



*United States
Masters Swimming*

 *2008 Rule Book*



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2008

**UNITED STATES MASTERS SWIMMING
CODE OF REGULATIONS
AND
RULES OF COMPETITION**

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DEDICATION

The 2008 *United States Masters Swimming Code of Regulations and Rules of Competition* is dedicated to Steve Schofield (1932-2007)



Steve Schofield volunteered countless hours for USMS. He served on the Long Distance Committee for 19 years, the Coaches Committee for eight years, the Championship Committee for two years, and as the Southwest Zone representative for six years. Steve was a founding member of the Masters Aquatics Coaching Association. He attended every U.S. Aquatics Sports convention from 1983 to 2006.

For Steve, teaching was a lifelong passion. He believed that swimming is for everyone and he shared that enthusiasm with the young and old alike. “He has taught me patience when all I could see was hard work and optimism when progress was slow,” said teammate Mary Hull. Swimmers he taught could probably say the same.

As a regional meet director for 10 years, he was mentor to many meet hosts. Steve started several swimming programs and helped to build new swim facilities. He owned and operated three pools and taught over 14,000 people at his swim schools. In the 1970s he was instrumental in getting the Los Angeles Unified School District to build a new swimming facility.

Steve is survived by his wife Kathy, his son Chris, daughter Jennifer, step-daughters Kim and Kristin Kanter, and six grandchildren.

Previous Rule Book Dedications

1989	June Krauser	2000	Jim Matysek
1992	Mary Lee Watson	2001	Gene Donner and the staff of GatewayPrinting
1993	Kathrine Casey and Gail Dummer	2002	Nancy Ridout
1994	All USMS volunteers	2003	Tom Boak
1995	E. Kevin Kelly	2004	Joanne Tingley
1996	Dorothy Donnelly	2005	Walt Reid
1997	Jack Geoghegan	2006	Pieter Cath
1998	USMS All-Americans	2007	Pacific Masters XI FINA
1999	F.H. “Ted” Haartz		World Masters Championships Organizing Committee

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CORE OBJECTIVES

- A Service the membership.
- B Educate the membership.
- C Build the membership.

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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.....	2
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.....	7
102.7 Entry Fees.....	7
102.8 Scratch Procedures	8
102.9 Relays	8
102.10 Lane Assignments–Seeding–Counters	8
102.11 Awards.....	12
102.12 Scoring.....	12
102.13 Change of Program and Postponement	13
102.14 Swimwear.....	14
102.15 Disqualifications.....	14
102.16 Protests	15
102.17 Tobacco Products.....	16
Article 103: Meet Procedures	16
103.1 Required Personnel.....	16
103.2 Certification of Officials.....	16
103.3 Reporting of Officials and Meet Personnel	16
103.4 Meet Director.....	16
103.5 Meet Committee	16
103.6 Referee.....	17
103.7 Administrative Referee.....	17
103.8 Starter	17
103.9 Recall Rope Operator	19
103.10 Judges	19
103.11 Timers.....	20
103.12 Timing Equipment.....	22
103.14 Clerk of Course	26
103.15 Marshals	26
103.16 Announcer	27
103.17 Recorder of Records.....	27
103.18 Press Steward	27
Article 104: National Championship Meets	27
104.1 Meet Categories.....	27
104.2 Meet Name	27
104.3 Awarding of National Championship Meets	27
104.4 USMS Assistance and Agreements	28
104.5 Conduct of National Championship Meets	28

