committee for Part 3, and legal counsel, determines that immediate action is required to serve the interests of USMS. An action taken under this emergency provision shall be effective until the next meeting of the House of Delegates. The president shall make a detailed report of the actions taken to the entire membership of the House of Delegates within 30 days of the action taken.

506.4 Meetings

- 506.4.1** A minimum of two meetings of the Board of Directors shall be held each year.
- 506.4.2** Meetings of the Board of Directors shall be held at any time or place, within or without the state of Florida, pursuant to (i) a resolution of the Board of Directors or (ii) a call signed by the president or any three directors. Two days' written notice of such meeting shall be given to each director. Notice of any meeting may be waived in writing before or after such meeting.
- 506.4.3** The Board of Directors may participate in any regular or special meeting by, or conduct the meeting through the use of, any means of communication, including telephone, by which all directors participating may simultaneously hear each other during the meeting. A director participating in a meeting by this means is deemed to be present in person at the meeting.

506.5 Quorum

The presence of a majority of the directors with voting privileges shall constitute a quorum at any meeting of the Board of Directors.

506.6 Voting Privileges

Each voting member of the Board of Directors shall have one vote. The president may vote by ballot or when the vote could change the outcome. There shall be no voting by proxy.

506.7 Permanent Committees of the Board

There shall be permanent committees of the Board as set forth in this article. Unless otherwise stated in this article, the president, with the concurrence of the Board, shall appoint the committee chair and the members of each permanent committee. Committee members shall be chosen from the Board and shall also include at least one member of USMS not on the Board. The presence of a majority of the committee members with voting privileges shall constitute a quorum at any meeting of a permanent committee of the Board, except for scheduled meetings in conjunction with the annual meeting of the House of Delegates, where a quorum shall consist of those members of the committee present and voting.

- 506.7.1 Audit Committee**—The Audit Committee shall assist the Board of Directors with its financial oversight responsibilities. The committee shall review and monitor the reliability and integrity of the financial statements of Masters Swimming; monitor compliance with tax, legal, and regulatory requirements; monitor and evaluate effectiveness of the organization's operating systems; and monitor the independence and performance of USMS's external auditors. In performing its duties, the committee shall confer directly with USMS management and external auditors and shall report its findings and recommendations in writing to the Board.
- 506.7.2 Compensation and Benefits Committee**—The Compensation and Benefits Committee shall assist the Board of Directors in setting the compensation and performance goals of the chief executive officer and shall make recommendations to the Board of Directors regarding compensation and benefit plans, policies, and programs for USMS.

- 506.7.3 Finance Committee**—The Finance Committee shall:
- A** Propose policies pertaining to the financial affairs of USMS for approval by the Board of Directors.
 - B** Receive and review the reports of the treasurer and National Office.
 - C** Cause to be prepared a summary of the above reports to be presented to the Board of Directors.
 - D** Annually receive and compile budget requests for the next fiscal year.
 - E** Assist in the preparation of the USMS annual budget for the next fiscal period and submit same to the Board of Directors for approval and then to the House of Delegates for ratification.
- 506.7.4 Governance Committee**—The Governance Committee shall be responsible for ongoing review and recommendations to enhance the quality and future viability of the Board and the USMS governance structure, including committees and local and regional divisions of USMS. The committee shall be composed of Board and non-Board members with relevant involvement or expertise in governance and organizational development. The president shall appoint all committee members and a chair of the committee.
- 506.7.5 Investment Committee**—The Investment Committee shall be responsible for developing and submitting written recommendations for Board of Directors' approval of investment objectives, asset allocation targets, and performance measurement standards that are consistent with the overall fund investment goals. The committee shall review and evaluate investment results at least quarterly and take whatever action is deemed prudent when the advisor or any selected investment fails to meet performance expectations. The committee shall be responsible for ensuring compliance with all relevant federal and state regulation.
- 506.7.6 Elections Committee**—The Elections Committee shall be responsible for conducting elections of officers and Board members, in accordance with election operating guidelines. The members of the Elections Committee shall not have conflicts of interest with such elections. Candidates for election are not eligible to serve on the committee.
- 506.8 Executive Committee**
- 506.8.1** The Executive Committee shall be a committee of the Board of Directors.
- 506.8.2** The voting members of the Executive Committee shall consist of:
- A** The officers of USMS.
 - B** The immediate past president.
- 506.8.3** The nonvoting members of the Executive Committee shall consist of:
- A** The legal counsel.
 - B** The chief executive officer.
- 506.8.4** The Executive Committee shall have the authority to:
- A** Carry out policies established by the Board of Directors.
 - B** In an emergency, assume the policy-making responsibilities of the Board of Directors. An action taken under this emergency provision shall be effective until the next meeting of the Board of Directors. The president

shall make a detailed report of the actions taken to the entire membership of the Board of Directors within 30 days of the action taken.

506.9 Removal of Board Members

A voting director, including an officer, may be removed by the Board for failing to attend more than half of the Board meetings during any 12-month period, unless there are demonstrable extenuating circumstances to excuse the absences. Lacking such circumstances, the director shall be removed by a two-thirds vote of the Board. The director in question shall have no vote on such removal.

506.10 Vacancies

A vacancy in the position of a voting director, including an officer, may be filled for the remainder of the unexpired term by the Board of Directors. An appointed director/officer shall have full rights and responsibilities of the position/office.

ARTICLE 507: Committees and Appointments

507.1 Standing Committees

Standing committees shall be as listed in this article. Unless otherwise specified in this article, the president, with the concurrence of the Executive Committee, shall appoint the chair of each committee, and the president, with the concurrence of the committee chair, shall choose committee members from the individual membership of USMS. When practical, each committee shall have representation from each zone. Committee chairs and committee members shall serve at the pleasure of the president. Each standing committee shall report to an officer of the corporation, who shall be an ex officio member of that committee. Standing committees shall conduct business as necessary throughout the year and shall meet in conjunction with the annual meeting of the House of Delegates. Each committee member shall have one vote. The president may appoint associate members to committees that have reached their full membership. Associate members have participatory rights but no vote or automatic delegate status. The chief executive officer or designee shall be an ex officio member of each standing committee. Associate and ex officio members shall have voice but no vote. The presence of a majority of the committee members with voting privileges shall constitute a quorum at any meeting of a standing committee, except for scheduled meetings held in conjunction with the annual meeting of the House of Delegates, where a quorum shall consist of those members of the committee present and voting.

507.1.1 Championship Committee—The Championship Committee shall serve in an advisory capacity to national championship hosts and make recommendations and decisions that enhance the quality of championship meets. The committee, with the assistance of the USMS National Office staff, shall solicit and receive bid proposals. The committee shall review bid proposals and select sites for national championship meets. The committee shall consist of the committee chair and sufficient members to execute the committee function, including at least three members who have had experience in overseeing a national championship meet and two members without such experience.

507.1.2 Coaches Committee—The Coaches Committee shall recruit, educate, and support coaches for USMS members. The committee shall consist of the committee chair and sufficient members to execute the committee function.

- 507.1.3 Fitness Education Committee**—The Fitness Education Committee shall promote the fitness, health, and lifestyle benefits of Masters Swimming. The committee may also offer programs to members for this purpose. The committee shall consist of the committee chair and sufficient members to execute the committee function.
- 507.1.4 History and Archives Committee**—The History and Archives Committee shall record, collect, and preserve documents, stories, photos, exhibits, oral histories, and other memorabilia in an appropriate repository and in durable formats to ensure that the achievements of USMS and Masters swimmers will be maintained for posterity. The archived information shall be made available. The committee shall consist of the committee chair and sufficient members to execute the committee function.
- 507.1.5 Legislation Committee**— The Legislation Committee may initiate and shall receive, consider, and report proposed amendments with the committee’s recommendations at the annual meeting of the House of Delegates, in accordance with the provisions of Part 6, which includes proposed changes to: Code of Regulations, Organizing Principles, Glossary, Part 2: Administrative Regulations of Competition, Part 4: Participation, Conduct, Hearings, and Appeals, Part 5: United States Masters Swimming Inc.: Organization and Bylaws, and Part 6: Amendment Procedures. When necessary, the committee shall interpret and render opinions regarding any provision of the rules and regulations of USMS within the committee’s jurisdiction as defined in article 601.1. The committee shall consist of the committee chair and sufficient members to execute the committee function, with at least one member from each zone, not to exceed 16 additional members. The Rules Committee chair shall be an ex officio member of the committee.
- 507.1.6 LMSC Development Committee**—The LMSC Development Committee shall work to strengthen LMSC governance and operations by providing educational opportunities and mentoring for LMSC boards and officers. The committee shall provide support for LMSCs. The committee shall review and identify LMSCs that are not meeting LMSC standards as defined by the Board of Directors and assist them in achieving compliance. The committee may consult with other committees, coordinators, and special appointments as necessary for this purpose. The committee may initiate and shall receive, consider, and report proposed amendments to Appendix D: Zone and LMSC Boundaries, with the committee’s recommendations, at the annual meeting of the House of Delegates, in accordance with the provisions of Part 6. The committee shall consist of the committee chair and sufficient members to execute the committee function.
- 507.1.7 Long Distance Committee**—The Long Distance Committee shall oversee the rules and administration of open water and long distance events. The committee shall solicit and review bid proposals and select the sites for the long distance championship events. The committee shall work in a coordinating and advisory capacity with event hosts and make recommendations to enhance the quality of long distance championship events. The committee shall maintain records and select the Long Distance All-American and Long Distance All-Star Teams. The committee shall assure that the competitive rules in Part 3 of the USMS rules and regulations provide for fair and equitable competition in the best interests of all USMS members and that

these members are informed of current rules, interpretations, and changes. The committee may initiate and shall accept, consider, and report proposed amendments, with the committee's recommendations, at the annual meeting of the House of Delegates, in accordance with the provisions of Part 6. When necessary, the committee shall interpret and render opinions regarding any provision of the rules and regulations of USMS within the committee's jurisdiction as defined in article 601.1. The committee shall consist of the committee chair and no more than 16 additional members. The Open Water Committee chair shall be an ex officio member of the committee.

507.1.8 Officials Committee—The Officials Committee shall be responsible for conducting training, education, and certification programs to ensure that the competitive program offered to USMS members is conducted with the highest standard of professional officiating and in full conformance with USMS rules and regulations. The committee shall consist of the committee chair and sufficient members to execute the committee function.

507.1.9 Open Water Committee—The Open Water Committee shall promote the development of and participation in open water swimming. The committee shall develop educational resources for open water participants and event directors. The committee, with input from the Long Distance Committee, shall prepare guidelines pertaining to the management of USMS open water swimming for approval by the Board of Directors. The committee shall increase awareness about open water swimming and identify opportunities to promote USMS. The committee shall consist of the committee chair and sufficient members to execute the committee function. The Long Distance Committee chair shall be an ex officio member of the committee.

507.1.10 Recognition and Awards Committee—The Recognition and Awards Committee shall promote recognition of service to USMS. The committee shall review and approve proposals for all official USMS service awards and ensure that a history of all service awards is maintained. The committee shall be involved in determining method of recognition and recipient selection when appropriate. The committee shall consist of the committee chair, at least four Ransom J. Arthur Award recipients, and sufficient other members to execute the committee function. The committee should include representatives from other committees that present service awards.

507.1.11 Records and Tabulation Committee—The Records and Tabulation Committee shall establish and maintain standardized procedures to verify and record results of pool meets. This shall include maintaining the list of certified pool measurements and coordinating sanction, pool measurement, and event results databases. The committee shall maintain USMS records, All-American and All-Star rosters, and USMS Top 10 times for each course, and shall publish all of the above at least annually. The committee shall consist of the committee chair and sufficient members to execute the committee function.

507.1.12 Registration Committee—The Registration Committee shall develop effective procedures for registering members and advise the Board of Directors on registration policies. Committee members shall assist LMSC registrars and communicate current policies and procedures. The committee shall consist of the committee chair, one member from each zone, and one member-at-large.

- 507.1.13 Rules Committee**—The Rules Committee shall ensure that the competitive rules in Part 1 of the USMS rules and regulations provide for fair and equitable competition in the best interests of all USMS members. The committee shall ensure that the USMS members are informed of current rules, interpretation, and changes. The committee may initiate and shall accept, consider, and report proposed amendments, with the committee's recommendations, at the annual meeting of the House of Delegates, in accordance with the provisions of Part 6. When necessary, the committee shall interpret and render opinions regarding any provision of the rules and regulations of USMS within the committee's jurisdiction as defined in article 601.1. The committee shall consist of the committee chair, and sufficient members to execute the committee function, with at least one member from each zone, not to exceed 16 additional members. The Legislation Committee chair, the Officials Committee chair, and the USA Swimming Rules and Regulations Committee chair shall be ex officio members of the committee.
- 507.1.14 Sports Medicine and Science Committee**—The Sports Medicine and Science Committee shall educate members and the public on topics of sports medicine and science. The committee shall stimulate and encourage research pertaining to Masters Swimming. The committee shall consist of the committee chair and sufficient members to execute the committee function.

507.2 Ad Hoc Committees

The president may establish other committees on an ad hoc basis that are deemed necessary to carry out the duties of the president. The president shall provide the Board of Directors a written description of the ad hoc committee's purpose.

507.3 Appointments

- 507.3.1 Coordinators**—The president, with the concurrence of the Executive Committee, may appoint coordinators. The Board of Directors may grant a coordinator the same rights and responsibilities as the chairs of standing committees. A coordinator, with the concurrence of the president, may appoint a working group to assist the coordinator.
- 507.3.2 Legal counsel**—The president shall appoint the legal counsel. The legal counsel shall be an ex officio member of the Board of Directors, Executive Committee, and Legislation Committee.
- 507.3.3 Special assignments**—The president may make special assignments that are deemed necessary to carry out the duties of the president and shall provide a written description of duties to the Board of Directors.
- 507.3.4 Liaisons**—The president may appoint liaisons to other organizations to further the interests of USMS. The president shall provide a written description of duties to the Board of Directors.

ARTICLE 508: Financial Policy

508.1 Fiscal Year

USMS shall have a one-year fiscal period for tax and accounting purposes commencing on the first day of January.

508.2

508.2 Fees

Fees shall be established by the House of Delegates.

508.3 Budget Requests

Changes to a budget submitted by the Board of Directors shall require a two-thirds approval by the House of Delegates.

ARTICLE 509: Parliamentary Authority

509.1 Parliamentary Authority

Unless otherwise specified, and subject to all standing rules, the current *Robert's Rules of Order* shall govern all USMS meetings and proceedings.

ARTICLE 510: Indemnification

510.1 Coverage

Each person who is or was a director, officer, or employee of USMS (including the heirs, executors, administrators, or estate of such person) shall be indemnified by USMS to the full extent permitted by the Nonprofit Corporation Law of the state of Florida against any liability, cost, or expense incurred in the capacity as director, officer, or employee, or arising out of the status as a director, officer, or employee (including serving at the request of USMS as a director, trustee, officer, employee, or agent of another not-for-profit organization).

510.2 Insurance

USMS may maintain insurance, at its expense, to protect itself and any such person against any such liability, cost, or expense. For the purpose of article 510, references to "USMS" include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

ARTICLE 511: Dissolution

If deemed advisable by the members, USMS may be dissolved pursuant to the applicable provision of the corporation laws of the state of Florida.

511.1 Dissolution

Upon the dissolution of USMS, the Board of Directors shall, after paying or making provision for the payment of all the liabilities of USMS, dispose of all the assets of USMS exclusively for the purposes of USMS or to such organization or organizations organized and operated exclusively for charitable, educational, religious, literary, or scientific purposes as shall qualify as exempt organizations under section 501(c)(3) of the Internal Revenue Code of 1986, as it may be amended.

MALIBU[®]C

wellness beauty collection



crueltyfree
and vegan



SwimCare[®] Wellness Collection

You Work Hard for **GREAT RESULTS ...**
You Don't Have to Work Hard for **GREAT HAIR!**

WELLNESS HAIR SOLUTIONS FOR:

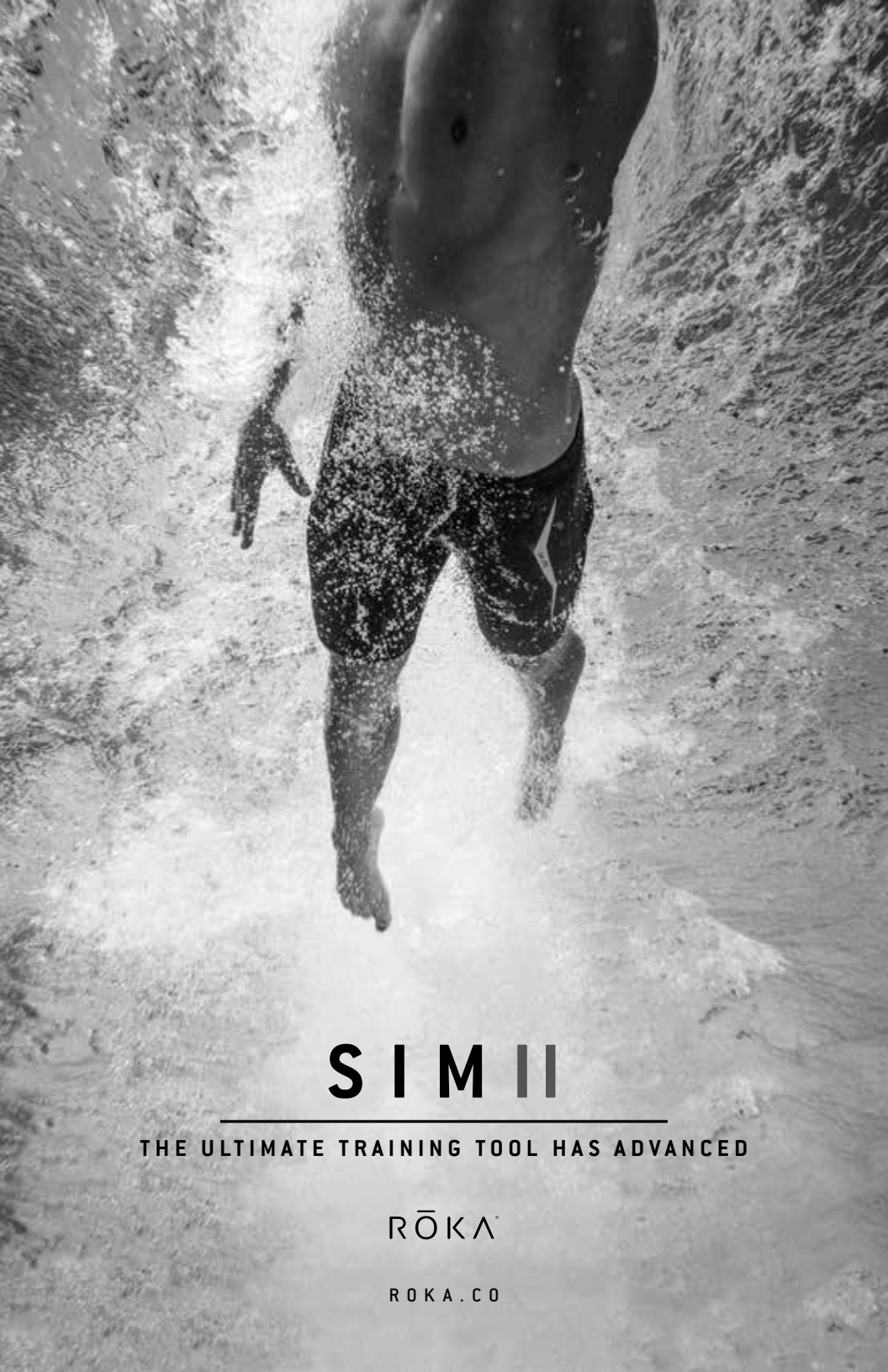
- | | |
|---|--|
| <input checked="" type="checkbox"/> Green Discoloration | <input checked="" type="checkbox"/> Dry/Rough Texture |
| <input checked="" type="checkbox"/> Excessive Color Fading | <input checked="" type="checkbox"/> Weighed-Down/Limp Hair |
| <input checked="" type="checkbox"/> Resistant Grey Coverage | <input checked="" type="checkbox"/> Hard Water Mineral Buildup |
| <input checked="" type="checkbox"/> Brassy/Ashy/Muddy Blondes | <input checked="" type="checkbox"/> Crunchy/Gummy Appearance |



**U.S. MASTERS
SWIMMING** | Official
Partner

Formulated Without: Gluten, Parabens and Sulfates

www.MalibuC.com ■ 1.800.622.7332



SIM II

THE ULTIMATE TRAINING TOOL HAS ADVANCED

RŌKA

ROKA.CO

PART 6:

AMENDMENT PROCEDURES

ARTICLE 601: Amendments

601.1 Committee Jurisdiction

- 601.1.1 Legislation Committee**—Proposed changes to the Code of Regulations (Organizing Principles, Glossary, Part 2: Administrative Regulations of Competition, Part 4: Athletes' Rights, Hearings, and Appeals, Part 5: United States Masters Swimming Inc.: Organization and Bylaws, and Part 6: Amendment Procedures) shall be considered by the Legislation Committee for report and recommendation to the House of Delegates.
- 601.1.2 LMSC Development Committee**—Proposed changes to the Code of Regulations (Appendix D: Zone and LMSC Boundaries) shall be considered by the LMSC Development Committee for report and recommendation to the House of Delegates.
- 601.1.3 Long Distance Committee**—Proposed changes to Part 3: Open Water and Long Distance Swimming Rules and the Glossary shall be considered by the Long Distance Committee for report and recommendation to the House of Delegates.
- 601.1.4 Rules Committee**—Proposed changes to Part 1: Swimming Rules and the Glossary shall be considered by the Rules Committee for report and recommendation to the House of Delegates.
- 601.1.5 Executive Committee**—Proposed changes to all other sections of the *USMS Code of Regulations and Rules of Competition* shall be considered by the Executive Committee or committee designated by the president. Such proposals are not subject to the provisions of articles 601.1, 601.2, 601.3, and 601.4.

601.2 Submission of Proposed Amendments

- 601.2.1 Authorization**—Changes to the *USMS Code of Regulations and Rules of Competition* may be proposed only by an LMSC, a standing committee of the House of Delegates, the Board of Directors, or the Executive Committee.
- 601.2.2 Format**—Proposed changes shall be in such form as to show the section as it will read if adopted, with any changes in language underlined if new and lined out if deleted.
- 601.2.3 Submission Deadline**—The deadline for changes submitted by an LMSC to the chair of the LMSC Development Committee is February 1 to be considered as described in article 601.4.4. Proposed changes to the *USMS Code of Regulations and Rules of Competition* by an LMSC must be submitted to the chair of the Legislation, Long Distance, or Rules Committee not later than June 10 to be considered as described in articles 601.4.1, 601.4.2, and 601.4.3.

6

601.2.4 Submissions After the Deadline—The Board of Directors, Executive Committee, or standing committees of the House of Delegates may propose changes to the USMS code after June 10. Submissions after the deadline may be adopted in accordance with articles 601.4.1, 601.4.2, or 601.4.3 by a two-thirds vote of the committee of jurisdiction, provided the proposed amendment is made available to all members of the House of Delegates in advance of the annual meeting. All other submissions after the deadline shall be considered as emergency amendments and adopted in accordance with article 601.4.6.

601.2.5 Publication of Proposed Amendments—All proposed changes shall be published and distributed to each LMSC and each member of the House of Delegates not later than August 15.

601.3 Modification of Proposed Amendments

Proposed amendments may be modified in any manner by the Legislation, LMSC Development, Long Distance, or Rules Committees, or the House of Delegates, where appropriate, while under consideration by said body. Such modification must be germane to the subject matter and intent of the proposed change. Such modification by the Legislation, LMSC Development, Long Distance, or Rules Committees requires a majority vote. Such modification by the House of Delegates requires a two-thirds vote.

601.4 Adoption of Proposed Amendments

The *USMS Code of Regulations and Rules of Competition* may only be altered, amended, repealed, or otherwise changed at the annual meeting of the House of Delegates and only as follows:

601.4.1 Rules—Part 1 and the Glossary may be amended by a majority vote of the House of Delegates members present and voting if the proposed amendments are submitted to and recommended by the Rules Committee, or by a two-thirds vote of the House of Delegates members present and voting if the proposed amendments are submitted to and NOT recommended by the Rules Committee.

601.4.2 Long Distance—Part 3 and the Glossary may be amended by a majority vote of the House of Delegates members present and voting if the proposed amendments are submitted to and recommended by the Long Distance Committee, or by a two-thirds vote of the House of Delegates members present and voting if the proposed amendments are submitted to and NOT recommended by the Long Distance Committee.

601.4.3 Legislation—The Organizing Principles, Glossary, Part 2, Part 4, Part 5, and Part 6 may be amended by a majority vote of the House of Delegates members present and voting if the proposed amendments are submitted to and recommended by the Legislation Committee, or by a two-thirds vote of the House of Delegates members present and voting if the proposed amendments are submitted to and NOT recommended by the Legislation Committee.

601.4.4 LMSC Development—Appendix D may be amended by a majority vote of the House of Delegates members present and voting if the proposed amendments are submitted to and recommended by the LMSC Development Committee, or by a two-thirds vote of the House of Delegates members present and voting if the proposed amendments are submitted to and NOT recommended by the LMSC Development Committee.

601.4.5 Proposed Amendments Requiring Action of More Than One Committee—In any year, proposed amendments to the *USMS Code of Regulations and Rules of Competition* that fall within more than one jurisdiction, as described in articles 601.4.1, 601.4.2, 601.4.3, and 601.4.4, may be submitted as an indivisible package to be considered by the House of Delegates, subject to the following:

- A** Each and every committee under whose jurisdiction the amendment proposals fall votes by a two-thirds majority to accept the proposed amendments as a package to be considered in the whole.
- B** If the conditions of article 601.4.5A are met, the indivisible package may be approved by a majority vote of the House of Delegates members present and voting if recommended by all committees with jurisdiction, or by a two-thirds vote of the House of Delegates members present and voting if the indivisible package fails to receive the recommendation of all committees with jurisdiction.

601.4.6 Emergency Amendments—Emergency amendments (amendments not submitted in conformity with articles 601.4.1, 601.4.2, and 601.4.3) may be passed by a nine-tenths vote of the House of Delegates members present and voting if they are properly submitted to, deemed an emergency by, and recommended by the appropriate governing committee as defined in article 601.1.

601.4.7 USA Swimming Amendments That Affect USMS Rules

- A** Amendments to USA Swimming articles 101, “Individual Strokes and Relays,” 102, “Conduct and Officiating of All Swimming Competition,” and 105, “Guidelines for Officiating Swimmers With a Disability in USA Swimming Meets,” shall automatically be adopted by USMS unless the USMS House of Delegates votes to reject those amendments. Amendments to USA Swimming article 103, “Facility Standards,” may be recommended by the Rules Committee for adoption by the House of Delegates.
- B** If amendments to USA Swimming articles 101 and 102 are adopted between the annual meetings of the House of Delegates, the corresponding portions of Part 1 shall automatically be adopted by USMS, except that such amendments may be altered, amended, repealed, or changed by a nine-tenths vote of the Rules Committee and a majority vote of the Executive Committee.

601.4.8 FINA Masters Swimming Amendments That Affect USMS Rules—If amendments to the FINA Masters Technical Rules are adopted between the annual meetings of the House of Delegates, the corresponding portions of Part 1 shall be automatically adopted by USMS, except that such amendments may be altered, amended, repealed, or changed by a nine-tenths vote of the Rules Committee and a majority vote of the Executive Committee.

601.5 Effective Date

Unless otherwise specified, all changes approved as prescribed shall become effective on January 1 of the year following their adoption.

[illegible]

RESTORING & REBUILDING SWIMMER'S SKIN & HAIR

trusted
SBR SPORTS, INC. BRANDS
since 2004

TRI SWIM.

skin slick

lube for tech suits

FOGGIES

DERMASPORT

restores swimmers facial skin

www.sbrsportsinc.com



"I didn't just get an awesome swimming vacation when I signed up, I lifted my swim game, got a stack of fantastic memories and a whole new set of swimming buddies." ~ Catherine C.



SwimTrek®
SWIMMING ADVENTURE HOLIDAYS SINCE 2003


**U.S. MASTERS
SWIMMING**
Official Partner

APPENDIX A: RECORDS

USMS maintains records for all pool events defined in Article 102.5 in addition to the ePostals and the 2-mile cable swim.

Beginning with the 2017 USMS Rule Book, the aforementioned records are no longer published in the Rule Book because the records published in the Rule Book cannot be kept current.

For the most up-to-date and complete records listings, please access the USMS Website, Events & Results tab, Pool: Records or Open Water & ePostals: Records. There is a link to FINA Masters Records from the Pool: Records display.

New pool records are added to the online system whenever they are received by the National Swims Administrator and supported with proof-of-age documentation by the record holder. USMS pool records must be received and ratified within 90 days of the end of the season in which the pool records were set. FINA records must be ratified within 60 days of the date of the swim, which is a different deadline than that for USMS records.

DISCREPANCIES AND ERRATA: Please note that the USMS record is faster than the world record in some events. Possible reasons for these discrepancies include: (a) the application for the USMS record has been approved, but the application for the world record still is in progress or (b) the application for the world record was not submitted within 60 days of the date of the performance.

CORRECTIONS: Any questions about the published records should be addressed to:

Pool Records

Mary Beth Windrath
10235 SW Citation Dr
Beaverton, OR 97008
usmsrecords@usms.org

Open Water and Long Distance Records

Ali Hall
68 Montezuma St
San Francisco, CA 94110
longdistance@usms.org



Notes

[illegible]

APPENDIX B:

INFORMATION FOR MEET DIRECTORS AND OFFICIALS

USMS-Approved Certifying Bodies

USMS approves USA Swimming, USMS (through its LMSCs), YMCA, Federation of High School Swimming Officials, College Swimming Officials Association (NCAA), and San Diego–Imperial LMSC as organizations for certifying officials.

Enforcement of Rules

USMS rules shall be applied uniformly regardless of age.

Differences Between USA Swimming and USMS Rules

All provisions under Part 1 of USMS Swimming Rules are effective January 1, 2018 [USA-S provisions under Part One, the Technical Rules, are effective May 1, 2018]. USMS follows USA Swimming's Technical Rules, Articles 101, 102, and 105, with the following exceptions (USA Swimming and USMS rule references in brackets):

Note: The summary of differences is only intended as information for meet directors, officials, coaches, and swimmers. Please refer to the relevant rule citation for the controlling provision(s).

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 the 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 but not for the freestyle portion of medley relay events. [USMS 101.1.1 and 101.5.1; USA-S Glossary "Forward Start" and 101.1.2]

MS1.2 Butterfly—The breaststroke 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 kick is permitted per arm pull except that a single breaststroke kick is permitted prior to the turn and finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the arm pull that brings the swimmer to the surface. [USMS 101.3.2 and 101.3.3; USA-S 101.3.2 and 101.3.3]

- MS1.3 Backstroke**—Note: The swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a “continuous turning action.” [USMS 101.4.3; USA-S 101.4.3]
- MS1.4 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 the feet of a swimmer lose touch with the end of the course before the preceding teammate touches the wall. The relay team shall be disqualified even if the swimmer in default returns to the original starting point at the wall after the preceding teammate has touched the wall. [USMS 101.7.3E and F; USA-S 101.7.4E and G]
- MS1.5 Long distance swimming**—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; USA-S 101.8]
- MS2 Swimming Competition**
- MS2.1 Personnel**— The minimum personnel at USMS sanctioned or recognized USMS meets (other than national championships) shall include the following: one referee, one starter, and two stroke and turn judges. 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 by a USMS-approved certifying body. A referee who is certified as a stroke and turn judge or starter by a USMS-approved certifying body (including USA Swimming) shall receive training in the duties of a referee. Starters and stroke and turn judges who are uncertified shall receive training in the duties of their positions. One or two place judges may be positioned on the side of the course near the finish to judge the order of finish of all swimmers. However, place judge results may not be used to change the order of finish produced by ranking the official times. Note: USMS has a meet committee rather than a meet jury. [USMS 103.2, 103.3, 103.10.6, 102.10.5, 103.5, and 102.14.2; USA-S 102.10.3, 102.10.2, 102.9, and 102.23.3]
- MS2.3 Warm-up**— In pools of five lanes or more, a separate warm-up area must be made available to swimmers during the competition. 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. Swimmers may warm down in their assigned lanes following the conclusion of an event and shall not be disqualified if such action does not delay the start of the next event. If the meet is a dual-sanctioned meet with USA Swimming, the requirements for continuous warm-up may be adjusted depending on availability of warm-up space at the venue by agreement between the LMSC and LSC host clubs. Once the entry information is published, changes which further

- restrict the availability of continuous warm-up/warm-down space are not permitted. [USMS 102.4.1 and 102.4.2; USA-S none]
- MS2.4 Relays**—First and last names of eligible swimmers, their ages, and order of swimming shall be submitted to the clerk of course or to the head lane timer. [USMS 102.9.5; USA-S 102.3.7]
- 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., preliminary heats and finals). If a format other than timed finals is used, competitors are limited to three individual events per day. Independent attempts to establish official times (“time trials”) are permitted only in USMS-sanctioned short course yards meets other than national championship meets[USMS 102.5 and 102.6; USA-S 102.2]
- 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; USA-S 102.1.4 and 102.7.2]
- 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; USA-S 102.5.6]
- 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; USA-S 102.6A]
- 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 the USMS Rules Committee Chair shall be eligible for consideration at USMS competitions. [USMS 102.12.1E, 102.13.10, and 102.12.1C(1); USA-S 102.8.1E and 102.8.1B[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. USMS does not prohibit wearing the insignia or name of another club, does not prohibit body advertising such as temporary tattoos, and does not prohibit the advertising of political statements. [USMS 102.12.2; USA-S 102.8.3]
- MS2.10 Timing system designation**—USMS records may only be established using automatic timing or, in the event of an individual lane malfunction, with a semiautomatic backup system consisting of three, two, or one button(s). USMS Top 10 times may be established when both the automatic primary and semiautomatic secondary systems fail (no valid

button times) if the times are reported by a manual tertiary system using a minimum of one valid watch time. USMS Top 10 times may be established when the minimum two-button semiautomatic primary system fails (no valid button times) if the times are reported by a manual backup system with three, two, or one valid watch times. USMS Top 10 times may be established when the times are reported by a manual primary timing system with a minimum of two valid watch times. [USMS 103.18.5-103.18.7; USA-S 102.24.3A(3)]

MS2.11 Records and Top 10

MS2.11.1 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; USA-S 104.2.2C(4)(a)]

MS2.11.2 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 measurement 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; USA-S 104.2.1F]

MS2.11.3 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 leadoff split time will be considered for USMS records provided automatic timing is used. [USMS 103.18.1, 103.18.4, 105.2.2A, D, and E, 105.3.7A; USA-S 104.2.1E]

MS2.11.4 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. (Exception: If the meet referee approves the automatic recording of splits with the concurrence of the meet host, a written request is not required.) 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 (when automatic timing is used). [USMS 103.18.1B(1), 103.18.1B(2), 103.18.1C, and 103.18.2; and 105.2.2B, C, D and E; and 105.3.7; USA-S none]

MS2.11.5 Required documentation for USMS records includes the referee's signature, as well as the printout from the automatic or semiautomatic timing equipment, and a copy of the heat sheet. The heat sheet shall show the swimmer's name, heat number, and lane number in which the record was achieved. [USMS 105.3.9 and 103.18.5-103.18.7; USA-S 104.2.2C(3)]

MS2.11.6 USMS records and top 10 times can only be made in fresh water. No records or top 10 times will be recognized in any kind of sea or ocean water. (USMS 105.2.4 and 105.3.5; USA-S None)

MS2.12 Scratch procedures—Swimmers or relay teams not reporting for or competing in an event are not penalized. [USMS 102.8.1; USA-S 102.4]

- MS2.13 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; USA-S 102.23.5]
- MS2.14 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; USA-S 205.2.2]
- MS2.15 Dual Sanctioned Meets**—If a USMS sanctioned meet is held in conjunction with a USA Swimming sanctioned meet (swimmers competing together in the same sessions), swimmers with dual membership must select only one organization with which to compete for the entire meet. [USMS 102.6.8; USA-S Appendix M]
- 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 106.2.3A(2); USA-S 103.2.3A and 103.2.2]
- 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 106.4.3; USA-S 102.5.5 and 103.5.3]
- MS3.3 Water 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 106.6; USA-S 103.7]
- 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. [USMS none; USA-S 305.3]

Dual Sanctioned Events (Combined, Parallel, and Interwoven Meets)

The number of inquiries as to what mechanisms are available for combining USA Swimming and USMS swimming meets has been increasing. The reasons for combining these meets are many, ranging from the limited availability of pool time and officials to the desire to promote the sport as a lifelong activity. There are several ways of accomplishing this goal within the rules and insurance policies of each organization. This document outlines these options.

It is assumed that all competitors are a member of USA Swimming, USMS, or both. Those that are members of both must select one organization with which to compete for the entire meet. 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.

Any of the joint meets described below must have sanctions from both USA Swimming 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 Swimming that would otherwise be barred from participation by their respective organizations.

USMS Record and Top Ten submissions must comply with all USMS documentation requirements.

Combined Meets—With the consent of all (co-)hosting teams and the LSC and LMSC, a combined meet may be sanctioned by both USA Swimming and USMS and all swimmers competing according to USA Swimming rules. This mechanism allows the meet host(s) to seed the event as they normally would, based upon times, with USA Swimming and USMS members combined in heats without specific lanes allocated to one organization or the other. Relay teams must consist of members of the same organization.

Parallel Meets—The two meets may be swum in parallel by assigning some number of lanes to USMS competitors and a different set to USA Swimming 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 would apply to their members.

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

Differences Between NCAA Swimming and USMS Rules

(NCAA and USMS rule references in brackets.)

Note: The summary of differences is only intended as information for officials and is not intended as a comprehensive listing of all rules and administrative regulations. Meet Directors and Referees should review the Glossary, Part One, and Part Two for a complete set of rules and regulations. Please see the relevant rule citation for the controlling provision(s).

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. 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 may take and maintain their positions with at least one foot at the front of the starting platform, the edge of the deck or in the water. On the starter's command "Take your mark," each swimmer shall immediately assume the starting position with at least one foot at the front of the platform, the deck, or the wall. Either the forward start or the backstroke start shall be used for freestyle events. [USMS 101.1.1, 101.5.1, and 103.8.5A; NCAA Rule 2, Section 1, Article 1]

Note: Making unnecessary noise during the start is not addressed in the USMS rules.