Article 105: Records, Top 10 Times and All-American Recognition.....	38
105.1 Requirements For Records and Top 10 Times.....	38
105.2 Top 10 Times	39
105.3 USMS National Records	39
105.4 All-American Recognition	40
105.5 World Records.....	41
Article 106: Health and Safety Regulations For Competition.....	41
106.1 Medical Examination.....	41
106.2 Medical Equipment	41
Article 107: Facilities Standards	41
107.1 Definitions	41
107.2 Racing Course Dimensions	42
107.3 Racing Course Walls	42
107.4 Pool and Bulkhead Markings	43
107.5 Overflow Recirculation System.....	43
107.6 Water Temperature.....	43
107.7 Ladders	43
107.8 Other Deck Equipment.....	43
107.9 Lighting	44
107.10 No Smoking Signs.....	44
107.11 Starting Platforms.....	44
107.13 Backstroke Flags and Lines.....	45
107.14 Loudspeaker Starting System	46
107.15 Recall Device.....	46
107.16 Pace Clocks	46
107.17 Automatic Timing Equipment	46
107.18 Electrical Safety.....	47
Article 108: Guidelines For Officiating Swimmers With A Disability in USMS Meets	47
108.1 General	47
108.2 Blind and Visually Impaired.....	48
108.3 Deaf and Hard of Hearing	48
108.4 Mentally Impaired.....	49
108.5 Physical Disabilities	49

PART 2: ADMINISTRATIVE REGULATIONS OF COMPETITION

Article 201: Membership and Representation	51
201.1 Membership of Individuals.....	51
201.2 Membership of Clubs	52
201.3 Representation.....	52
201.4 Travel Permits.....	53
Article 202: Sanction/recognition	53
202.1 Sanctions	53
202.2 Recognized Events	54
202.3 Fitness Events.....	56
Article 203: Liability Release	56

PART 3: OPEN WATER LONG DISTANCE SWIMMING RULES

Article 301: Administration	57
301.1 Organization	57
301.2 Membership, Representation and Sanctions.....	57
301.3 Liability Release.....	57
301.4 Age Determining Date.....	58
301.5 Age Groups.....	58

301.6	Awards.....	58
Article 302: Events		58
302.1	Events	58
302.2	Definitions	58
302.3	Open Water	58
302.4	Pool	59
302.5	Team	59
302.6	Relay	60
Article 303: Conduct of Open Water Meets.....		60
303.1	Safety Standards	60
303.2	Escorted Swims	61
303.3	Starts	61
303.4	Seeding	62
303.5	Finishes	62
303.6	Swimwear	62
303.7	Officials	63
303.8	Disqualifications	63
303.9	Solo Open Water Swim	63
303.10	Incomplete Race	64
Article 304: Conduct of Pool Meets		64
304.1	Rules	64
304.2	Pool Size.....	64
304.3	Officials	64
304.4	Multiple Swimmers Per Lane.....	64
304.5	Timing	65
304.6	Computing Distances in Time-based Events.....	65
304.7	Integrity of Results in Postal Events	65
304.8	Determination of Place.....	65
Article 305: National Open Water Long Distance Championships		65
305.1	Rules	65
305.2	Events	65
305.3	Site Selection.....	66
305.4	Contract	66
305.5	Financial	66
305.6	Entry Fees	67
305.7	Rules of Conduct.....	67
305.8	Results	68
305.9	Club Scoring.....	68
305.10	Awards	69
305.11	All-American Recognition	69
305.12	All-Star Team	70
Article 306: Records.....		70
306.1	Records.....	70
 PART 4: PARTICIPATION, CONDUCT, HEARINGS AND APPEALS		
Article 401: Participation		73
401.1	Protection.....	73
401.2	Participation.....	73
Article 402: Conduct of Members		73
402.1	Standards of Conduct	73
402.2	Compliance With Rules and Regulations	74
402.3	Enforcement	74
402.4	Unsporting Conduct	74

Article 403: Hearings and Appeals	74
403.1 General Jurisdiction	74
403.2 Jurisdiction of the LMSC	74
403.3 National Board of Review	74
403.4 Jurisdiction of the National Board of Review	75
403.5 Authority of the National Board of Review	75
403.6 Authority of the National Board of Review Chair	76