MS1.3 Declared false starts—There are no "declared false starts" in Masters swimming. [USMS 103.8.6; NCAA Rule 2, Section 1, Article 3e]

MS1.5 Backstroke turn—Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action. A swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a "continuous turning action" and must not be disqualified. [USMS 101.4.3; NCAA Rule 2, Section 2, Article 1c]

MS1.6 Butterfly—The breaststroke kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. Only one breaststroke kick is permitted per arm pull, except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull. [USMS 101.3.2 and 101.3.3; NCAA Rule 2, Section 2, Article 3c]

MS1.8 Relays—A relay team member who wishes to enter the water to start from the water shall notify the starter and be careful not to disturb or interfere with another swimmer or the timing system pad when in use. Relay swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may be allowed to 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 the feet of a swimmer lose touch with the end of the course before the preceding teammate touches the wall. The relay team shall be disqualified even if the swimmer in default returns to the original starting point at the wall after the preceding teammate has touched the wall. Mixed

relays shall consist of two men and two women, who may swim in any order. [USMS 101.7.3D, E, and F; NCAA Rule 2, Section 2, Article 7e and Rule 2, Section 5, Article 3a] First and last names of eligible swimmers, their ages, 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 relay heat in which such relay team is entered. No changes will be permitted thereafter. [USMS 102.9.6; NCAA Rule 2, Section 2, Article 7d and Rule 5, Section 1, Article 1b]

MS1.9 Disqualifications—The referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or the swimmer’s coach and inform one or both as to the reason for the disqualification. Failure to notify does not negate the disqualification. [USMS 102.13.2; NCAA Rule 4, Section 6, Article 1e]

MS2 Swimming Competition

MS2.1 Meet personnel—The minimum personnel at USMS sanctioned Masters swimming meets or recognized events shall include one referee, one starter, two stroke and turn judges, and two timers per lane (if automatic timing is not being used), or one timer per lane if automatic timing is used. The referee and starter may double as stroke and turn judges, but the referee and starter may not be the same person. The referee shall be certified as a referee. A referee who is certified as a stroke and turn judge or starter (by USA Swimming, USMS, YMCA, or any other USMS-approved certifying body) shall receive training in the duties of a referee. Starters and stroke and turn judges who are uncertified shall receive training in the duties of their positions. [USMS 103.2, 103.3, and Appendix B, “USMS-Approved Certifying Bodies”; NCAA Rule 4, Section 1] One or two place judges may be positioned on the side of the course near the finish to judge the order of finish of all swimmers. However, place judge results may not be used to change the order of finish produced by ranking the official times. [USMS 103.10.6; NCAA Rule 4, Section 16, Article 1].

MS2.2 Warm-up—In a pool of five lanes or more, a separate warm-up area must be made available to swimmers during the competition. If there is no other warm-up/warm-down area available in a pool of five lanes or more, one lane shall be set aside for warm-up/warm-down during the conduct of the meet. If there is no other warm-up/warm-down area available in a pool 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 shall be offered at least once every half hour of competition. Swimmers must enter the pool feet first in a cautious and controlled manner. Diving shall be permitted only in the designated lanes. If the meet is a dual-sanctioned meet with USA Swimming, the requirements for continuous warm-up may be adjusted depending on availability of warm-up space at the venue by agreement between the LMSC and LSC host clubs. If a continuous warm-up/warm-down space or area is not available, the entry information shall clearly state the availability of warm-up for USMS athletes. Once the entry information is published, changes which further restrict the availability of continuous

warm-up/warm-down space are not permitted. [USMS 102.4; NCAA none]

- MS2.3 Timed finals**—All short course meters events, long course meters events, and national championships shall be conducted on a timed-final basis. Other short course yards events may be conducted on a timed-final basis or other basis (e.g., preliminary heats and finals). If events are conducted using formats other than timed finals, competitors shall be limited to three individual events per day. Independent attempts to establish official times (“time trials”) are permitted only in USMS-sanctioned short course yards meets other than national championship meets. [USMS 102.5 and 102.6; NCAA Rule 5, Section 7, Articles 3 and 4]
- MS2.4 Seeding**—Age groups, genders, and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled. Seeding at meets other than national championships may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events (400 yards or longer) within a meet. Women’s and men’s heats may be alternated in the distance events. [USMS 102.10.1B—D; NCAA Rule 5, Sections 6 and 7]
- MS2.5 Counters**—A swimmer in any individual event of 16 lengths or more, except the individual medley, may appoint one counter to call lengths or indicate lengths by visual sign. Verbal counters may use watches and signal intermediate times to the swimmer. 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. The count may be ascending or descending order. Violations of these provisions are not grounds for disqualification. [USMS 102.10.6; NCAA Rule 2, Section 3]
- MS2.6 Timing system designation**—USMS records may only be established using automatic timing or, in the event of an individual lane malfunction, with a semiautomatic backup system consisting of three, two, or one button(s). USMS Top 10 times may be established when timed with a semiautomatic primary system (automatic start and manual finish) using a minimum of two buttons and when timed with a manual primary system using a minimum of two watches. USMS Top 10 times may be established when both the automatic primary and semiautomatic secondary systems fail (no valid button times) if the times are reported by a manual tertiary system using a minimum of one valid watch time. USMS Top 10 times may be established when a semiautomatic primary system fails (no valid button times) if the times are reported by a manual backup system with a minimum of one valid watch times, or when the times are reported by a manual primary timing system with a minimum of two valid watch times. [USMS 103.17 and 103.18.5-103.18.7; NCAA Rule 4, Section 21, Article 2]
- MS 2.7 Adjustment for Malfunction on a Lane.** In the event of a lane malfunction, the official time is calculated using valid times reported by the secondary timing system (or the tertiary system) in accordance with 103.17.3B and integrated with the accurate primary times in determining the results. [USMS 103.17.3E; NCAA Rule 4, Section 21, Article 4]

MS2.8 Records and Top 10 submissions

- MS2.8.1** 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 105.1.6] The pool measurement certification must include all lanes used in competition. [USMS 105.1.7A; NCAA Appendix A, Section 2, Article 2i] When a moveable bulkhead is used, the length of the course must be confirmed prior to the start of the meet, and the course measurement of the two outside lanes and a middle lane must be confirmed at the conclusion of the session in which the time was achieved. [USMS 105.1.7C; NCAA Rule 4, Section 6, Article 1k and Appendix A, Section 2, Article 2i]
- MS2.8.2** USMS records may only be established by USMS members in USMS-sanctioned meets or USMS-recognized events. [USMS 105.1.1 and 105.3.1; NCAA Appendix A, Section 1, Article 3] Because swimmers from different age groups and genders may compete in the same event or heat, winning the heat or event is not required to establish a record. Relay leadoff split times will be considered for USMS Top 10 times, provided the swimmers complete the event without being disqualified and will be considered for USMS records provided automatic timing is used. The swimmer's relay leadoff split time shall not count if the second swimmer starts in the water when automatic timing is used. The request to have a split time recorded must be brought to the attention of the meet referee, in writing, prior to the swim. Leadoff splits obtained from three, two or one semiautomatic buttons are acceptable for World records, when the automatic primary system fails, but not for USMS records. [USMS 105.2.2, 105.3.6, 103.18.2, and 103.18.4; NCAA Rule 5, Section 5, Article 2, Rule 8, Section 3, and Appendix A, Section 1]
- MS2.8.3** 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. (Exception: If the meet referee approves the automatic recording of splits with the concurrence of the meet host, a written request is not required.) 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 (when automatic timing is used). [USMS 103.18.1B(1) and (2), 103.18.1C, 103.18.2, 105.2.2 and 105.3.6; NCAA Rule 5, Section 5, Article 2, Rule 8, Section 3, and Appendix A, Section 1, Article 1]
- MS2.8.4** Required documentation for USMS records includes the referee's signature, official meet results, the primary printout tape from the automatic or semiautomatic timing equipment, and a copy of the heat sheet. The heat sheet shall show the swimmer's name, heat number, and lane number in which the record was achieved. [USMS 105.3.9 and 103.18.5-103.18.7; NCAA Appendix A, Section 2]

- MS2.8.5** USMS records and Top 10 times can only be made in fresh water. No records or Top 10 times will be recognized in any kind of sea or ocean water. (USMS 105.2.4 and 105.3.5; NCAA none)
- MS2.9** **Scratch procedures**—Any swimmer or relay team not reporting for or competing in an event shall not be penalized. [USMS 102.8.1; NCAA Rule 5, Section 1, Article 1a; Rule 5, Section 3, Article 4; and Rule 8, Section 4, Article 8d]
- MS2.10** **Protests**
- MS2.10.1** Protests affecting the eligibility of any swimmer to compete or to represent an organization in any race shall be made in writing to the meet director or referee before the race is held, and if the meet committee deems it advisable, the swimmer may compete under protest and it shall be so announced before the race. The meet committee shall immediately refer such protest to the LMSC officers (local meets) or championship meet protest committee (national championship meets) having jurisdiction for adjudication at the earliest possible time. [USMS 102.14.2 and 104.5.9; NCAA Rule 9]
- MS2.10.2** Protests arising from the competition itself 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 decision shall then be binding on all parties. [USMS 102.14.4&5; NCAA Rule 4, Section 2 and Rule 8, Section 4, Article 9]
- MS2.11** **Age determining date**—For short course yards, the eligibility of a participant for a particular age group shall be determined by the swimmer's age as of the last day of the meet. For short course meters and long course meters, the eligibility of a participant for a particular age group shall be determined by the swimmer's age as of December 31 of the year of competition. [USMS 102.2; NCAA none]
- MS2.12** **Swimwear**—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 knees. Only the USMS Rules Committee Chair may grant exceptions to swimwear rules for verified medical or religious reasons. Any kind of tape on the body is not permitted unless approved by the referee; any type of therapeutic elastic tape is prohibited [USMS 102.12.1E, interpretation; NCAA Rule 3, Section 1, Article 5]. 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. [USMS 102.12.1 and 2; NCAA Rule 3, Section 1, Articles 1 and 3]
- MS2.13** **Swimwear**—If a USMS sanctioned meet is held in conjunction with a USA Swimming sanctioned meet (swimmers competing together in the same sessions), swimmers with dual membership must select only one

organization with which to compete for the entire meet. [USMS 102.6.8; NCAA None]

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 106.2.3A; NCAA Rule 1, Section 1, Articles 1b and 2]

MS3.2 Water 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 106.6; NCAA Rule 1, Section 3, Article 12]

Differences Between National Federation of High School Swimming and USMS Rules

NFHS and USMS rule references in brackets.

Note: The summary of differences is only intended as information for officials and is not intended as a comprehensive listing of all rules and administrative regulations. Meet Directors and Referees should review the Glossary, Part One, and Part Two for a complete set of rules and regulations. Please see the relevant rule citation for the controlling provision(s).

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. 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 may take and maintain their positions with at least one foot at the front of the starting platform, the edge of the deck, or on the wall. 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, the deck, or the wall. A swimmer starting in the water must have at least one hand on the wall or starting platform and at least one foot on the wall. Either the forward start or the backstroke start shall be used for freestyle events. [USMS 101.1.1, 101.5.1, and 103.8.5A; NFHS Rule 8, Section 1, Article 1 and Note]

MS1.2 Backstroke start—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. 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. 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. Use of a backstroke starting ledge is permitted, but when using a backstroke ledge, the toes must be in contact with the end wall or face of the touchpad. USMS does not specify that swimmers must step into the water feet first. [USMS 101.1.2, 103.8.5A, and 106.12; NFHS Rule 8, Section 1, Articles 2 and 3b]

- MS1.3 Backstroke turn**—Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action. A swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a “continuous turning action.” [USMS 101.4.3; NFHS Rule 8, Section 2, Article 1f]
- MS1.4 Breaststroke**—The hands may extend beyond the hipline during the first stroke after the start and after each turn, but there is no requirement that the first stroke must be underwater. [USMS 101.2.2; NFHS Rule 8, Section 2, Article 2]
- MS1.5 Butterfly**—The breaststroke kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. Only one breaststroke kick is permitted per arm pull, except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull. A scissors kicking movement is not permitted. [USMS 101.3.2 and 101.3.3; NFHS Rule 8, Section 2, Article 3d]
- MS1.6 Butterfly turns and finish**—The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. [USMS 101.3.4 and 101.3.5; NFHS Rule 8, Section 2, Article 3e and g]
- MS1.7 Breaststroke turns and finish**—The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. [USMS 101.2.4; NFHS Rule 8, Section 2, Article 2g and h]
- MS1.8 Individual medley and medley relay.** When a swimmer has traveled a sufficient distance that the official can with certainty judge that the competitor is swimming in the style of butterfly, breaststroke or backstroke, then a disqualification is appropriate. Swimmers must be at or past vertical towards the breast during the freestyle leg of an individual medley or medley relay event, except that during a turn, swimmers may leave the wall in a position at or past the vertical towards the back. The swimmer must be at or past the vertical towards the breast before any stroke or kick. [USMS 101.5.2 Interpretation; NFHS Rule 8, Section 4, 2c]
- MS1.8 Relays**—A relay team member who wishes to start from the water, shall notify the starter and be careful not to disturb or interfere with another swimmer or the timing system pad when in use. In relay races involving in-the-water starts, a relay will be disqualified if the feet of a swimmer lose touch with the end of the course before the preceding teammate touches the wall. The relay team shall be disqualified even if the swimmer in default returns to the original starting point at the wall after the preceding teammate has touched the wall. Relay swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may be allowed to 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. Mixed relays shall consist of two men and two women who may swim in any order. [USMS 101.7.3D, E, F, and G; NFHS Rule 8, Section 3, Articles 5 and 7] First and last names of eligible swimmers, their ages, 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 relay heat in which such relay team is entered. No changes will be permitted thereafter. [USMS 102.9.6; NFHS Rule 8, Section 3, Article 4]

MS1.10 Finish—The finish occurs when any part of the swimmer touches the wall. Swimmers are not required to touch the touchpads when automatic timing is used. [USMS 101.2.4, 101.3.5, 101.4.4, and 101.5.4; NFHS Rule 8, Section 1, Article 7 and Rule 8, Section 3, Article 6]

MS2 Swimming competition

MS2.1 Swimwear

MS2.1.1 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 knees. Swimwear may be in one or two pieces. [USMS 102.12.1C; NFHS Rule 3, Section 3, Article 3b.5] Only swimwear exemptions granted by the USMS Rules Committee Chair shall be eligible for consideration at USMS competitions. [USMS 102.12.1E, 102.13.10, and 102.12.1C(1)] USMS has no rule prohibiting deck changing.

MS2.1.2 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. [USMS 102.12.2; NFHS Rule 3, Section 3, Article 2] USMS does not prohibit wearing the insignia or name of another club, does not prohibit body advertising such as temporary tattoos, and does not prohibit the advertising of political statements. [USMS 102.12.2]

MS2.1.3 Any type of therapeutic elastic tape is prohibited. [USMS 102.12.1E, interpretation; NFHS Rule 3, Section 3, Article 4, Play Rulings, Situation B]

MS2.2 Meet personnel—The minimum personnel at USMS-sanctioned or USMS-recognized swimming meets (other than National Championships) shall include one referee, one starter, two stroke and turn judges. The referee and starter may double as stroke and turn judges, but the referee and starter may not be the same person. [USMS 103.2; NFHS Rule 4, Section 1, Articles 3 and 5]

The referee shall be certified as a referee. A referee who is certified as a stroke and turn judge or starter (by USA Swimming, USMS, YMCA, or any other USMS-approved certifying body) shall receive training in the duties of a referee. Starters and stroke and turn judges who are uncertified shall receive training in the duties of their positions. Note: NFHS is a USMS-approved certifying body. [USMS 103.3; NFHS none]

The head lane timer determines that the swimmer or relay is in the correct lane, heat, and event, and that relay swimmers are swimming in the order listed. [USMS 103.11.2A; NFHS Rule 4, Section 2, Article 2a]

One or two place judges may be positioned on the side of the course near the finish to judge the order of finish of all swimmers. However, place

judge results may not be used to change the order of finish produced by ranking the official times. USMS does not use a ballot system as a backup judging system. [USMS 103.10.6; NFHS Rule 4-7 and Rule 6-5, Articles 1 and 4]

Video replay footage from cameras may only be used if approved in writing in advance of the competition by the USMS Officials Committee chair. [USMS 102.13.15]

- MS2.3 Warm-up**—In pools of five lanes or more, a separate warm-up area must be made available to swimmers during the competition. 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, and 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 shall be offered at least once every half hour of competition. If the meet is a dual-sanctioned meet with USA Swimming, the requirements for continuous warm-up may be adjusted depending on availability of warm-up space at the venue by agreement between the LMSC and LSC host clubs. Once the entry information is published, changes which further restrict the availability of continuous warm-up/warm-down space are not permitted. [USMS 102.4; NFHS “Suggested Meet Warm Up Procedure”]
- MS2.4 Events**—USMS competition may be conducted in any of the events listed in Article 102.5. [USMS 102.5; NFHS Rule 5, Section 1, Article 1]
- MS2.5 Event limit**—A swimmer may compete in not more than six individual events per day. [USMS 102.6; NFHS Rule 3, Section 2, Article 1]
- MS2.6 Timed finals**—All short course and long course meters events and national championships shall be conducted on a timed-final basis. Other short course yards events may be conducted on a timed-final or other basis (e.g., preliminary heats and finals). If events are offered in formats other than timed finals, competitors shall be limited to three individual events per day. Independent attempts to establish official times (“time trials”) are permitted only in USMS-sanctioned short course yards meets other than national championship meets [USMS 102.5 and 102.6; NFHS none]
- MS2.7 Seeding**—Age groups, genders, and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled. Seeding at meets other than national championships may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events (400 yards or longer) within a meet. Women’s and men’s heats may be alternated in the distance events. [USMS 102.10.1B—D; NFHS Rule 5, Sections 2 and 3] USMS only requires that swimmers start and finish in the assigned lane. [USMS 102.13.4]
- MS2.8 Counters**—A swimmer in any individual event of 16 lengths or more, except the individual medley, may appoint one counter to call lengths or indicate lengths by visual sign. Verbal counters may use watches and signal intermediate times to the swimmer. 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.

The count may be in ascending or descending order. Violations of these provisions are not grounds for disqualification. [USMS 102.10.6; NFHS Rule 3, Section 4]

MS2.9 Timing System Designation. USMS records may only be established when timed with an automatic system (automatic start and touchpad finish) or, in the event of a individual lane malfunction, when timed with a semiautomatic system (automatic start and manual finish) using three, two, or one button(s). USMS Top 10 times may be established when timed with an automatic system, a semiautomatic system consisting of a minimum of one button, or with a manual primary timing consisting of a minimum of two watches. Top 10 times may be established when both the automatic primary and semiautomatic secondary systems fail (no valid button times) if the times are reported by a manual tertiary system using a minimum of one valid watch time. [USMS 103.18.5-103.18.7; NFHS none]

MS2.10 Records

MS2.10.1 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. [USMS 105.1.6 and .7; NFHS Rule 2, Section 2]

MS2.10.2 USMS records may only be established by USMS members in sanctioned meets or recognized events. Because swimmers from different age groups and genders may compete in the same event or heat, winning the heat or event is not required to establish a record. Relay leadoff split times will be considered for Top 10 times, provided the swimmers complete the event without being disqualified, and relay leadoff split times will be considered for USMS records provided automatic timing is used. The swimmer's relay leadoff split time shall not count if the second swimmer starts in the water when automatic timing is used. The request to have a split time recorded must be brought to the attention of the meet referee, in writing, prior to the swim. (Exception: If the meet referee approves the automatic recording of splits with the concurrence of the meet host, a written request is not required.) Leadoff splits obtained from semiautomatic times are acceptable for FINA world records only in the event of a touchpad failure. Leadoff splits obtained from semiautomatic times are not acceptable for USMS records.. [USMS 105.1.1, 103.18.1, 103.18.4, 105.2.2 and 105.3.6; NFHS Rule 8, Section 3, Article 8]

MS2.10.3 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. (Exception: If the meet referee approves the automatic recording of splits with the concurrence of the meet host, a written request is not required.) 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 (when automatic timing is used). [USMS 103.18.1, 103.18.4, 105.2.2, and 105.3.6; NFHS Rule 8, Section 3, Article 8]

MS2.10.4 Required documentation for USMS records includes the referee's signature, official meet results, the primary printout tape from the automatic or

semiautomatic timing equipment, and a copy of the heat sheet. The heat sheet shall show the swimmer's name, heat number, and lane number in which the record was achieved. [USMS 105.3.9;]

- MS2.11 Scratch procedures**—Any swimmer or relay team not reporting for or competing in an event shall not be penalized. There are no “declared false starts.” [USMS 102.8.1; NFHS Rule 3, Section 2, Articles 2 and 3]
- MS2.12 Protests**
- MS2.12.1** Protests affecting the eligibility of any swimmer to compete or to represent an organization in any race shall be made in writing to the meet director or referee before the race is held, and if the meet committee deems it advisable, the swimmer may compete under protest and it shall be so announced before the race. The meet committee shall refer the protest to the LMSC officers (local meets) or the championship meet protest committee (nationals) having jurisdiction for adjudication at the earliest possible time. [USMS 102.14.2; NFHS none]
- MS2.12.2** Protests arising from the competition itself 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 can file a written protest with the chair (or representative) of the Local Masters Swimming Committee (LMSC) having jurisdiction over the event. If it is not satisfactorily resolved within 10 days, the protester may appeal in writing to the USMS Rules Committee chair within the next five days for final adjudication, whose decision shall then be binding on all parties. [USMS 102.14.5; NFHS Rule 4, Section 2, Article 2g]
- MS2.13 Age determining date**—For short course yards, the eligibility of a participant for a particular age group is determined by the swimmer's age as of the last day of the meet. For short course meters and long course meters, the eligibility of a participant for a particular age group is determined by the swimmer's age as of December 31 of the year of competition. [USMS 102.2; NFHS none]
- MS2.14 Shaving**—USMS does not address on-site shaving [NFHS Rule 3, Section 5, Article 7] in USMS rules.
- 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 in the water. [USMS 106.2.3A(2); NFHS Rule 2, Section 7, Article 2]

Information for USMS Participants at FINA Events

USMS recognizes times achieved at meets sanctioned by a FINA member federation and conducted in accordance with FINA rules. The following information summarizes the differences between FINA and USMS rules (FINA and USMS rule references in brackets).

FMS1 Swimming Competition

- FMS1.1 Age groups**—The youngest age group recognized by FINA is 25–29. [FINA MSW 1.1; USMS 102.1.1 and 102.3]

APPENDIX B

- FMS1.2 Relay age groups**—The youngest relay age group recognized by FINA is 100—119 and may not include competitors younger than 25. [FINA MSW 1.2; USMS 102.3.2B]
- FMS1.3 Deadline to submit names of relay swimmers**—The composition of a relay can be changed up to the deadline announced by the Organizing Committee on the day prior to the relay event. [Bylaw 10.2.7; USMS 102.9.6]
- FMS1.4 Warm-up guidelines**—USMS prohibits hand paddles in warm-ups. FINA does not have this restriction. [FINA Warm-up Guidelines; USMS 102.4.2]
- FMS1.5 Course type**—FINA does not recognize short course yard competition. [FINA MSW 2.1 and 2.2; USMS 102.5.2 and 102.5.1]
- FMS1.6 Event limits**—A swimmer may enter not more than five individual events at a World Masters Swimming Championship meet. [FINA Bylaw 10.2.5; USMS 102.6 and 102.10.1A]
- FMS1.7 Two-to-a-lane seeding by gender**—FINA allows two swimmers of the same gender to swim in a single lane for freestyle events 400 meters or longer, while USMS allows two swimmers of either gender to swim in a single lane for freestyle events over 200 meters [FINA MSW 3.5; USMS 102.10.4A(1)(a)]
- FMS1.8 Backstroke start**—When FINA-required touchpads extending 0.3 meter above the water surface are in place and there are no exposed gutters on which to place the toes, the toes may be placed above the water surface for the start. [FINA FR 2.4.3 and SW 6.1; USMS 106.18.3 and 101.1.2B]
- FMS1.9 Assigned Lane**—The swimmer must start, swim, and finish in the assigned lane. [FINA SW 10.3; USMS 102.13.4]
- FMS1.10 Counters**—FINA officials count laps for swimmers, count only for 800 and 1500 meter races, and show the remaining number of laps to be completed. FINA may use semi-electronic equipment, including underwater display. [FINA SW 2.6.7; USMS 102.10.6]
- FMS1.11 Warning signal**—FINA requires a warning signal for each swimmer in each lane in the 800 and 1500 freestyle events. USMS requires a warning signal for the lead swimmer or may give a warning signal for each swimmer in each lane. [FINA SW 2.6.4; USMS 103.8.7]
- FMS1.12 Splits and timing system**—FINA allows splits to be recorded by automatic timing or semi-automatic buttons if automatic timing fails. For USMS records, splits must be recorded by automatic timing equipment. [FINA MSW 5 and FINA World Record Application Form and Instructions #4; USMS 103.18.4 and 105.3.6A]
- FMS1.13 Splits and relay disqualification**—USMS will not allow the initial relay split to count as an individual time if the relay is disqualified. FINA requires only that the leadoff swimmer is not disqualified for the leadoff split to count as an individual time. [FINA SW 11.5 and 11.6; USMS 103.18.1C and 105.2.2D]
- FMS1.14 Records**—Applications for FINA Masters world records must be submitted within 60 days from the end of the event. Applications may be submitted only for performances at USMS-sanctioned meets. Applications for USMS records must be submitted within 90 days of the end of the season. A one-time pool measurement is required unless there are changes to the

pool causing the measurements to change. Measurement procedures are determined by each Federation. [FINA MSW 5, SW 12.10, and Masters Swimming World Record Detailed Application Instructions, Point 6; USMS 105.3.8, 105.5, and Appendix B, “Application for USMS and/or World Record” and Instructions]

- FMS1.15 Time standards**—Any swim that does not meet the qualifying standard at FINA world championships will receive “NT” in the results, with no official time or place. [FINA Masters policy; USMS 104.5.8 and Appendix B, “Preparation of Meet Results”]
- FMS1.16 Report and notification of disqualification**—FINA stroke and turn judges are required to report violations on signed cards and are not required to raise a hand. FINA requires notification of disqualification via posted code in the meet results. USMS rules state that the official will make every effort to contact the swimmer. [FINA SW 2.6.6, 2.7.3, and MSW 3.8; USMS 102.13.1, 102.13.2, and 103.6.2]
- FMS1.17 Announcing results of protested events**—FINA does not appear to have an explicit rule on this subject. [FINA GR 9.2; USMS 102.14.1]
- FMS1.18 Competing under protest**—FINA has no explicit rule regarding competing under protest. [FINA GR 9.2; USMS 102.14.2]
- FMS1.19 Protests of swimming rules**—FINA gives authority for the final decision to the referee. USMS gives authority to the referee for protests against judgment decisions of starters and stroke, turn, and relay take-off judges and for some final decisions, USMS gives authority to the meet committee or protest panel or to the LMSC or USMS Rules Committee chair with an explicit timeline and communication structure. [FINA GR 9.2; USMS 102.14.3-5 and 104.5.9]
- FMS1.20 Fees for protests**—FINA requires a fee of 100 Swiss francs or its equivalent to be submitted with the protest (the fee is refunded if the protest is upheld). USMS does not require a fee for filing protests. [FINA GR 9.2.2 and 9.2.4; USMS 102.14 and 104.5.9]
- FMS1.21 Rejection and appeal of protests**—FINA allows the referee to reject protests. The team leader may appeal the rejections to a Jury of Appeal for a final decision. USMS uses a meet committee, a protest committee, the LMSC, or the USMS Rules Committee. [FINA GR 9.2.3 and 9.3; USMS 102.14.2, 102.14.4, and 102.14.5]
- FMS1.22 Smoking and tobacco**—FINA bans smoking in any area designated for competitors. USMS bans the use of all tobacco products on the pool deck, in locker rooms, in the spectator seating and standing areas, and in all areas used by swimmers. [FINA GR 8; USMS 102.15]

Preparation of Meet Results

Meet results (pool and open water) must include the name of the meet, the location of the meet (name of pool or open water venue, city, and state), the date of the meet, the name, address, or email address of the meet director, the name and certification status of the officials (referee, starter, and stroke and turn judges), and the sanction or approval number.

The results of each event shall be published in the following order:

Individual events:

1. Print women's results first, then men's results.
2. For each gender, print results by age group from youngest to oldest.
3. For each age group, print results in the following stroke order: freestyle, backstroke, breaststroke, butterfly, and individual medley.
4. For each stroke, print events in order from shortest to longest.

Relay events:

1. Print women's relay results first, then men's relay results, then mixed relay results. Results must include the names and ages of all swimmers.
2. For each gender, print the relay results in the order of age groups, youngest to oldest.
3. For each age group, print results in the following order: 200 freestyle relay, 200 medley relay, 400 freestyle relay, 400 medley relay, and 800 freestyle relay.

Split results:

All splits from split notification forms that have been certified by the meet referee shall be listed separately with swimmer's name, event, and split time.

Storage requirements for meet documents:

Results, tapes, timing printouts, time cards, heat sheets, timers' heat sheets, or swimmer lists, electronic meet files, and other information used to compile results and records shall be kept for a minimum of two years after the conclusion of the meet.

Adjustments for Women's National Qualifying Times for Swims at Altitude

Age Group	3,000–4,249 ft.				4,250–6,499 ft.				6,500+ ft.			
	200	400–500	800–1000	1500–1650	200	400–500	800–1000	1500–1650	200	400–500	800–1000	1500–1650
18-24	0.47	2.37	4.75	10.44	1.14	4.75	9.49	21.83	1.52	6.64	14.24	30.85
25-29	0.50	2.50	5.00	11.00	1.20	5.00	10.00	23.00	1.60	7.00	15.00	32.50
30-34	0.48	2.38	4.75	10.46	1.14	4.75	9.51	21.87	1.52	6.66	14.26	30.90
35-39	0.51	2.56	5.13	11.28	1.23	5.13	10.25	23.58	1.64	7.18	15.38	33.32
40-44	0.51	2.55	5.10	11.23	1.22	5.10	10.21	23.48	1.63	7.15	15.31	33.18
45-49	0.52	2.60	5.21	11.45	1.25	5.21	10.41	23.95	1.67	7.29	15.62	33.84
50-54	0.54	2.72	5.44	11.96	1.31	5.44	10.88	25.02	1.74	7.61	16.32	35.35
55-59	0.54	2.71	5.42	11.92	1.30	5.42	10.84	24.92	1.73	7.59	16.25	35.22
60-64	0.58	2.89	5.78	12.71	1.39	5.78	11.56	26.58	1.85	8.09	17.34	37.56
65-69	0.60	2.98	5.96	13.12	1.43	5.96	11.92	27.42	1.91	8.35	17.88	38.75
70-74	0.69	3.44	6.87	15.12	1.65	6.87	13.74	31.61	2.20	9.62	20.62	44.67
75-79	0.80	3.98	7.95	17.50	1.91	7.95	15.91	36.58	2.54	11.13	23.86	51.69
80-84	0.87	4.34	8.69	19.11	2.08	8.69	17.37	39.95	2.78	12.16	26.06	56.45
85-89	0.95	4.75	9.51	20.92	2.28	9.51	19.02	43.74	3.04	13.31	28.52	61.80
90-94	1.10	5.50	10.99	24.19	2.64	10.99	21.99	50.57	3.52	15.39	32.98	71.46
95-99	1.26	6.30	12.60	27.71	3.02	12.60	25.19	57.95	4.03	17.64	37.79	81.88
100+												

Adjustments for Men's National Qualifying Times for Swims at Altitude

Age Group	3,000–4,249 ft.				4,250–6,499 ft.				6,500+ ft.			
	200	400–500	800–1000	1500–1650	200	400–500	800–1000	1500–1650	200	400–500	800–1000	1500–1650
18-24	0.52	2.58	5.17	11.37	1.24	5.17	10.34	23.77	1.65	7.24	15.50	33.59
25-29	0.50	2.50	5.00	11.00	1.20	5.00	10.00	23.00	1.60	7.00	15.00	32.50
30-34	0.51	2.56	5.11	11.25	1.23	5.11	10.23	23.52	1.64	7.16	15.34	33.23
35-39	0.53	2.63	5.25	11.55	1.26	5.25	10.50	24.16	1.68	7.35	15.76	34.14
40-44	0.53	2.67	5.34	11.75	1.28	5.34	10.69	24.58	1.71	7.48	16.03	34.73
45-49	0.55	2.77	5.53	12.17	1.33	5.53	11.06	25.44	1.77	7.74	16.59	35.95
50-54	0.56	2.82	5.64	12.42	1.35	5.64	11.29	25.96	1.81	7.90	16.93	36.68
55-59	0.59	2.96	5.92	13.02	1.42	5.92	11.83	27.22	1.89	8.28	17.75	38.46
60-64	0.60	3.02	6.04	13.29	1.45	6.04	12.08	27.79	1.93	8.46	18.12	39.27
65-69	0.61	3.06	6.12	13.47	1.47	6.12	12.25	28.16	1.96	8.57	18.37	39.80
70-74	0.69	3.44	6.89	15.15	1.65	6.89	13.77	31.68	2.20	9.64	20.66	44.77
75-79	0.70	3.50	7.00	15.41	1.68	7.00	14.01	32.22	2.24	9.81	21.01	45.52
80-84	0.78	3.91	7.81	17.18	1.87	7.81	15.62	35.93	2.50	10.93	23.43	50.77
85-89	0.93	4.64	9.28	20.41	2.23	9.28	18.55	42.67	2.97	12.99	27.83	60.29
90-94	1.08	5.41	10.81	23.79	2.60	10.81	21.63	49.74	3.46	15.14	32.44	70.29
95-99	1.50	7.50	15.00	32.99	3.60	15.00	29.99	68.98	4.80	20.99	44.99	97.47
100+	2.26	11.32	22.64	49.82	5.43	22.64	45.29	104.16	7.25	31.70	67.93	147.18

United States Masters Swimming Inc.

Pool Length Certification Form (rev. 10/17/2017)

Measurement procedures for completing this form are found on the next page. Please review them before measuring your pool and submitting this form. Only this side needs to be submitted for your pool certification.

1. Facility and Event Information

Pool name _____

City _____ State _____ Zip _____

Evt. Name _____

Note: For facilities with multiple pools, please identify the specific pool being measured either by unique pool name within the facility or the pool location in relation to other pools within the entire facility.

Pool Length

25 Yards 25 Meters 50 Meters

Moveable Bulkhead

Yes No

Number of Touchpads in place at time of the measurement

Zero One Two

2. Measurement parameters (circle answer)

a. Measuring device (see instructions): Steel tape? Laser? Other _____

b. Distances measured in (check one)

_____ feet with feet displayed as a decimal to 1/100 like 75.01 feet

_____ feet/inches with inches displayed as a fraction to 1/8 like 75 ft 3/8 in.

_____ meters with meters displayed as a decimal to 1/100 like 50.01m

_____ meters/centimeters with centimeters displayed a 50m 1 cm

3. Measurements

A. Initial Measurement (Pre-Meet Bulkhead Confirmation)

Lane 1 _____ Lane 2 _____ Lane 3 _____ Lane 4 _____

Lane 5 _____ Lane 6 _____ Lane 7 _____ Lane 8 _____

Lane 9 _____ Lane 10 _____ Lane 11 _____ Lane 12 _____

B. Bulkhead Confirmation Measurements:

Measure the outermost lanes and a center lane before the meet plus after each session with lane number and length of the lane.

	Date	L-Outer Lane #	L-Outer Lane Length	Center Lane #	Center Lane Length	R-Outer Lane #	R-Outer Lane Length
Pre-Meet							
Post-Session 1							
Post-Session 2							
Post-Session 3							

4. Measured by:

Name: _____

Title: _____

Address: _____

City/State/Zip _____

Phone Number _____

Submitted by:

Name: _____

Title: _____

Address: _____

City/State/Zip _____

Phone Number _____

Maintaining pool length certification forms is an LMSC responsibility. Completed forms should be sent to the Top Ten Recorder of the LMSC. Attach a copy of this form to record applications if the form is not already on file with the USMS National Swims Coordinator. If a bulkhead is used, a copy of this form from the beginning of the meet and for each session must be included with meet results sent to the LMSC Top Ten Recorder in order to verify bulkhead placement. For a record application, the bulkhead measurement on this form should be attached to and submitted with the Record Application form. To add the pool to the USMS List of Measured Pools, e-mail a copy of this form to Mary Beth Windrath, National Swims Coordinator, records@usms.org. Measure before applying for a sanction.

Measurement Procedures

- Additional information can be found in the Records and Tabulation section of the USMS Guide to Operations, which can be found on the USMS website or obtained from your LMSC Top Ten Recorder.
- Note that existing certification forms may be used if on file with the pool, the LMSC, USMS or FINA, as long as all lanes have been measured.
- A 25 meter pool measures 82 feet 0.25 inch. A 50 meter pool measures 164 feet 0.50 inch.
- Measurements must be conducted using a measuring device with a minimum measuring quality of a steel tape over the nominal distance. A laser measuring device may be used, but it must be as accurate as required for steel tapes. The accuracy of the measuring device must provide accuracy of at least ± 0.005 m (± 0.20 inch or 0.016 foot). This tolerance refers to the tolerance of the measuring device only. A pool must always be at least as long the specified distance in the rulebook, which has a minus zero tolerance.
- Tapes may not be combined to perform the measurements. Fiberglass or other flexible tapes may not be used to perform measurements.
- Measurements may be reported in either the English system (feet/inches) or the metric system (meters/centimeters).
- For initial certification, one measurement must be conducted for each lane of competition. For bulkhead confirmation, only the outermost lanes and a center lane must be measured.
- Inspect each end of the pool. In general, if a protrusion would have an adverse impact on the length of the course in the area where a touchpad would be placed (to 0.80 meter below the surface of the water), the protrusion must be used as a measurement point. Otherwise, measurements must be taken in the center of each lane at water level.
- Measurements may be conducted with or without touchpads in place. If no touchpads are in place at the time of measurement, any pads used during competition will be factored into the length using a pad width of 1 centimeter (or 0.25 inches) per lane per pad.
- Permanent courses need only be measured once unless structural changes, including resurfacing, have occurred since original measurement.
- For a pool with a moveable bulkhead, if the initial pool length certification for all lanes is on file, the following rules must be observed.
 - For events sanctioned by USMS, proper bulkhead placement must be confirmed before the meet and after each session of the meet. Bulkhead placement is confirmed by course measurement of the two outside lanes and a middle lane.
 - The measurement rules and policies of FINA shall be the standard for events sanctioned by a FINA Masters member federation other than USMS. Currently, FINA does not require bulkhead measurements for either FINA Top 10 or Records.
 - The measurement rules and policies of USA Swimming shall be the standard for Top 10 eligibility for events sanctioned by USA-S. Currently, USA-S only requires bulkhead placement measurements for national records, so times achieved by USMS at USA-S meets are eligible for Top 10 consideration without bulkhead measurements. The measurement rules and policies of USMS shall apply for dual sanctioned events, so at these meets bulkhead measurements must be performed for times to be considered for either USMS Top 10 or Records.