**PART 5: UNITED STATES MASTERS SWIMMING INC.:
ORGANIZATION AND BYLAWS**

Article 501: Membership	77
501.1 Membership Categories	77
501.2 Mandatory Memberships	77
501.3 Equal Opportunity	78
Article 502: Local Masters Swimming Committee (LMSC)	78
502.1 LMSC Membership	78
502.2 Bylaws	78
502.3 Annual Meeting	78
502.4 Election of Officers	78
502.5 Filing of Bylaws	78
502.6 Boundary Descriptions	78
502.7 Records and Record Keeping	78
502.8 Financial Controls	78
502.9 LMSC Championship Meets	78
Article 503: Zones	79
503.1 Zone Boundaries	79
503.2 Zone Meetings	79
503.3 Zone Representatives	79
503.4 Zone Policies	79
503.5 Zone Championship Meets	79
503.6 Communications	79
Article 504: House of Delegates	80
504.1 Membership	80
504.2 Powers	80
504.3 Meetings of the House of Delegates	81
Article 505: Officers	81
505.1 Positions	81
505.2 Elections and Term of Office	82
505.3 Vacancies	82
505.4 Duties of Officers	82
Article 506: Board of Directors	83
506.1 Membership	83
506.2 Election and Term of Office of At-Large Directors	83
506.3 Vacancies	84
506.4 Powers	84
506.5 Meetings	84
506.6 Quorum	84
506.7 Voting Privileges	84
Article 507: Committees and Appointments	84
507.1 Executive Committee	84
507.2 Standing Committees	85
507.3 Ad Hoc Committees	89
507.4 Appointments	89

Article 508: Financial Policy	90
508.1 Fiscal Year	90
508.2 Fees.....	90
508.3 Budget Requests	90
Article 509: Parliamentary Authority	90
509.1 Parliamentary Authority	90
Article 510: Indemnification	90
510.1 Coverage.....	90
510.2 Insurance.....	91
Article 511: Dissolution	91
511.1 Dissolution.....	91

PART 6: AMENDMENT PROCEDURES

ARTICLE 601: Amendments	93
601.1 Committee Jurisdiction.....	93
601.2 Submission of Proposed Amendments	93
601.3 Modification of Proposed Amendments.....	94
601.4 Adoption of Proposed Amendments.....	94
601.5 Effective Date	95

APPENDIX A: RECORDS	97
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APPENDIX B: INFORMATION FOR MEET DIRECTORS AND OFFICIALS	127
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APPENDIX C: NATIONAL AND INTERNATIONAL MASTERS SWIMMING SCHEDULE	143
--	------------

APPENDIX D: ZONE AND LMSC BOUNDARIES	145
---	------------

APPENDIX E: USMS DIRECTORY	153
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APPENDIX F: USMS HISTORY	173
---------------------------------------	------------

INDEX	183
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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 fitness and health in adults by offering and supporting Masters swimming programs.

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.

MAJOR CHANGES FOR 2008

Should: Should is defined. (Glossary)

Breaststroke Kick: the body must be on the breast from the time the feet leave the wall, “downward” and “while wholly submerged” have been deleted from the single butterfly (dolphin) kick part of the rule, and the single butterfly (dolphin) kick must be during or at the end of the first arm pull. (article 101.2.2 and .3)

Initial and Leadoff Times from Nonconforming Events: Times from non-conforming events will not count for USMS records and Top 10 times except that initial distances and relay leadoff split times for distances that are also events defined in 102.5 will count for USMS records and Top 10 times. (article 202.1.1F[3])

Relevant Rules for Recognition: Relevant rules for recognition include the following: Article 101 (Starts, Strokes, and Relays) or Article 108 (Swimmers with a Disability); Article 103.12.3 (Timing Resolution); Articles 103.13.1, 103.13.2, 103.13.3, 103.13.4, and 103.13.6 (Official Time); Articles 105.1, 105.2.1, 105.2.2A, 105.3.2, 105.3.7A, and 105.3.10 (Records and Top 10 Times); and Articles 107.2.1, 107.2.3A, 107.3, 107.11.1, 107.11.2, and 107.13 (Minimum Standards for Facilities). (article 202.2.1E)

Relay Leadoff Split Times at Recognized Events: At recognized events, relay leadoff split times that conform to 103.13.1 and 105.2.2A will be recognized for events listed in 102.5 (USMS membership is not required for the other members of the relay team). (article 202.2.1E)

LMSC Championship Meets: Each LMSC may conduct championship meets, but 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. (article 502.9)

Zone Championship Meets: Each zone may conduct zone championship meets, but 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. (article 503.5)

Open Water and Long Distance Committee: the Long Distance Committee’s name was changed to reflect new duties. (article 507.2.10)

GLOSSARY

- 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.
- Body**—the torso, including shoulders and hips.
- Calm State or Surface**—normal level surface without turbulence.
- 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.
- Drafting/Slipstreaming**—In an open water event, 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.
- End of the Course**—designated wall for racing turns or finishes.
- Event**—any race or series of races in a given stroke and distance.
- FINA**—Federation International de Natation Amateur (International Federation of Amateur Swimming).
- 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.
- Foul**—an instance of obstruction, interference, collision or equipment malfunction that prevents the successful completion of a race.
- 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 the starting end to the turning end 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 the starting end to the turning end.
- Last Day of the Meet**—day on which last competitive swimming event is

-
- conducted.
- Leg (Relay)**—the part of the relay event that is swum by a single team member.
- Length**—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**—word to be used in that form only; not to be used as a descriptive word; to be used with a capital “M.”
- May**—permissive, not mandatory.
- 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 that registered with USMS through an LMSC.
- Must**—mandatory.
- Open Competition**—competition that any qualified individual, club or organization may enter.
- 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.
- Propulsive**—having the power to propel.
- Recognized Events**—a designated competition, demonstration, clinic or exhibition conducted by USMS member clubs, individual members or organizations other than USMS. Times or distances achieved by members at recognized competitions may be accepted for recording purposes by USMS.
- Register**—enroll as a member of USMS through an LMSC.
- Sanction**—the written authorization of an LMSC to permit members to participate in a specific competition, demonstration, clinic, exhibition or Swim-A-Thon®.
- Scissors**—use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick.
- SCN**—Swimming Canada Natation.
- 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.
- Deck-seeding**—with or without check-in, events are seeded at the time of the event using entries received prior to or at the meet.
- Pre-seeding**—events are seeded prior to the day of competition.

Shall—mandatory.

Should—recommended but not mandatory.

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. (Circulatory systems should be off during competition.)

Submitted Times—those filed with an entry as having been previously achieved or reasonably estimated.

Team—a group of swimmers representing the same club in a competition.

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.

Unattached—an individual member who does not represent a USMS club.

USAS—United States Aquatic Sports Inc.

USMS—United States Masters Swimming Inc.

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 touch pad at the end of the course.

Warning Signal—a starting pistol, bell, whistle, air horn or other appropriate audible device.

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

PART 1: SWIMMING RULES

1

All provisions under *Part 1: Swimming Rules*, unless otherwise specified, are effective beginning January 1, 2008, 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 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 should take their positions with at least one foot at the front of the starting platform, the edge of the pool, or on the wall before the command “Take your mark.” Those starting in the water must have at least one hand in contact with the wall or starting block.

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 return without undue delay to the starting position.

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 starting grips. Standing in or on the gutter or placing the toes over the lip of the gutter or bending the toes over the lip of the gutter before or after the start is prohibited. A backstroke starting block may not be used.

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. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall 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, a single butterfly (dolphin) kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. 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. A scissors, flutter or downward butterfly (dolphin) kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly (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 simultaneously at, above or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle 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. Both arms must be brought forward over the water and pulled back simultaneously.