APPENDIX B



Application for USMS and/or World Record (rev 10/17/2017)



1. Course _____ SCY _____ SCM _____ LCM 2. Distance _____ 3. Stroke _____

50-100-200-400-500-800-1000-1500-1650 free-back-breast-fly-IM-FR-MR

4. Official time _____ : _____ : _____ 5. Date of swim (mm/dd/yyyy): _____
mins. secs. hundredths

6. Timing System	Circle Timing Level	Circle Number per lane
Automatic Timing System	Primary	Pads 2 or 1
Semi-Automatic Timing System	Secondary	Buttons 3 or 2 or 1

7. Age group _____ Club name _____ Federation _____

Enter Individual Swimmer Information on Line 1 or, if relay, use all four lines to name each swimmer in swim order and provide personal information.

#	Last Name	First Name	Gender (M/F)	Birthdate (mm/dd/yyyy)	Age	USMS Number
1						
2						
3						
4						

8. Pool name: _____ City _____ State _____

Last day of meet: _____ Sanction or recognition # _____ LMSC _____

9. Select one: ☐ USMS sanctioned ☐ USMS recognized ☐ USA-S meet ☐ USMS/USA dual sanctioned

10. Is a copy of the swimmer's birth certificate (or passport) attached or on file with the USMS records administrator? ☐ Y ☐ N

11. Is the pool length certification attached or on file with the USMS records administrator? ☐ Y ☐ N

12. Have structural changes, including resurfacing, been made to the pool since the last pool length certification? ☐ Y ☐ N

13. Is the racing course fixed by a moveable bulkhead? ☐ Y ☐ N
(If yes, course measurement must be confirmed at the conclusion of the session during which the record time was achieved.)

14. **REFEREE:** I certify that the required number of personnel officiated during the above performance and were properly qualified officials, and the described performance complied with the rules of United States Masters Swimming including the use of Legal Swim Suits.

Name _____ Signature _____ Date _____

15. Record application submitted by:

Name _____ Title _____ Date _____

Address _____ Phone (_____) _____

City _____ State _____ ZIP _____ Email _____

OFFICE USE ONLY:

USMS Records Administrator If this is a World Record, then I certify that this Masters meet has fulfilled the FINA Rule MSW 5.3 requirements.

Name _____ Signature _____ Date _____

FINA Masters Recorder

Name _____ Signature _____ Date _____

USMS and World Record Applications

Instructions: Complete the above form, items 1-15, in its entirety. World records are due within 60 days of the swim. National Records are due within 90 days of the end of the season of the swim. Records can only be set in fresh water pools.

- Attach the printout showing event number, heat number, splits, and backup from the electronic timing system. Meet results are not a substitute for the timing system printout.
- Attach a copy of the heat sheet showing swimmer's name, event number, heat number, and lane number assignment.
- If a moveable bulkhead, attach a copy of the Pool Length Certification form showing the measurements from the session of the record swim.
- Swims done at recognized or USA-S meets do not qualify for world records.
- World Records can only be established in a Masters meet as per FINA Rule MSW 5.3 which states the meet must be:
 - a) formally sanctioned by a FINA Member Federation; and
 - b) organized for or on behalf of a club or an organization, which is a member of this FINA Member Federation or recognized by FINA; and
 - c) conducted under the rules of FINA (and specially those relevant to Masters Swimming); and
 - d) in which only swimmers registered in a club member of a FINA Member Federation participated.
- Swimmer's age is as of December 31 of the year of competition for LCM and SCM courses, and as of the last day of the meet for SCY courses.

Send all information to: Mary Beth Windrath, 10235 SW Citation Dr., Beaverton, OR 97008, USMSRecords@usms.org

Documentation Requirements for USMS Long Distance Records

- Completed "Application for USMS Long Distance Record." Refer to the GTO for that application forms.
- Proof of achieved time or distance swum.
- For postal events, a lap-count checkoff sheet listing all split times and bearing the signature, name, address, and phone number of the lap counter/timer.
- For cable swims, a copy of the course certification, if it is not already on file according to article 302.3.1A.

		U.S. Masters Swimming Split Notification Form	
Event			
Event #	Heat #		Lane #
Split Event			Time
Swimmer's Name			
Sex	Age		
Meet			Date
Approved by:			
<p>Initial split times from an individual or relay event will be accepted as an individual performance and will be considered for Top 10 if it is deemed an official time in accordance with Articles 103.17.3 and 103.18.5-103.18.7. Split times will be considered for a USMS record only if recorded by automatic timing (for a world record: automatic timing, or semiautomatic if automatic fails). The meet director should give a copy of the completed split forms to the Top 10 Recorder.</p> <p>The swimmer must notify the Meet Referee of the intent to record an initial split time prior to the conclusion of the meet. The request for relay leadoff split times and initial backstroke distance times in individual backstroke events must be made prior to the swim.</p>			

**United States Masters Swimming, Inc.
REPORT OF OCCURRENCE**

It is important to have written incident reports on file regarding injuries (to participants, spectators, coaches, or other volunteers), property damage or other incidents that occur during U.S. Masters Swimming sanctioned or approved activities or events.

Examples of incidents which need to be reported include, but are not limited to, the following:

- Bodily Injury or Illness
- Fatality
- Property Damage
- Missing Person(s)

The Incident Report form should be completed at the time of an accident, injury or other incident. The report is to be completed by a coach, meet director, or meet official.

The Incident Report form is posted online in the USMS Guide to Operations.

Completed Incident Report forms should be submitted as soon as possible to:

USMS National Office
ATTN: Membership Department
1751 Mound Street, Suite 201
Sarasota, FL 34236
Email: membership@usmastersswimming.org
(941) 256-USMS (8767) Phone
(941) 556-SWIM (7946) Fax

[illegible]

APPENDIX C: NATIONAL AND INTERNATIONAL MASTERS SWIMMING SCHEDULE

2018

U.S. Masters Swimming 1-Hour ePostal National Championship (SCY pool or longer)
January 1–February 28, Indy Aquatic Masters

Nationwide U.S. Masters Swimming Spring National Championship (SCY)
May 10–13, IU Natatorium, Indianapolis, Indiana

U.S. Masters Swimming 5K/10K ePostal Championship (LCM pool only)
May 15–September 15, Chicago Smelts

U.S. Masters Swimming Middle Distance Open Water National Championship (2.4 miles)
May 27, Jim McDonnell Lake Swim, Reston Masters, Audubon Lake, Reston, Virginia

U.S. Masters Swimming Sprint Distance Open Water National Championship (1 mile)
June 9, Eclipse Cross Roads Swim, Saluki Masters Swim Club, Little Grassy Lake, Makanda, Illinois

U.S. Masters Swimming Long Distance Open Water National Championship (5K)
July 7, Fire Island Charity Swim, Atlantique, Fire Island, New York

U.S. Masters Swimming Ultramarathon Distance Open Water National Championship (10.7 miles)
July 8, Portland Bridge Swim, Willamette River, Portland, Oregon

U.S. Masters Swimming 2-Mile Cable Open Water National Championship (2 miles)
July 12, Central Oregon Masters Association, Foster Lake, Oregon

U.S. Masters Swimming Marathon Distance Open Water National Championship (10K)
July 14, Rogue Valley Masters, Applegate Lake, Jacksonville, Oregon

2018 UANA Pan American Masters Championship (LCM and 1.5K/5K Open Water)
July 28–August 5, 2018, YMCA Aquatic Center, Orlando, Florida

U.S. Masters Swimming 3000/6000 ePostal National Championships (SCY or SCM pool only)
September 15–November 15, MEMO

National Convention
September 26–30, Hyatt Regency Jacksonville, Florida

C

2019**U.S. Masters Swimming 1-Hour ePostal National Championship (SCY pool or longer)**

January 1–February 28, Central Illinois Masters

Nationwide U.S. Masters Swimming Spring National Championship (SCY)

April 25–28, Kino Aquatic Center, Mesa, Arizona

U.S. Masters Swimming 5K/10K ePostal National Championships (LCM pool only)

May 15–September 15, MEMO

U.S. Masters Swimming Middle Distance Open Water National Championship (2 miles)

June 1, Lake Berryessa Swim, Davis Aquatic Masters, Lake Berryessa, Napa, California

FINA World Masters Championship (LCM)

July 12–18, Gwangju, South Korea

U.S. Masters Swimming 2-Mile Cable National Championship (2 miles)

June 15, Indy Aquatic Masters, Eagle Creek Park, Indianapolis, Indiana

U.S. Masters Swimming Ultramarathon Distance Open Water (10.7 miles)

July 14, Oregon Masters, Willamette River, Portland, Oregon

U.S. Masters Swimming Summer National Championship (LCM)

August 7–11, Marguerite Aquatic Center, Mission Viejo, California

U.S. Masters Swimming Sprint Distance Open Water National Championship (1 mile)

August 16, Kingdom Games, Lake Willoughby, Westmore, Vermont

U.S. Masters Swimming Long Distance Open Water National Championship (5K)

August 17, Kingdom Games, Lake Willoughby, Westmore, Vermont

U.S. Masters Swimming 3000/6000 ePostal Championships (SCY or SCM pool only)

September 15–November 15, Sawtooth Masters

National Convention

September 11–15, Hyatt Regency at the Arch, St. Louis, Missouri

U.S. Masters Swimming Marathon Distance Open Water National Championship (10K)

September 22, KOWS/TNAQ, Tennessee River, Knoxville, Tennessee

The contact information for meets and events can be found on the USMS Calendar of Events page at www.usms.org.

APPENDIX D: ZONE AND LMSC BOUNDARIES

Zones

Breadbasket—Colorado, Iowa, Minnesota, Missouri Valley, Nebraska, North Dakota, Ozark, South Dakota.

Colonies—Adirondack, Connecticut, Delaware Valley, Maryland, Metropolitan, New England, New Jersey, Niagara, Potomac Valley, Virginia.

Dixie—Florida, Florida Gold Coast, Georgia, North Carolina, South Carolina, Southeastern, Southern.

Great Lakes—Allegheny Mountain, Illinois, Indiana, Kentucky, Lake Erie, Michigan, Ohio, Wisconsin.

Northwest—Alaska, Inland Northwest, Montana, Oregon, Pacific Northwest, Snake River, Utah.

Oceana—Hawaii, Pacific.

South Central—Arkansas, Gulf, Oklahoma, North Texas, South Texas, West Texas.

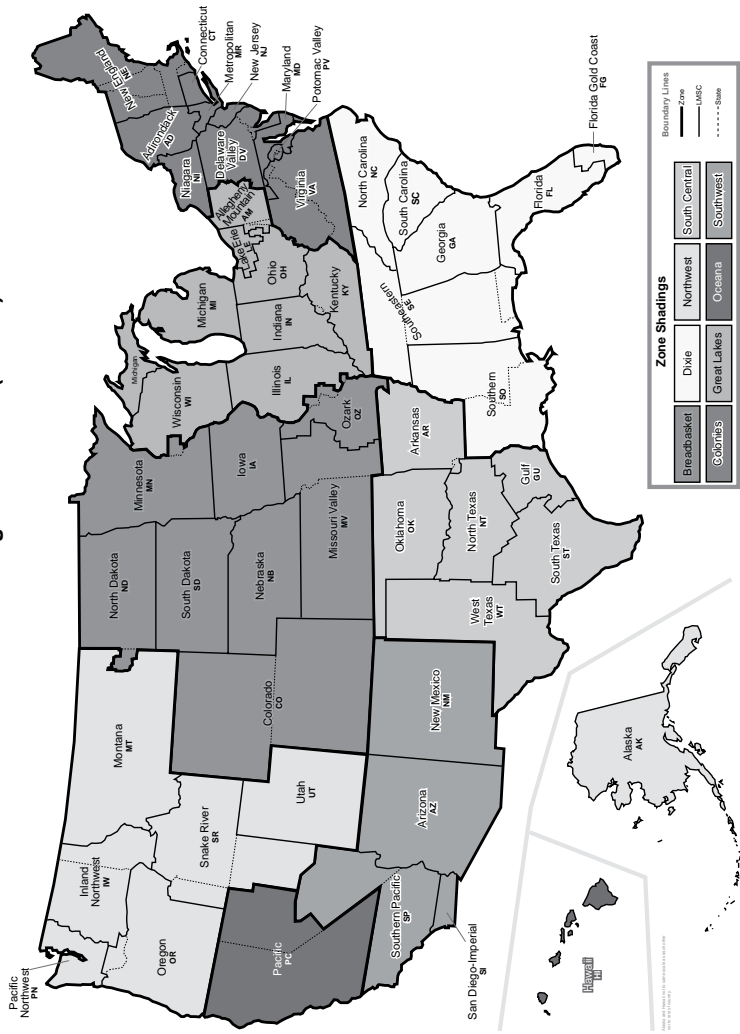
Southwest—Arizona, New Mexico, San Diego–Imperial, Southern Pacific.

LMSC Numeric Codes and Abbreviations

3	AD	Adirondack	2	NE	New England
56	AK	Alaska	7	NJ	New Jersey
11	AM	Allegheny Mountain	42	NM	New Mexico
48	AZ	Arizona	4	NI	Niagara
23	AR	Arkansas	13	NC	North Carolina
32	CO	Colorado	52	ND	North Dakota
5	CT	Connecticut	26	NT	North Texas
8	DV	Delaware Valley	17	OH	Ohio
14	FL	Florida	27	OK	Oklahoma
50	FG	Florida Gold Coast	37	OR	Oregon
45	GA	Georgia	22	OZ	Ozark
25	GU	Gulf	38	PC	Pacific
39	HI	Hawaii	36	PN	Pacific Northwest
21	IL	Illinois	10	PV	Potomac Valley
16	IN	Indiana	44	SI	San Diego–Imperial
35	IM	Inland Northwest	59	SR	Snake River
40	IA	Iowa	55	SC	South Carolina
41	KY	Kentucky	54	SD	South Dakota
18	LE	Lake Erie	43	ST	South Texas
9	MD	Maryland	15	SE	Southeastern
6	MR	Metropolitan	24	SO	Southern
19	MI	Michigan	33	SP	Southern Pacific
30	MN	Minnesota	34	UT	Utah
28	MV	Missouri Valley	12	VA	Virginia
31	MT	Montana	53	WT	West Texas
29	NB	Nebraska	20	WI	Wisconsin

Zone and LMSC Boundaries

USMS Local Masters Swimming Committees (LMSCs) and Zones



LMSC Boundaries

Adirondack—The state of New York east and north of Oswego, Onondaga, Cortland, Broome, Sullivan, Orange and Dutchess Counties.

Alaska—The state of Alaska.

Allegheny Mountain—The commonwealth of Pennsylvania west of but not including the counties of Potter, Clinton, Centre, Huntingdon and Bedford. In the state of West Virginia the counties of Marshall, Brooke, Ohio and Hancock. In the state of Ohio the counties of Columbiana, Belmont and Jefferson.

Arizona—The state of Arizona.

Arkansas—The state of Arkansas. In the state of Texas, Bowie County.

Colorado—The states of Colorado and Wyoming.

Connecticut—The state of Connecticut.

Delaware Valley—The state of New Jersey south of Mercer, Monmouth, and Ocean Counties. The state of Delaware. In the state of Maryland, Cecil County. The commonwealth of Pennsylvania east of and including Potter, Clinton, Centre, Huntingdon and Bedford Counties.

Florida—The state of Florida except the counties of Palm Beach, Broward, Miami-Dade, Monroe and that part of Hendry County east of Route 833; and also excluding the counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, Bay and that part of Calhoun and Jackson Counties west of the Apalachicola River.

Florida Gold Coast—In the state of Florida the counties of Palm Beach, Broward, Miami-Dade, Monroe and that part of Hendry County east of Route 833.

Georgia—The state of Georgia.

Gulf—That part of the state of Texas bounded on the north by and including the counties of Shelby, Nacogdoches, Angelina, Houston, Leon, and Robertson; and on the west by and including the counties of Brazos, Grimes, Waller, Fort Bend, Wharton, Colorado, and Matagorda.

Hawaii—The state of Hawaii.

Illinois—The state of Illinois except the counties of Calhoun, Greene, Jersey, Madison, St. Clair, Monroe, and Jackson.

Indiana—The state of Indiana except the counties of Floyd and Clark.

Inland Northwest—The eastern portion of the state of Washington east of and including the counties of Okanogan, Chelan, Kittitas, Yakima, and the portion of Klickitat County east of Highway 97 and including the city of Goldendale. The northern portion of the state of Idaho north of and including Idaho County.

Iowa—The state of Iowa.

Kentucky—The commonwealth of Kentucky. In the state of Indiana the counties of Floyd and Clark.

Lake Erie—In the state of Ohio the counties of Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Wayne, Summit, Lake, Geauga, Portage, Stark, Tuscarawas, Ashtabula, Trumbull, and Mahoning.

Maryland—The state of Maryland except the counties of Cecil, Montgomery and Prince George's.

LMSC Boundaries (Continued)

Metropolitan—The state of New York south of and including Sullivan, Orange and Dutchess Counties.

Michigan—The state of Michigan.

Minnesota—The state of Minnesota. In the state of Wisconsin the counties of St. Croix, Dunn and Pierce.

Missouri Valley—The state of Kansas. The state of Missouri west of and including the counties of Schuyler, Adair, Macon, Randolph, Audrain, Callaway, Cole, Moniteau, Morgan, Benton, Hickory, Polk, Greene, Christian and Taney.

Montana—The state of Montana except the counties of Dawson and Wibaux.

Nebraska—The state of Nebraska.

New England—The states of New Hampshire, Vermont, Rhode Island and Maine, and the commonwealth of Massachusetts.

New Jersey—The state of New Jersey north of and including the counties of Mercer, Monmouth and Ocean.

New Mexico—The state of New Mexico.

Niagara—The state of New York west of and including the counties of Oswego, Onondaga, Cortland and Broome.

North Carolina—The state of North Carolina.

North Dakota—The state of North Dakota. In the state of Montana the counties of Dawson and Wibaux.

North Texas—The northern part of the state of Texas bounded on the west by and including the counties of Hardeman, Foard, Knox, Haskell, Jones and Taylor; on the south by but not including the counties of Coleman, Brown, Mills, Lampasas, Bell, Milam, Robertson, Leon, Houston, Angelina, Nacogdoches and Shelby; and excluding Bowie County.

Ohio—The state of Ohio except the counties of Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Wayne, Summit, Lake, Geauga, Portage, Stark, Tuscarawas, Ashtabula, Trumbull, Mahoning, Columbiana, Jefferson and Belmont.

Oklahoma—The state of Oklahoma.

Oregon—The state of Oregon except Malheur County. In the state of Washington the counties of Cowlitz, Clark, Skamania and that portion of Klickitat County west of Highway 97.