- 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 or whip 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 or whip kick is permitted per arm pull, except that a single breaststroke or whip kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke or whip 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 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 simultaneously at, above or below the water surface.

101.4 BACKSTROKE

- 101.4.1 Start**—The backstroke start shall be used.
- 101.3.2 Stroke**—Standing in or on the gutter or curling 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, at the finish 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 a continuous single arm pull or a 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. The body may be submerged at the touch

101.4

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 each stroke.

101.6.3 Turns

A Intermediate turns within each stroke shall conform to the turn rules for that stroke.

B The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

(1) Butterfly to backstroke—The swimmer must touch as described in 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 101.2.5. Once a legal touch has been made, the swimmer may turn in any manner.

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 used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

101.7.3 Rules Pertaining to Relay Races

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 race.

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 Mixed relays shall consist of two men and two women who may swim in any order.

G 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, 400 medley, 200 freestyle, 400 freestyle and 800 freestyle.

H 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.

**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 non-sanctioned or non-recognized activities will not be recorded for official purposes and cannot be used for LMSC rankings or national 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.

102.4 WARM-UP/WARM-DOWN

102.4.1 Availability—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 Procedure—Swimmers must enter the pool feet first in a cautious and

controlled manner. Diving shall be permitted only in the designated lanes. No hand paddles are allowed.

102.5 EVENTS

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.

Any of the following events may be conducted. Any event conducted must be offered for all groups and both genders. For open water and long distance events, see article 302.

102.5.1 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

102.5.2 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 EVENT LIMIT

A swimmer may compete in not more than five individual events per day (or three individual events if the meet is a trials/finals format). If, however, 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 five (or three) events per day limitation.

102.7 ENTRY FEES

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 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.

102.9.5 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.

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

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., trials/finals). In a trials/finals format, competitors shall be limited to three individual events per day.

B 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.

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 first 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 or interfere with another competitor or present any safety hazard.
- D** The count may be in ascending or descending order.
- E** In the event of official or counter error, it is the responsibility of the swimmer to complete the prescribed distance.

102.11 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.

102.12 SCORING

The following is recommended for all Masters swimming competition.

102.12.1 Dual Meets

Individual events: 5-3-1-0

Relay events: 7-0

102.12.2 Triangular Meets

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

Relay events: 8-4-0

102.12.3 Other Meets

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.

- 102.12.4 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.

- 102.12.5 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.

102.13 CHANGE OF PROGRAM AND POSTPONEMENT

- 102.13.1** 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.

- 102.13.2** The entry provisions and starting time of any event, meet or portion thereof shall stand as stated in the meet announcement (except as permitted in article 102.13.3) and may not be changed to an earlier time or date unless written notice of such change is delivered to all affected swimmers or their coaches. If mailed, such notice must be postmarked no later than the entry deadline date stated 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 and should 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.

102.13.3 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 (see 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** 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).

102.14 SWIMWEAR

102.14.1 Design—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.

102.14.2 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.

102.15 DISQUALIFICATIONS

102.15.1 A disqualification can be made only by the official within whose jurisdiction the infraction has been committed. Except for the relay takeoff judges when dual confirmation relay takeoff judging, as provided in article 103.10.5B, is used, 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.

102.15.2 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 them as to the reason for the disqualification.

102.15.3 Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee.

102.15.4 A swimmer must start and finish the race in their assigned lane.

102.15.5 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.

102.15.6 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.

102.15.7 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.

102.15.8 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 doing the fouling.

102.15.9 Swimmers are not permitted to wear or use any device or substance to help their speed, pace or buoyancy during a race. Goggles may be worn and rubdown oil applied if not considered excessive by the referee.

102.15.10 Grasping the lane line or side wall to assist forward motion is not permitted.

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- 102.15.11** For relay disqualifications, refer to article 101.7.3.
- 102.15.12** 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 made prior to the decision to disqualify, they shall be returned and made to the proper recipient(s), and if points have been scored by those disqualified, the event shall be rescored.
- 102.15.13** Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.
- 102.15.14** 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.