Ozark—The state of Missouri east of and including the counties of Scotland, Knox, Shelby, Monroe, Pike, Montgomery, Osage, Miller, Camden, Dallas, Webster, Douglas and Ozark. In the state of Illinois the counties of Calhoun, Greene, Jersey, Madison, St. Clair, Monroe, and Jackson.

Pacific—The state of California north of but not including the counties of San Luis Obispo, Kern and San Bernardino. In the state of Nevada the counties of Washoe, Humboldt, Pershing, Lander, Churchill, Storey, Carson City, Douglas, Lyon, and Mineral.

LMSC Boundaries (Continued)

Pacific Northwest—The state of Washington west of but not including the counties of Okanogan, Chelan, Kittitas and Yakima; and north of but not including the counties of Cowlitz and Skamania.

Potomac Valley—The District of Columbia. In the state of Maryland the counties of Montgomery and Prince Georges. In the commonwealth of Virginia the counties of Arlington and Fairfax and the cities of Alexandria, Fairfax and Falls Church.

San Diego–Imperial—In the state of California the counties of San Diego and Imperial.

Snake River—The state of Idaho south of and excluding Idaho County. In the state of Nevada the counties of Elko, Eureka, and White Pine. In the state of Oregon, Malheur County.

South Carolina—The state of South Carolina.

South Dakota—The state of South Dakota.

South Texas—The southern part of the state of Texas bounded on the east by and not including the counties of Matagorda, Wharton, Colorado, Fort Bend, Waller, Grimes, Brazos and Robertson; on the north by and including the counties of Milam, Bell, Lampasas, Mills, Brown, Coleman and Runnels; and on the west by and including the counties of Concho, Schleicher, Sutton and Val Verde.

Southeastern—The states of Alabama and Tennessee. In the state of Florida the counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington and Bay, and that part of Jackson and Calhoun Counties west of the Apalachicola River.

Southern—The states of Louisiana and Mississippi.

Southern Pacific—In the state of California the counties of San Luis Obispo, Kern, San Bernardino, Santa Barbara, Ventura, Los Angeles, Orange, and Riverside. In the state of Nevada the counties of Clark, Lincoln, Nye, and Esmeralda.

Utah—The state of Utah.

Virginia—The commonwealth of Virginia except the counties of Arlington and Fairfax and the cities of Alexandria, Fairfax and Falls Church. The state of West Virginia except the counties of Hancock, Brooke, Ohio and Marshall.

West Texas— That part of the state of Texas west of but not including the counties of Val Verde, Sutton, Schleicher, Concho, Runnels, Taylor, Jones, Haskell, Knox, Foard, and Hardeman.

Wisconsin—The state of Wisconsin except the counties of St. Croix, Dunn and Pierce.

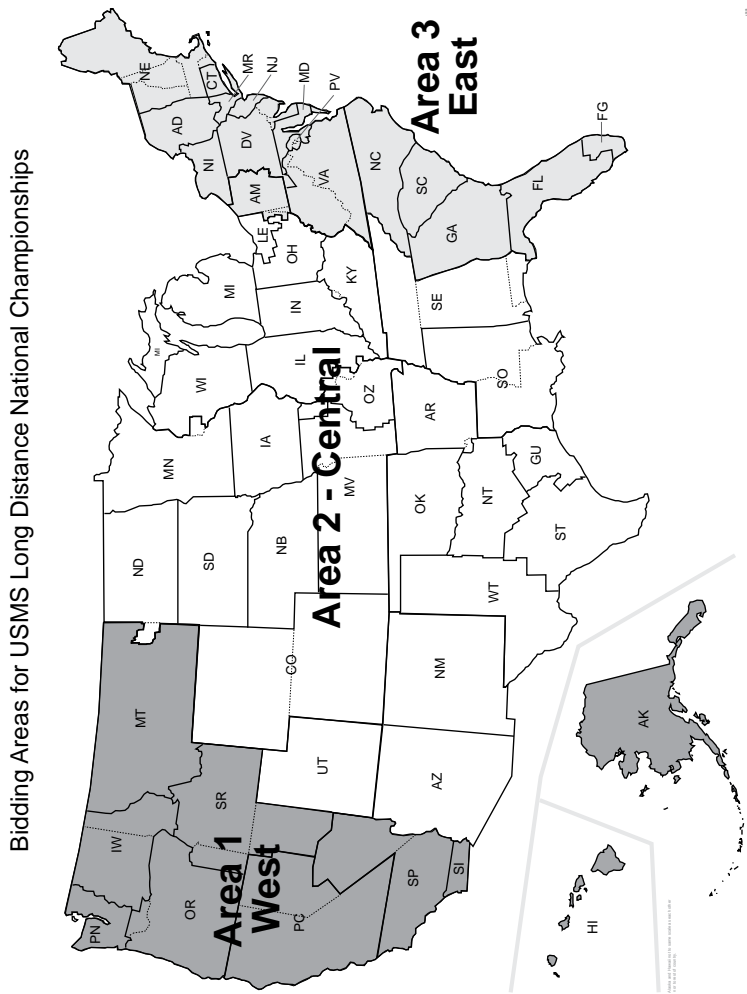
Bidding Areas for Long Distance National Championship Meets

Area 1—Area 1 shall be composed of the following LMSCs: Alaska, Hawaii, Inland Northwest, Montana, Oregon, Pacific, Pacific Northwest, San Diego–Imperial, Snake River and Southern Pacific.

Area 2—Area 2 shall be composed of the following LMSCs: Arizona, Arkansas, Colorado, Gulf, Illinois, Indiana, Iowa, Kentucky, Lake Erie, Michigan, Minnesota, Missouri Valley, Nebraska, New Mexico, North Dakota, North Texas, Ohio, Oklahoma, Ozark, South Dakota, South Texas, Southeastern, Southern, Utah, West Texas, and Wisconsin.

Area 3—Area 3 shall be composed of the following LMSCs: Adirondack, Allegheny Mountain, Connecticut, Delaware Valley, Florida, Florida Gold Coast, Georgia, Maryland, Metropolitan, New England, New Jersey, Niagara, North Carolina, Potomac Valley, South Carolina and Virginia.

Bidding Areas for Long Distance National Championships



APPENDIX E:

USMS DIRECTORY

USMS Board of Directors

President.....	Patty Miller
Vice President of Administration	Peter Guadagni
Vice President of Local Operations	Chris Colburn
Vice President of Programs.....	Donn Livoni
Vice President of Community Services	Frank “Skip” Thompson
Secretary	Greg Danner
Treasurer	Ralph Davis
Immediate Past President.....	Nadine Day
Legal Counsel	Maria Elias-Williams
At-Large Director, Breadbasket Zone.....	Tom Moore
At-Large Director, Colonies Zone	David Diehl
At-Large Director, Dixie Zone.....	Rob Copeland
At-Large Director, Great Lakes Zone	Dan Cox
At-Large Director, Northwest Zone.....	Sarah Welch
At-Large Director, Oceana Zone.....	Leianne Crittenden
At-Large Director, South Central Zone	Ed Coates
At-Large Director, Southwest Zone.....	Laura Winslow
Past President.....	F.H. “Ted” Haartz
Past President.....	Michael Laux
Past President.....	Tom Boak
Past President.....	Dan Gruender
Past President.....	Mel Goldstein
Past President.....	Nancy Ridout
Past President.....	Jim Miller
Past President.....	Rob Copeland
Past President.....	Jeff Moxie
CEO.....	Dawson Hughes
USA Swimming Liaison	Dale Ammon

(see the USMS Guide to Operations for an organization chart)

Zone Chairs and LMSC Chairs

Breadbasket Zone—Marcia Anziano

Colorado.....	Christopher Nolte
Iowa.....	Norman Bower
Minnesota.....	Tom Moore
Missouri Valley	Doug Hayden
Nebraska	Erin Sullivan
North Dakota.....	Bradley Myers
Ozark.....	Mary Pohlmann
South Dakota.....	Jenny Hodges

Colonies Zone—Mollie Grover

Adirondack	Robert Singer
Connecticut	Jeff Sargent
Delaware Valley	Thomas Patterson
Maryland	Rand Vaillancourt
Metropolitan	Roberta Saint-Amour
New England	Doug Sayles
New Jersey	Susan Kirk
Niagara	Gregory Danner
Potomac Valley	Jeff Strahota
Virginia	Kirk Clear

Dixie Zone—Ed Saltzman

Florida	Bob Jennings
Florida Gold Coast	Barbara Protzman
Georgia	Britta O'Leary
North Carolina	Steve Weatherman
South Carolina	Michael Malik
Southeastern	Allison Ware
Southern	Christine Frederic

Great Lakes Zone—CJ Rushman

Allegheny Mountain	Katherine Longwell
Illinois	Heidi Kafka
Indiana	Lisa Brown
Kentucky	C.J. Rushman
Lake Erie	Harry Greenfield
Michigan	Patrick Weiss
Ohio	Pete Tarnapoll
Wisconsin	Mary Schneider

Northwest Zone—Sally Dillon

Alaska	Ken Winterberger
Inland Northwest	Matthew Bronson
Montana	Jeanne Ensign
Oregon	Timothy Waud
Pacific Northwest	Sally Dillon
Snake River	Jim Clemmons
Utah	Aaron Norton

Oceana Zone—Sally Guthrie

Hawaii	Malcolm Cooper
Pacific.....	John King

South Central Zone—Bruce Rollins

Arkansas.....	Carrie O'Banion
Gulf	Bruce Rollins
North Texas	Richard Garza
Oklahoma.....	Kathryn Mendez
South Texas	Ed Coates
West Texas	Chris Lysinger

Southwest Zone—Mary Hull

Arizona.....	Patrick Brundage
New Mexico.....	Robert Wilson
San Diego—Imperial	Barbara Dunbar
Southern Pacific	Mark Moore

USMS Committees

Championship Committee—Jeff Roddin

Jim Clemmons—Vice Chair	Nicole Christensen Rembach
Barry Fasbender	Ken Halbrecht
Robert Heath	Linda Irish Bostic
Cheryl Kupan	Krisie Melsen
Mark Moore	Erin Moro
Sandi Rousseau	Pete Tarnapoll
Jeffrey Strahota	Charlie Tupitza
Natalie Taylor	Ed Saltzman
Ex Officio: Ali Hall, Casey Keiber, Jay Eckert	
EC: Peter Guadagni	

Coaches Committee—Bob Jennings

Kenny Brisbin—Vice Chair	Scott Bay
Patrick Brennan	Chris Campbell
David Clark	Doug Fetchen
Dean Hawks	Terry Heggy
Christine Maki	Jennifer Masquelier
Erin Mathews	Crystie McGrail
Chris McPherson	Helen Naylor
Kerry O'Brien	Tim Waud
Steve Weatherman	Laureen Welting
Ex Officio: Bill Brenner, Marianne Groenings	
EC: Frank "Skip" Thompson	

Fitness Education Committee—Mary Jurey

Brian Cummings—Vice Chair	Stacy Broncucia
Brigid Bunch	Anita Cole
Kelly Davis	Stephanie Gauzens
Karen Gernert	Fares Ksebati
Ann Marshfield	Andy Seibt
Lisa Ward	Lisa Watson
Karin Wegner	
Ex Officio: Bill Brenner, Casey Keiber, Kyle Deery	
EC: Frank “Skip” Thompson	

History and Archives Committee—Barbara Dunbar

Meegan Wilson—Vice Chair	Maryanne Barkley
John Bauman	Marcia Benjamin
Kirk Clear	Betsy Durrant
Kathy Gallagher	Anna Lea Matysek
Gail Roper	Jayne Saint-Amour
Rick Schumacher	Sandy Thatcher
Ex Officio: Jessica Porter, Onshalee Promchitmart	
EC: Chris Colburn	

Legislation Committee—Richard Garza

Meg Smath—Vice Chair	Brian Albright
Chris Barta	Joan Campbell
Rob Copeland	Heather Hagadorn
Bruce Hopson	Michelle Jacobs-Brown
Leo Letendre	Jane Moore
Steve Peterson	Erin Sullivan
Dan Wegner	Patrick Weiss
Kris Wingenroth	
Ex Officio: Bill Brenner, Charles Cockrell, Jessica Porter, Maria Elias-Williams	
EC: Peter Guadagni	

LMSC Development Committee—Michael Moore

Tim Lecrone—Vice Chair	Stacy Abrams
Marcia Anziano	Lisa Brown
Michael Carlson	Linda Chapman
Jerry Clark	Sally Dillon
Mollie Grover	Sally Guthrie
Mary Hull	Andrew Le Vasseur
Hugh Moore	Bruce Rollins
Christopher John Rushman	Ed Saltzman
Ex Officio: Jessica Porter, Onshalee Promchitmart	
EC: Chris Colburn	

Long Distance Committee—Ali Hall

Phyllis Quinn—Vice Chair	Alana Aubin
David Brancamp	James Davidson
Laurie Hug	Sarah King
Matt Miller	Josephine Palmerin
Stephen Rouch	Catherine Rust
Lorena Sims	Robert Singer
Robin Smith	Jill Wright
Ex Officio: Bill Brenner, Bob Bruce, Casey Keiber, David Miner, Jay Eckert	
EC: Donn Livoni	

Officials Committee—Teri White

Herb Schwab—Vice Chair	Michael Abegg
Pat Baker	Virgil Chancy
Dave Coddington	Omar de Armas
Judy Gillies	Steve Goldman
Chris Lysinger	Alina Perez de Armas
Ex Officio: Jim Holcomb, Casey Keiber, Onshalee Promchitmart	
EC: Donn Livoni	

Open Water Committee—Bob Bruce

James Kennedy—Vice Chair	Sherry Brooks
Denise Brown	Mia Erickson Stevens
Lynn Hazlewood	Jenny Hodges
Mark Johnston	Bob Kolonkowski
Peter Lee	Karen LeFebre
Sue Nutty	William Reeves
Douglas Sayles	Ally Sega
Marie Vellucci	Joanne Wainwright
Allison Ware	
Ex Officio: Ali Hall, Bill Brenner, Casey Keiber, Dave Miner, Jay Eckert	
EC: Donn Livoni	

Recognition and Awards Committee—Ray Novitske

Megan Lassen—Vice Chair	Charis Anderson McCarthy
Marcia Benjamin	Carolyn Boak
Richard Burns	Chris Campbell
Nadine Day	Sally Dillon
Barry Fasbender	Cathy Hallman-Kenner
Linda Irish Bostic	Lori Payne
Ginger Pierson	Nancy Ridout
Laura Val	
Ex Officio: Jessica Porter, Onshalee Promchitmart	
EC: Chris Colburn	

Appendix E

Records and Tabulation Committee—Jeanne Seidler

MJ Caswell—Vice Chair

Kathrine Casey

Stacey Eicks

Cheryl Gettlefinger

Erin Moro

Walt Reid

Mary Sweat

Kim Thornton

Ex Officio: Casey Keiber, Jessica Porter, Mary Beth Windrath, Steve Hall

EC: Chris Colburn

Registration Committee—Susan Ehringer

Marcia Anziano—Vice Chair

Diann Bauer

Douglas Handler

Tim Lecrone

Christine Ottati

Chris Powers

George Simon

Kim Thornton

Diana Triana

Jill Wright

Ex Officio: Jessica Porter, Steve Hall

EC: Peter Guadagni

Rules Committee—Charles Cockrell

Mollie Grover—Co-Vice Chair

Claire Letendre—Co-Vice Chair

Carolyn Boak

Kathrine Casey

Julie Dussliere

Marilyn Fink

Christina Fox

Judy Gillies

Laura Groselle

Matt Hooper

Barbara Protzman

Robert Seagraves

Jessica Seaton

Jay Thomas

Steve Unruh

Rand Vaillancourt

Teri White

Karen Harris

Ex Officio: Bill Brenner, Jay Thomas, Jessica Porter, Richard Garza

EC: Peter Guadagni

Sports Medicine and Science Committee—Meg Carlson

Clare Rudd Kubiak—Vice Chair

Arlette Godges

Sally Guthrie

Jim Izzi

James Miller

Jane Moore

Melodee Nugent

Carlos Rodriguez

Jessica Seaton

Eduard Tiozzo

Robin Tracy

Ex Officio: Daniel Paulling

EC: Frank “Skip” Thompson

Board of Directors Committees

Audit Committee—Elyce Dilworth

Teddy Decker—Vice Chair

Phil Dodson

Jeanne Ensign

Jill Gellatly

Laura Winslow

Ex Officio: Dawson Hughes, Ralph Davis, Susan Kuhlman

Compensation and Benefits Committee—Ed Coates

Sarah Welch—Vice Chair

Erika Braun

Hill Carrow

Dan Cox

Ex Officio: Dawson Hughes, Patty Miller

Elections Committee—Cheryl Gettelfinger

Erin Sullivan—Vice Chair

Leianne Crittenden

David Diehl

Susan Ehringer

Nancy Ridout

Dan Wegner

Ex Officio: Jessica Porter, Onshalee Promchitmart

EC: Patty Miller

Finance Committee—Jeanne Ensign

Laura Winslow—Vice Chair

Tom Boak

Guy Davis

Teddy Decker

Elyce Dilworth

Phil Dodson

Harry Greenfield

Peter Guadagni

Homer Lane

Laura Shope

Susie Young

Ex Officio: Dawson Hughes, Ralph Davis, Susan Kuhlman

Governance Committee—Leianne Crittenden

Jim Miller—Vice Chair

Paige Buehler

Ed Coates

Rob Copeland

David Diehl

Michael Heather

Matt Hooper

Hugh Moore

Tom Moore

Jim Wheeler

Ex Officio: Bill Brenner, Dawson Hughes, Patty Miller

Investment Committee—Stan Benson

Guy Davis—Vice Chair

Jay Definis

Phil Dodson

Homer Lane

Bill Sherman

Ex Officio: Dawson Hughes, Ralph Davis, Susan Kuhlman

Appendix E

Swimming Saves Lives Foundation—Jay Definis

Brandon Franklin—Vice Chair

Susan Ehringer

Ted Haartz

Kristina Henry

Debbie Malafsky

Patty Miller

Lisa Ward

Ex Officio: Dawson Hughes, Holly Neumann

Nadine Day

Maria Elias-Williams

Michael Hamm

Homer Lane

Bill Meier

Nancy Ridout

Special Appointments and Liaisons

FINA Masters Committee Vice Chair Mel Goldstein

FINA Sports Medicine Committee Jim Miller

ISHOF Liaison Walt Reid

National Board of Review Chair..... Barbara Delanois

Parliamentarian William Tingley

Senior Games Liaison William Tingley

UANA Masters Technical Committee Chair Mel Goldstein

UANA Masters Technical Committee Jim Miller

UANA Masters Athlete Representative Nadine Day

U.S. Aquatic Sports Representative Patty Miller

U.S. Aquatic Sports Treasurer..... Tom Boak

USMS Liaison to International Gay and Lesbian Aquatics Sean Fitzgerald

USMS Liaison to USA Swimming Ed Tsuzuki

National Office

Chief Executive OfficerDawson Hughes

Administrative Services

Chief Financial Officer Susan Kuhlman

Staff Accountant.....Lynn Watson

Information Technology

Web Developer..... Sterling Webb

Operations

Chief Operating Officer Bill Brenner

Membership Services

Senior Director, Membership Acquisition and Services Jessica Porter

Coordinator, Membership Services..... Steve Hall

Coordinator, Volunteer Services Onshalee Promchitmart

Program Services

Director, Programs and Events Marianne Groenings

Manager, Adult Learn-to-Swim & Foundation Programs Holly Neumann

Coordinator, Events and Programs Casey Keiber

Operations Assistant.....Melanie Jaudon

Marketing and Communications

Senior Director, Marketing and Communications Kyle Deery

Manager, Business Development..... Jay Eckert

Communications and Publications

Director, Communications and Publications Laura Hamel

Manager, Publications..... Daniel Paulling

[illegible]

APPENDIX F:

USMS HISTORY

Capt. Ransom J. Arthur, M.D. Award

Given in honor of Capt. Ransom J. Arthur, M.D., who, by his sacrifice, perseverance, and dedication to improving the health of adults through swimming, established USMS, to the person who has done the most to further the objectives of USMS.

1973	Ransom J. Arthur	1994	Nancy Ridout
1974	June Krauser	1995	Mary Lee Watson
1975	Hal Onusseit	1996	Suzanne Rague
1976	F.H. "Ted" Haartz	1997	Mel Goldstein
1977	Dr. Paul Huting	1998	William Tingley
1978	Mildred Anderson	1999	Jim Miller
1978	Hamilton Anderson	2000	Joan Smith
1979	Ray Taft	2000	Richard Smith
1979	Zada Taft	2001	Carolyn Boak
1980	Enid Urich	2002	Hugh Moore
1980	Ed Reed Sr.	2002	Jane Moore
1981	Cindy Baxter	2003	Sandi Rousseau
1982	Harry Rawstrom	2004	Leo Letendre
1983	Dorothy Donnelly	2005	Betsy Durrant
1984	Reg Richardson	2006	Sally Ann Dillon
1985	Michael Laux	2007	Jeanne Ensign
1986	Judge Robert Beach	2008	Barry Fasbender
1987	Ross Wales	2009	Julie Heather
1988	John Spannuth	2010	Lynn Hazlewood
1989	Dan Gruender	2011	Rob Copeland
1989	Edie Gruender	2012	Doug Church
1990	Jack Geoghegan	2013	Patty Miller
1991	Tom Boak	2014	Hill Carrow
1992	Walt Reid	2015	Meg Smath
1993	Kathrine Casey	2016	Nadine Day
1993	Gail Dummer	2017	Michael Moore

Speedo USMS Coach of the Year Award

Presented to the coach who has done the most to further the objectives of USMS.

1986	Jim Miller, M.D.	2002	Jim Montgomery
1987	Kerry O'Brien	2003	Bob Bruce
1988	Keith Bell	2004	Scott Williams
1989	William Tingley	2005	Mark Moore
1990	Michael Collins	2006	Sue Welker
1991	Judy Bonning	2007	Kris Houchens
1992	Clay Evans	2008	Susan Ingraham
1992	Gerry Rodrigues	2009	Nancy Kirkpatrick-Reno
1993	Emmett Hines	2010	Bobby Patten
1994	Todd Samland	2011	Chad Durieux
1995	Scott Rabalais	2012	Stuart Kahn
1996	Mo Chambers	2013	Whitney Hedgepeth
1997	Bonnie Adair	2014	Cokie Lepinski
1998	Ed Nessel	2015	Marty Hendrick
1999	Ron Johnson	2016	Scott Bay
2000	Frank "Skip" Thompson	2017	Tim Waud
2001	Mel Goldstein		

2017 USMS Dorothy Donnelly Service Award

Given in memory of Dorothy Donnelly, who served USMS meticulously and without reservation. USMS is forever grateful to the hundreds of talented volunteers who give their time, talent and expertise to help all phases of our programs. Among those volunteers are some whose service stands out in its scope, its impact on the program and the numbers of USMS members who have benefited from their efforts on the local, regional and national level.

Maryanne Barkley – Ozark	Heidi Kafka – Illinois
Andrea Block – Illinois	Nancy Kirkpatrick-Reno – Southern Pacific
MJ Caswell – Oregon	Carolyn Moore – South Carolina
James Davidson – Pacific Northwest	Erin Moro – South Carolina
Elyce Dilworth – Wisconsin	Kristin Volz – Florida Gold Coast
Sean Fitzgerald – Georgia	Patrick Weiss – Michigan
Karen Gernert – Indiana	
Mollie Grover – Potomac Valley	
Brian Hoyt – Colorado	

2017 USMS Kerry O'Brien Coaching Award

Awarded for grassroots coaching accomplishment.

Amy Browning – Greenville Splash Masters	Dean Hawks – Indy Aquatic Masters
Jamie Doctor – Swim Kentucky Masters	Bonnie Karas-Foltz – Michigan Masters
Bob Goldie – New Mexico Masters Swimming	Robert 'Bo' Martin – Columbus Sharks Masters
Michael L Hamm – Kroc Masters	Shelly Rawding – Oregon Masters

USMS Club of the Year Award

Recognizes clubs that embody the mission of USMS in the hopes that others may look to them as models of excellence.

2006	YMCA Indy SwimFit	2012	Sarasota YMCA Sharks (local)
2007	Walnut Creek Masters	2013	Blue Wave Aquatics Masters
2008	Woodlands Masters Swim Team	2014	Puget Sound Masters (regional)
2009	Noblesville Adult Swim Team	2014	Indy Aquatic Masters (local)
2009	Mission Viejo Nadadores	2015	Swim Fort Lauderdale
2010	Asphalt Green Unified Aquatic Masters	2016	Palmetto Masters
2011	Michigan Masters (regional)	2017	Oregon Masters (regional)
2011	Davis Aquatic Masters (local)	2017	Palm Beach Masters (local)

USMS June Krauser Communications Award

Recognizes outstanding contributions to communications within USMS. The award is named after June Krauser, editor of the first national newsletter.

2005	June Krauser	2011	Jane Katz
2006	Lynn Hazlewood	2012	Phil Whitten
2007	Julie Heather	2013	Sally Guthrie
2008	Dr. Paul Huting	2014	Frank "Skip" Thompson
2009	Meg Smath	2015	Rich Burns
2010	Pacific LMSC: Tracy Barbutes, Joanne Berven, Caroline Lambert, Michael Moore	2016	Karlene Denby
		2017	Cheryl Wagner

USMS Fitness Award

Presented by the Fitness Education Committee to individuals and organizations demonstrating outstanding contribution to fitness activities within USMS.

1997	Scott Rabalais	2007	Mary Sweat
2000	Bill Volckening	2008	Linda Shoenberger
2002	Bill Volckening	2010	Nancy Brown
2003	Dr. Paul and Margie Huting; Pam Himstreet	2011	Jane Katz
2004	Jody Welborn	2014	Susie Powell and Jim Wu
2005	Doug and Marianne Brogan	2015	Lisa Ward

USMS Open Water Service Award

Honors individuals who made significant contributions to promoting and building excellence in USMS open water swimming.

2013	Bob Bruce	2016	Dick Sidner
2014	Glenda Carroll	2017	Lynn Hazelwood
2015	Jim Wheeler		

USMS National Championship Meets Award

The USMS National Championship Meets Award is presented by the Raleigh Area Masters in partnership with the USMS Championship Committee to the person or persons making outstanding contributions toward enhancing the quality of USMS National Championship Meets.

1992	Hill Carrow	2002	Carolyn Boak
1993	Paul Windrath	2003	Mark Gill
1993	Wayde Mulhern	2004	Hill Carrow
1993	June Krauser	2005	Tracy Grilli
1994	Gene Donner	2006	Michael Moore
1994	George McVey	2007	Bob Brown
1994	Betty Barry	2007	Helen Brown
1994	Tom Boak	2008	Tom Taylor
1995	John Zell	2009	Barry Fasbender
1995	Mel Goldstein	2010	Mark Moore
1996	F.H. "Ted" Haartz	2011	Herb Schwab
1997	Sandi Rousseau	2012	Jeff Roddin
1998	Stu Marvin	2013	Ed Saltzman
1999	Jim Matysek	2014	Jacki Allender
2000	Anneliese Eggert	2015	Kim Crouch
2000	Walt Eggert	2016	Don Gilchrist
2001	Hugh Moore	2017	Dan & Karin Wegner
2001	Jane Moore		

Ted Haartz USMS Staff Appreciation Award

Recognizes individuals who have demonstrated excellence in assisting and supporting the staff in the National Office with its professional duties of servicing, promoting and building the membership.

2009	F.H. "Ted" Haartz	2014	Jeanne Ensign
2010	George Simon	2015	Nadine Day
2011	Ralph Davis	2016	Jim Miller
2012	Ed Tsuzuki	2017	Rob Copeland
2013	Jeff Roddin		

For more information about USMS awards, go to the USMS Awards page at www.usms.org/admin/awards.

USMS Members Inducted into the International Masters Swimming Hall of Fame

Honor Masters Swimmers

- 2003 Jayne Bruner, Barbara Dunbar, Tim Garton, Graham Johnston, June Krauser,
G. Harold “Gus” Langner, Kelley Lemmon, Maxine Merlino, Ardeth Mueller,
Gail Roper, Ray Taft, Clara Walker
- 2004 Aldo da Rosa, Paul Huting, Frank Piemme, Laura Val
- 2005 Burwell Jones, Betsy Jordan, Sandy Neilson-Bell, Tod Spieker
- 2006 Drury Gallagher, Katherine Pelton, Walter Pfeiffer, Rita Simonton,
William Specht, Lavelle Stoinoff
- 2007 Woodrow Bowersock, Jean Durston, Sandy Galletly, Ronald
Johnson, Karlyn Pipes-Neilsen
- 2008 Maria Lenk, Jim McConica, Robert Strand
- 2009 Margery Meyer, Gertrud Zint
- 2010 Rich Burns, Lois (Kivi) Nochman
- 2011 Rich Abrahams, Jeff Farrell
- 2012 Tim Birnie, Carolyn Boak
- 2013 Edward Cazalet
- 2014 David Guthrie, Tim Shead, Jean Troy
- 2015 Jack Groselle, David Radcliff
- 2016 Joann Leilich, Thomas Maine
- 2017 Anne Adams, Ann Hirsch, Danielle Ogier, Yoshi Oyakawa, Hugh Wilder

Honor Open Water Swimmers

- 2007 Suzanne Heim-Bowen

Honor Contributors

- 2003 Ransom Arthur
- 2005 Phil Whitten
- 2012 Mel Goldstein
- 2013 F.H. “Ted” Haartz
- 2015 Nancy Ridout
- 2016 Tom Boak

USMS Members Inducted into the International Swimming Hall of Fame

Honor Swimmers

- 1995 Clara Lamore Walker and G. Harold “Gus” Langner
- 1996 Ardeth Mueller and Ray Taft
- 1997 Gail Roper and Tim Garton
- 1998 Jayne Owen Bruner and Graham Johnston
- 1999 Maxine Merlino and Kelley Lemmon
- 2000 Barbara Dunbar
- 2003 Laura Val
- 2015 Karlyn Pipes

Honor Contributors

- 1990 Ransom Arthur
- 1994 June Krauser

USMS Short Course National Championship Meets

Year	Date	Location	Swimmers
1970	5/2-3	Amarillo, Texas	46
1971	5/7-8	Amarillo, Texas	108
1972	5/19-21	San Mateo, Calif.	325
1973	5/18-20	Santa Monica, Calif.	500
1974	5/17-19	Fort Lauderdale, Fla.	561
1975	5/16-18	Fort Lauderdale, Fla.	663
1976	5/14-16	Mission Viejo, Calif.	800
1977	5/13-15	Fort Lauderdale, Fla.	611
1978	5/19-21	San Antonio, Texas	560
1979	5/4-7	Mission Viejo, Calif.	1,020
1980	5/16-18	Fort Lauderdale, Fla.	875
1981	5/23-26	Irvine, Calif.	1,209
1982	5/21-24	The Woodlands, Texas	910
1983	5/28-31	Fort Lauderdale, Fla.	1,208
1984	5/26-29	Industry Hills, Calif.	1,227
1985	5/9-12	Milwaukee, Wisc.	1,021
1986	5/15-18	Fort Pierce, Fla.	1,231
1987	5/15-18	Stanford Univ., Calif.	2,328
1988	5/19-22	Austin, Texas	1,405
1989	5/4-7	Boca Raton, Fla.	1,755
1990	5/18-21	Los Angeles, Calif.	1,592
1991	5/16-19	Nashville, Tenn.	1,529
1992	5/21-24	Chapel Hill, N.C.	1,502
1993	5/20-23	Santa Clara, Calif.	2,055
1994	5/13-16	Tempe, Ariz.	1,912
1995	5/18-21	Fort Lauderdale, Fla.	1,992
1996	5/9-12	Cupertino, Calif.	2,048
1997	5/15-18	Federal Way, Wash.	1,438
1998	5/7-10	Indianapolis, Ind.	1,738
1999	5/13-16	Santa Clara, Calif.	2,060
2000	4/27-30	Indianapolis, Ind.	1,390
2001	5/17-20	Santa Clara, Calif.	1,850
2002	5/14-17	Honolulu, Hawaii	1,103
2003	5/15-18	Tempe, Ariz.	1,922
2004	4/22-25	Indianapolis, Ind.	1,564
2005	5/19-22	Fort Lauderdale, Fla.	1,620
2006	5/4-7	Coral Springs, Fla.	1,276
2007	5/17-20	Federal Way, Wash.	1,456
2008	5/1-4	Austin, Texas	1,865
2009	5/7-10	Clovis, Calif.	1,582
2010	5/20-23	Atlanta, Ga.	1,975
2011	4/28-5/1	Mesa, Ariz.	1,817
2012	4/26-29	Greensboro, N.C.	1,864
2013	5/9-12	Indianapolis, Ind.	1,633
2014	5/1-4	Santa Clara, Calif.	2,249
2015	4/23-26	San Antonio, Tex.	1,888
2016	4/28-5/1	Greensboro, N.C.	1,790
2017	4/27-30	Riverside, Calif.	2,026
2018	5/10-5/13	Indianapolis, Ind.	
2019	4/25-28	Mesa, Ariz.	

USMS Long Course National Championship Meets

Year	Date	Location	Swimmers
1972	8/11–13	Bloomington, Ind.	188
1973	8/10–12	Chicago, Ill.	500
1974	9/6–8	Santa Clara, Calif.	584
1975	8/29–31	Knoxville, Tenn.	394
1976	8/27–29	St. Louis, Mo.	514
1977	8/25–28	Spokane, Wash.	525
1978	8/31–9/3	Providence, R.I.	540
1979	8/23–26	Dearborn, Mich.	689
1980	8/29–9/1	Santa Clara, Calif.	987
1981	8/13–16	Canton, Ohio	741
1982	8/26–29	Gresham, Ore.	915
1983	8/25–28	Indianapolis, Ind.	908
1984	8/23–26	Raleigh, N.C.	840
1985	8/17–20	Providence, R.I.	800
1986	8/21–24	Gresham, Ore.	933
1987	8/21–24	The Woodlands, Texas	872
1988	8/25–28	Buffalo, N.Y.	1,071
1989	8/17–20	Grand Forks, N.D.	586
1990	8/17–20	The Woodlands, Texas	829
1991	8/22–25	Elizabethtown, Ky.	720
1992	8/20–23	Federal Way, Wash.	1,150
1993	8/19–22	Minneapolis, Minn.	1,085
1994	8/25–28	Buffalo, N.Y.	716
1995	8/24–27	Gresham, Ore.	1,010
1996	8/21–25	Ann Arbor, Mich.	1,176
1997	8/14–17	Orlando, Fla.	881
1998	8/20–23	Fort Lauderdale, Fla.	922
1999	8/19–23	Minneapolis, Minn.	949
2000	8/17–20	Baltimore, Md.	1,380
2001	8/16–19	Federal Way, Wash.	959
2002	8/16–19	Cleveland, Ohio	1,022
2003	8/13–17	Rutgers, N.J.	871
2004	8/12–15	Savannah, Ga.	1,084
2005	8/10–14	Mission Viejo, Calif.	1,109
2006	Not held due to FINA World Masters Championships in the U.S.		
2007	8/10–13	The Woodlands, Texas	911
2008	8/14–17	Gresham, Ore.	1,131
2009	8/6–10	Indianapolis, Ind.	1,150
2010	8/9–12	San Juan, Puerto Rico	632
2011	8/3–6	Auburn, Ala.	688
2012	7/5–8	Omaha, Neb.	1,257
2013	8/7–11	Mission Viejo, Calif.	1,393
2014	8/13–17	College Park, Md.	1,024
2015	8/6–9	Geneva, Ohio	963
2016	8/17–21	Gresham, Ore.	1,287
2017	8/2–6	Minneapolis, Minn.	1,016
2018	Not held due to UANA Pan American Championships in the U.S.		
2019	8/7–11	Mission Viejo, Calif.	