102.16 PROTESTS

- 102.16.1** The official results of any protested race shall not be announced, the affected awards shall not be given and points scored shall not be allocated until the protest is resolved or is withdrawn in writing.
- 102.16.2** 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.
- 102.16.3** 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.
- 102.16.4** 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.
- 102.16.5** 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.

102.17 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

103.1 REQUIRED PERSONNEL

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

103.1.1 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.

103.1.2 Timers—Two timers per lane if automatic timing is not being used. One timer per lane if automatic timing is used.

103.2 CERTIFICATION OF OFFICIALS

The referee shall be certified as a stroke and turn judge, starter or referee by USA Swimming, USMS, YMCA or any other USMS-approved certifying body.

103.3 REPORTING OF OFFICIALS AND MEET PERSONNEL

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

103.4 MEET DIRECTOR

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

103.5 MEET COMMITTEE

Appointed by the meet sponsor. 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: ordering awards; obtaining a sanction; preparing the facility; arranging for personnel, equipment and supplies necessary for meet operation; processing entries; printing programs; arranging appropriate publicity and media coverage; preparing and distributing summary of results within 14 days after the meet; and filing LMSC report.

103.6 REFEREE

103.6.1 The referee shall have full authority over all officials and shall assign and instruct them; shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules; can overrule any meet official on a

point of rule interpretation or on a judgment decision pertaining to an action 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 penalty.
- 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; shall assign marshals with specific instructions.
- 103.6.4** The referee shall give a decision on any point where the opinions of the judges differ; shall have authority to intercede in a competition at any stage to ensure that the racing conditions are observed.
- 103.6.5** When automatic or semiautomatic officiating equipment is used and an apparent malfunction occurs, it shall be the referee's responsibility to make an immediate investigation to determine whether the swimmer finished in accordance with the rules and/or if there was an actual equipment malfunction.
- 103.6.6** The referee may prohibit the use of any device that disrupts or interferes with the meet, such as a laser pointing device or artificial noisemaker.
- 103.6.7** The referee may modify any rule for a swimmer who has a disability identified in article 108. Such modification shall be based on recommendations of the national sports organizations for the identified disability. It shall be the responsibility of the swimmer or a representative to notify the referee of the disability prior to competition.
- 103.6.8** When conducting events from alternate ends of a 50-meter course or conducting freestyle events longer than 200 meters two-to-a-lane, the referee shall establish the necessary administrative and officiating procedures to conform to article 102.10.
- 103.6.9** Refer to article 102.16 concerning protests.

103.7 ADMINISTRATIVE REFEREE

The administrative referee shall resolve errors in entries and seeding, make adjustments as required and verify timing (see articles 103.11.4, 103.12.4C–F), verify record documentation and perform other duties as assigned by the meet referee.

103.8 STARTER

- 103.8.1 Equipment**—A loudspeaker start system conforming to article 107.14, with or without an underwater recall device, and an electronic strobe signal visible to all manual timers and for forward and backstroke starts, shall be the preferred starting device. A .22 caliber starting pistol may be used.
- 103.8.2 Preparation**—The starter shall stand within 10 feet 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 (recommended).
- B Advise the heat when 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 should take their positions with at least one foot at the front of the starting platform, the edge of the pool or on the wall and remain there. In backstroke and medley relay events, at the referee’s first long whistle the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position (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,” the swimmers shall immediately assume their starting position with at least one foot at the front of the starting platform, the edge of the pool or on the wall. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal.
- D When a swimmer does not respond promptly to the command “Take your mark”, the starter shall immediately release all swimmers, 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. The starter shall restart the race upon signal by the referee.
- B If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the referee independently observes and confirms the starter’s observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race in accordance with 102.15.2..
- 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 Any swimmer who delays the start by entering the water or by willfully or deliberately disobeying the command to step on the blocks or to take a starting position, or for any other misconduct taking place at the start, may be disqualified from the event by the starter with the concurrence of the referee.
- B Swimmers who fail to appear at the starting platform ready to swim in time for the initial start of their heat shall be disqualified by the referee.