USMS Annual Meetings and National Officers

Date	Location	Officers
1971	Lake Placid, N.Y.	
1972	Kansas City, Kan.	Ransom J. Arthur P, Judge Robert Beach VP
1973	W. Yellowstone, Mont.	Ransom J. Arthur P, Judge Robert Beach VP
1974	Washington, D.C.	June Krauser P, David Beardsley S
1975	New Orleans, La.	June Krauser P, David Beardsley S
1976	Phoenix, Ariz.	June Krauser P, David Beardsley S
1977	Columbus, Ohio	June Krauser P, F.H. "Ted" Haartz S
1978	San Antonio, Texas	F.H. "Ted" Haartz P, Enid Urich S
1979	Las Vegas, Nev.	F.H. "Ted" Haartz P, Don Rankin VP, Enid Urich S, Reg Richardson T, Bobbi Turcotte ZC
1980	Snow Bird, Utah	F.H. "Ted" Haartz P, Michael A. Laux VP, Enid Urich S, Reg Richardson T, Bobbi Turcotte ZC
1981	Snow Bird, Utah	F.H. "Ted" Haartz P, Michael A. Laux VP, Enid Urich S, Reg Richardson T, Bobbi Turcotte ZC
1982	Memphis, Tenn.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Bobbi Turcotte ZC
1983	Cincinnati, Ohio	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Gail Dummer ZC
1984	Indianapolis, Ind.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Gail Dummer ZC
1985	Phoenix, Ariz.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Dore Schwab ZC
1986	Fort Worth, Texas	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Dore Schwab ZC
1987	Atlanta, Ga.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Edie Gruender ZC
1988	St. Louis, Mo.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Edie Gruender ZC
1989	Portland, Ore.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Pat Maley ZC
1990	Pittsburgh, Pa.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Pat Maley ZC
1991	Louisville, Ky.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Betsy Durrant ZC
1992	Minneapolis, Minn.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Betsy Durrant ZC

USMS Annual Meetings and National Officers

1993	Los Angeles, Calif.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Betsy Durrant ZC
1994	Kansas City, Mo.	Mel Goldstein P, Jim Miller, M.D., VP, Suzanne Rague S, Lucy Johnson T, Betsy Durrant ZC
1995	Houston, Texas	Mel Goldstein P, Jim Miller, M.D., VP, Suzanne Rague S, Lucy Johnson T, Betsy Durrant ZC
1996	Orlando, Fla.	Mel Goldstein P, Jim Miller, M.D., VP, Suzanne Rague S, Lucy Johnson T, Stephanie Walsh ZC
1997	Burlingame, Calif.	Mel Goldstein P, Jim Miller, M.D., VP, Suzanne Rague S, Lucy Johnson T, Stephanie Walsh ZC
1998	Cincinnati, Ohio	Nancy Ridout P, Jack Geoghegan VP, Betsy Durrant S, Jeanne Ensign T, Hugh Moore ZC
1999	San Diego, Calif.	Nancy Ridout P, Jack Geoghegan VP, Betsy Durrant S, Jeanne Ensign T, Hugh Moore ZC
2000	Kissimmee, Fla.	Nancy Ridout P, Jack Geoghegan VP, Betsy Durrant S, Jeanne Ensign T, Hugh Moore ZC
2001	Louisville, Ky.	Nancy Ridout P, Jack Geoghegan VP, Betsy Durrant S, Jeanne Ensign T, Lynn Hazlewood ZC
2002	Dallas/FortWorth, Texas	Jim Miller, M.D., P, Scott Rabalais VP, Sally Ann Dillon S, Doug Church T, Lynn Hazlewood ZC (Wayne McCauley, acting ZC)
2003	San Diego, Calif.	Jim Miller, M.D., P, Scott Rabalais VP, Sally Ann Dillon S, Doug Church T, Lynn Hazlewood ZC
2004	Orlando, Fla.	Jim Miller, M.D., P, Scott Rabalais VP, Sally Ann Dillon S, Doug Church T, Lynn Hazlewood ZC
2005	Greensboro, N.C	Jim Miller, M.D., P, Scott Rabalais VP, Sally Ann Dillon S, Doug Church T, Lynn Hazlewood ZC
2006	Dearborn, Mich.	Rob Copeland P, Mark Gill VPMS, Michael Heather VPCS, Leo Letendre VPNO, Julie Heather VPLO, Meg Smath S, Tom Boak T
2007	Anaheim, Calif.	Rob Copeland P, Mark Gill VPMS, Michael Heather VPCS, Leo Letendre VPNO, Julie Heather VPLO, Meg Smath S, Tom Boak T
2008	Atlanta, Ga.	Rob Copeland P, Mark Gill VPMS, Michael Heather VPCS, Leo Letendre VPNO, Julie Heather VPLO, Meg Smath S, Jeff Moxie T
2009	Chicago, Ill.	Rob Copeland P, Heather Hagadorn VPMS, Michael Heather VPCS, Leo Letendre VPNO, Julie Heather VPLO, Meg Smath S, Jeff Moxie T

USMS Annual Meetings and National Officers

2010	Dallas, Texas	Jeff Moxie P, David Diehl VPMS, Nadine Day VPCS, Michael Heather VPNO, Ed Tsuzuki VPLO, C.J. Rushman S, Ralph Davis T
2011	Jacksonville, Fla.	Jeff Moxie P, David Diehl VPMS, Nadine Day VPCS, Michael Heather VPNO, Ed Tsuzuki VPLO, C.J. Rushman S, Ralph Davis T
2012	Greensboro, N.C.	Nadine Day P, David Diehl VPP, Jody Smith VPCS, Michael Heather VPA, Ed Tsuzuki VPLO, C.J. Rushman S, Ralph Davis T
2013	Anaheim, Calif.	Nadine Day P, David Diehl VPP, Jody Smith VPCS, Michael Heather VPA, Ed Tsuzuki VPLO, C.J. Rushman S, Ralph Davis T
2014	Jacksonville, Fla.	Nadine Day P, Chris McGiffin VPP, Jody Smith VPCS, Ed Tsuzuki VPA, Chris Stevenson VPLO, Chris Colburn S, Phil Dodson T
2015	Kansas City, Mo.	Nadine Day P, Chris McGiffin VPP, Jody Smith VPCS, Ed Tsuzuki VPA, Chris Stevenson VPLO, Chris Colburn S, Phil Dodson T
2016	Atlanta, Ga.	Patty Miller, P, Chris McGiffin, VPP, Frank “Skip” Thompson VPCS, Ed Tsuzuki VPA, Chris Stevenson VPLO, Chris Colburn S, Ralph Davis T
2017	Dallas, Texas	Patty Miller, P, Chris McGiffin, VPP, Frank “Skip” Thompson VPCS, Ed Tsuzuki VPA, Chris Stevenson VPLO, Chris Colburn S, Ralph Davis T

World Championship Meets

Year	Date	Location	Swimmers
1986	7/12–16	Tokyo, Japan	3,400
1988	10/9–16	Brisbane, Australia	3,594
1990	8/6–13	Rio de Janeiro, Brazil	1,685
1992	6/25–7/5	Indianapolis, Ind., USA	2,406
1994	6/4–10	Montreal, Canada	3,474
1996	6/23–7/2	Sheffield, England	3,837
1998	6/19–27	Casablanca, Morocco	1,954
2000	7/27–8/9	Munich, Germany	6,184
2002	3/21–4/3	Christchurch, New Zealand	2,386
2004	6/3–31	Riccione, Italy	6,306
2006	8/3–17	Stanford, Calif., USA	5,535
2008	5/15–25	Perth, Australia	5,104
2010	7/27–8/7	Goteburg and Boras, Sweden	5,233
2012	6/8–17	Riccione, Italy	9,674
2014	7/27–8/10	Montreal, Canada	6,123
2015	8/3–19	Kazan, Russia	2,640
2017	8/14–20	Budapest, Hungary	7,631

Notes

[illegible]

Index

A

Acceptable times
records 40
Advertising 14, 71, 113
Age determining date 6, 65, 121, 127
Age groups 6, 76, 81
Aggregate time xi
All-American 39
individual 42
long distance 83
open water 83
relay 43
All-Star 83
Amendments 105
authorization 105
effective date 107
emergency 107
FINA rules 107
format 107
Legislation 106
LMSC Development 106
Long Distance 106
proposed
adoption of 106
modification of 106
submission of 105, 106
publication of proposed 106
rules 108
submission deadline 107
USA Swimming rules 107
Anchored xi
Announcer 23
Annual meeting 92
Appeals 86
Appointees 93
Appointments 100
coordinators 103
legal counsel 103
liaisons 103
special assignments 103
Approved certifying bodies 111
Assistance and agreements 31
At-Large Directors
election and term of office 97
Awards 30, 76, 82
Capt. Ransom J. Arthur, M.D. 159

Dorothy Donnelly Service Award 160
International Masters Swimming Hall
of Fame 163
International Swimming Hall of Fame
163
Kerry O'Brien Coaching Award 160
National Championship 7eets 162
Speedo/USMS Coach of the Year 160
Ted Haartz USMS Staff Appreciation
162
USMS Club of the Year 161
USMS Fitness 161
USMS June Krauser Communications
161
USMS National Championship Meets
162
USMS Open Water Service Award 162

B

Backstroke 3
flags and lines 47
ledge 47
start 1
Bidding areas
Long Distance National championship
147
Blind 50
Board of Directors 96
appeal to 89
meetings 98
membership 96
permanent committees 98
powers 97
quorum 98
removal of members 100
vacancies 100
voting privileges 98
Breadbasket Zone 149
Breaststroke 2
Budget requests 104
Bulkhead xi, 42
markings 44
moveable 44
Butterfly 3

C

Cable swim xi

Clerk of Course 23
Club xiii
 membership 56
 National Championship scoring 82
Colonies Zone 150
Color 47
Commands
 starting 1, 19
Committees 102-105, 151-157
 ad hoc 105
 appointments 103
 audit 100, 155
 championship 100, 151
 coaches 100, 151
 compensation and benefits 100, 155
 elections 101, 152
 executive iii, 101
 finance 101, 155
 fitness education 101, 152
 governance 101, 156
 history and archives 101, 152
 investment 101, 156
 jurisdiction 103
 legislation 101, 152
 Amendments 99
 LMSC development 101, 153
 long distance 101, 153
 amendments 99
 officials 102, 153
 open water 102, 154
 recognition and awards 102, 154
 records and tabulation 102, 154
 registration 102, 154
 rules 103, 154
 amendments 103
 sports medicine and science 103, 155
 standing 102
 Swimming Saves Lives Foundation
 156
Conduct 85
 compliance with rules and regulations
 85
 enforcement 86
 standards of 85
 unsporting 86
Contract 80
 National championship 80
Corporation xi
Course xi

D

Deaf 50
Deck-seeding xi
Deck entered xi
Deck equipment
 other 45
Deliberate delay 20
Disabilities 49, 74
 general 49
 modifications 49
 physical 51
Disabled
 cognitively 51
Disqualifications 15
Dissolution 104
Diving boards 45
Dixie Zone 150
Drafting xi
Dual meet xi
Dual sanctioned events xi, 116

E

Electronic timing chip xi
Eligibility 6, 76
End of the course xi
End wall targets 45
Entries 9
Entry fees 35
Entry form 34
Equal opportunity 92
Escort craft xi
Etiquette
 Lane 11
Event xii, 7
Event director xii, 72
Event limit 8
Events
 long distance pool 75
 open water 68
 postal 76
 straightaway xiv, 67
Executive Committee 99
 nonvoting members of 99
Ex officio xii

F

Facilities 43-49
False starts 20
Fees 104
FINA xii

information for participants 32
 Financial policy 103
 budget requests 104
 fees 104
 fiscal year 104
 Finish xii, 70
 backstroke 3
 blind and visually impaired 50
 breaststroke 2
 butterfly 3
 freestyle 4
 Individual Medley 5
 open water 70
 Finish point xii
 First day of meet xii
 Fiscal year 92
 Fitness events xii, 61
 Flags and lines
 design 47
 location 47
 Foreign swimmer xii
 Forward start xii
 Foul xii
 Freestyle 4
 Front edge 46

G

Grease xii
 Great Lakes Zone 150

H

Hard of hearing 50
 Hearings
 documentation 89
 filing fee 89
 recognition and enforcement 89
 Heat xii
 Heats
 assignments 10
 minimum 10
 pairing of 12
 Height 46
 High School
 differences between 122
 Horizontal xii
 House of Delegates 94
 meetings of 95
 membership 94
 powers 94

I

Illumination 45
 Individual events 6
 Individual Medley 4
 Initial distance xii
 Installation 46
 Insurance 104
 coverage 104
 indemnification 104
 IOC xii

J

Judges 21
 chief 20
 jurisdiction of 21
 stroke 21
 turn 21
 Jurisdiction 86

K

Kick
 breaststroke 2
 butterfly 3
 disability 52

L

Ladders 45
 Lane xii
 assignments 9
 numbers 45
 swimmers of similar speed in same 11
 timers 21
 Lane line xii
 Lane lines
 floating and dividers 47
 number of 47
 Lane markers xiv, 44
 Last day of the meet xii
 Leadoff xii
 Leg xii
 Legislation
 amendments 106
 committee 101
 Length xiii, 44
 Liability release 63
 Lighting 45
 LMSC
 abbreviations 142
 annual meeting 92

INDEX

- boundary
 - descriptions 92
- bylaws 92
- filing of 92
- election of officers 92
- financial controls 92
- jurisdiction of 86
- membership 92
- numeric codes 142
- officers 92
- records and record keeping 92
- responsibility 39
- Local Masters Swimming Committee
 - xiii, 92
- LMSC Development
 - rules amendments 107
 - committee 101
- LMSC Options 30
- Long course xi
- Long course (50) meters xi
- Long Distance
 - age 76
 - All-Star Team 83
 - amendments 105
 - distance-based 77
 - multiple per lane 76
 - officials 76
 - pool size 76
 - postal 76
 - relay
 - cumulative 75
 - sequential 75
 - open water 65
 - representation 67
 - results 81
 - sanctions 57
 - time-based 77
 - timing 77
- Long Distance Pool 75

M

- Malfunction xiii
- Manual start xiii
- Mark xiii
- Marshals 23
- Masters Swimming xiii
- May xiii
- Medical
 - Identification Item xiii
- Meet xiii

- Meet director 17
- Meet results 130
- Meets
 - cancellation 13
 - categories 30
 - championship 30
 - change of program and postponement 13
 - committee 16
 - documents
 - storage requirements for 130
 - name 30
 - postponement 13
 - results, preparation of 130
 - triangular 29
- Member xiii
- Members
 - conduct of 85
- Membership
 - affiliate 91
 - allied 91
 - annual 55
 - application 55
 - categories 91
 - club 56
 - equal opportunity 92
 - fee 56
 - individual 55
- LMSC
 - changing affiliation 56
 - long distance 65
 - mandatory 91
 - representation 55
- Misconduct 20
- Must xiii

N

- National Board of Review 86
 - authority of 87
 - chair 88
 - hearing panel procedure 88
 - jurisdiction of 86
 - LMSC decision
 - Appeal of 88
- National championship 30
 - assistance 31
 - bid
 - awarding of 30
 - deadline 31

- eligible 31
 - information 31
 - solicitation of 30
 - club scoring 82
 - conduct of 31
 - distance events 36
 - entry
 - deadline 34
 - form 34
 - procedures 80
 - financial 80
 - heat sheets 32
 - local clubs 36
 - long course xi
 - long distance
 - Bidding Areas 147
 - meet schedule/format 32
 - multiple courses 36
 - open water 65
 - personnel 17
 - program 30
 - protests 16, 74
 - regional clubs 36
 - results 37
 - short course xi
 - site selection 79
 - warm-up schedule 32
- NCAA
- differences 117
- Northwest Zone 150
- O**
- Oceana Zone 151
- Officers 95
- elections and term of office 95
 - positions 95
- Officials
- administrative 18
 - qualification of 17
- Official time 26
- One-event registration 55
- Open Water 65
- All-Star Team 83
 - disabilities 74
 - disqualifications 73
 - escorted 69
 - events 65
 - noncompetitive 75
 - finishes 70
 - finish order 70
 - incomplete swim 76
 - officials 72
 - organization 65
 - relay
 - cumulative 67
 - distance basis 67
 - point basis 67
 - sequential 67
 - time basis 67
 - safety 69
 - sanctions 61
 - scoring 68
 - age group 65
 - swimwear 73
 - seeding 72
 - starts 72
 - swimwear
 - category I 71
 - category II 72
- Operations guide
- open water 65
- Optional accessories 48
- Overflow recirculation system 45
- P**
- Pace clocks 48
- Paddler xiii
- Parliamentary authority 104
- Participation 85
- Penalties 9
- Permanent course 44
- Places 12
- Pool xiii
- bottom lane markers 44
 - certification 40
 - markings 45, 48
 - racing course
 - dimensions 44
 - walls 44
 - water
 - depth 44
 - temperature 45
 - width 44
- Postal events 75
- Postal event xiii
- Power source 48
- Preseeding xiii
- Press steward 23
- Propulsive xiii
- Protection 85
- Protests 16,

Q

Quorum 98

R

Recall device 47

Recall rope operator 21

Recognized events 59

Recorder of records 23

Records 39, 83

 application 134

 deadlines 39

 long distance 83

 requirements for

 pool measurement 40

 Top 10 40

 USMS 41

 world 43

Referee 18

 optional instructions 19

 preparation 19

Register xiii

Relay

 age groups 9

 card 9

 cumulative 67, 75

 freestyle 5

 medley 5

 rules 5

 sequential 68, 75

 takeoffs

 blind and visually impaired 50

Relay takeoff judge 21

Release 63

Reporting

 officials and meet personnel 17

Representation 65

 long distance 65

 open water 65

Required personnel 17

Responsibilities 49

Results

 individual events

 preparation of 37, 130

 meet 18, 35

 national championships 35, 78, 83

Rules amendments 105

S

Safety

 electrical 49

 open water 69

Safety plan xiv

Sanction

 open water 61

 pool 57

 records 39

 requirements 39, 62

 withdrawal or denial of 63

Scissors Kick xiv

Scoring 29

 divisions 68

Scratch xvi

Scratch procedures 9

Seeding

 events in a 50-meter course 9

 fast-to-slow 9

 national championships 35

 open water 70

 slow-to-fast 9

 two-to-a-lane 10

Session xiv

Shall xiv

Short course xi

Should xiv

Size 46

Slope 46

Soft Touch xiv

South Central Zone 151

Southwest Zone 151

Special Appointments 156

 FINA Sports Medicine Committee

 156

 ISHOF Liaison 156

 National Board of Review Chair 156

 Parliamentarian 156

 U.S. Aquatic Sports Representative

 156

 UANA 156

 USMS Liaison to International Gay

 and Lesbian Aquatics 156

 USMS Liaison to USA Swimming

 156

Split Time xi

Start 1

 backstroke 3

 blind and visually impaired 50

 breaststroke 2

 butterfly 3

 freestyle 4

- Individual Medley 4
 - open water 70
 - physical disability 50
 - running 70
 - stationary 70
 - Starter 2, 19
 - Starting
 - command 1
 - from alternate ends 10
 - grips x
 - platforms 47
 - signal 70
 - visual signal 50
 - Starting system
 - equipment 19
 - loudspeaker 47
 - strobe light location 50
 - Still water xiv
 - Straightaway swim xiv
 - Strokes
 - backstroke 3
 - breaststroke 2
 - butterfly 2
 - freestyle 4
 - Individual Medley 4
 - Submitted times xiv
 - Swimwear
 - design 14, 71
- T**
- Ties 30
 - Timed finals xiv
 - Timers 11
 - chief 21
 - head lane 22
 - lane 22
 - Timing
 - accuracy 26
 - adjustment for difference 25
 - adjustment for heat malfunction 25
 - adjustment for lane malfunction x, 25
 - altitude adjustment 33, 131
 - backup 25
 - chip xi
 - electronic xi
 - equipment 23
 - automatic 22, 48
 - manual xiv, 22
 - operator 22
 - semiautomatic 24
 - time display board 48
 - malfunction
 - adjustment for 25
 - primary 25
 - manual 23
 - primary 23
 - resolution 27
 - secondary 24
 - semiautomatic 23
 - tertiary 24
 - Tobacco
 - no smoking signs 45
 - products 16
 - Touchpads 44
 - Travel permits 57
 - Turn
 - backstroke 3
 - blind and visually impaired 50
 - breaststroke 2
 - butterfly 3
 - freestyle 4
 - Individual Medley 4
- U**
- Unattached 34
 - USAS xiv
 - USA Swimming
 - differences between
 - USMS 111
 - meets
 - Combined 116
 - Interwoven 116
 - Parallel 116
 - dual sanctioned events 116
 - USMS xiv
- V**
- Venue xv
 - Visually impaired. *See* Blind
- W**
- Wall xv
 - Warm-down 6
 - availability 6
 - procedure 7
 - Warm-up. *See* Warm-down
 - Warning signal xv
 - Water conditions 66

INDEX

Wave xv

Will xv

World championship 169

Workout Group xv

Z

Zone

boundary 93

chair 93

championship meet 93

communication 93

meeting 93

policy 93

A close-up, low-angle shot of a swimmer's face, looking down. The swimmer is wearing dark blue Speedo goggles with green lenses. The background is a blurred blue, suggesting water. The Speedo logo is in the top left corner.


speedo

KATIE MEILI
OLYMPIC MEDALIST

MOST MEDALS. MOST TRUSTED.

The World's Leader in Competitive Swimwear
and Training Equipment

Discover more at [speedousa.com](https://www.speedousa.com)

Speedo and  are registered trademarks of and used under license from Speedo International Limited.

AVICTOR[®]

THE ULTIMATE ADVANTAGE.

RYAN LOCHTE
12X Olympic Medalist
World Record Holder



HYDROSPHERE
TECHNOLOGY



SPEED DRY
FABRICATION



SUPERSONIC
FLEX BONDING

V E N O M

AVAILABLE NOW

TYR[®]

ALWAYS IN FRONT

MANUFACTURED IN THE U.S.A.
OF IMPORTED MATERIALS