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, or, 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 abreast of 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, the swimmer's name and the infraction observed.
- 103.10.3 Turn Judges**—Shall operate on both ends of the pool; shall ensure that when turning or finishing the swimmer complies with the turning and finishing 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, the swimmer's name 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 Take-Off Judges

A Relay takeoff judges shall be assigned by the referee and shall stand so that they can clearly see both the touch of the incoming swimmer(s) and the feet of the departing swimmer(s) as they leave the starting platform, 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 Infraction Signal—Either the referee or the stroke, turn or relay takeoff judge shall immediately raise one hand overhead with open palm upon observing an infraction within that judge's jurisdiction. If the official does not do so, there shall be no disqualification.

Exception: Relay takeoff judges as outlined in article 103.10.5.

103.11 TIMERS

103.11.1 Chief Timer—The chief timer shall:

A Assure the assignment of lane timers to lanes and the designation of one timer on each lane to be the head lane timer.

B On the starting signal, start a watch(es) on every race. The time of this watch shall be used if a lane timer's watch fails.

C Be responsible for delivering all stopwatch times, including those of disqualified swimmers, to the timing judge.

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.

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 Determine and report if the swimmer has delayed in touching or has missed the touchpad at the finish, or there is reason to believe the semi-automatic or manual times may be inaccurate.

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.
- C Report the watch time to the head lane timer or the designated recorder; report if a late or missed pad touch is observed; and, if requested, present the watch for inspection. Lane timers shall not clear their watches until a command to “clear watches” is given or the referee signals that the next heat is ready to start.

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), and shall 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.

103.11.5 Timing Judge—Under the direction of the referee, the timing judge shall determine the official time for each swimmer as follows:

- A Receive and review the automatic and/or semiautomatic timing results from the timing equipment operator and compare primary timing results with the backup timing results to determine their validity.
- B Receive the times recorded by the head lane timers from the chief timer and use those times to the extent needed to determine the official time for each swimmer.
- C Notify the referee whenever a time obtained by the primary timing system cannot be used as the official time.
- D Record disqualifications approved by the referee. A written record of all disqualifications signed by the referee shall be given to the recorder.

103.11.6 Recorder—The recorder shall:

- A Record the official times and disqualifications.
- B Determine the official order of finish.
- C Post results, or otherwise make them available to the competitors, of each event by gender and USMS age group as promptly as possible after the completion of each event.
- D Determine the score of the meet (optional).

103.12 TIMING EQUIPMENT

103.12.1 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 started by an electric impulse generated by a starting device or a transducer capable of detecting a gun report and stopped at the finish by the swimmer touching the touchpad.
- B **Semiautomatic**—A timing system started by an electric impulse generated by a starting device or transducer capable of detecting a gun report 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.

103.12.2 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:
 - (1) Backup timing cameras recording a minimum of 100 images per second. The cameras must be fully integrated with the timing system.
 - (2) Semiautomatic with one, two or three buttons, each operated by a separate timer.

(3) Manual with one, two or three watches per lane, each operated by a separate timer.

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

103.12.3 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.

103.12.4 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, the official time shall be determined as follows:

(1) If two of the three button or watch times agree, that shall be the time for that timing system.

(2) If all three buttons or watches disagree, the time of the intermediate button or watch shall be the time for that timing system.

(3) If only two button or watch times are available, the time shall be the average of those two button or watch times. The digits representing thousandths of a second shall be dropped with no rounding.

(4) If only one button or watch time is available, the time of that button or watch shall be the time for that timing system.

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 more than .30 second.

(2) A late or missed touch is reported by an official observing the finish.

D Adjustment for the timing system difference—When the referee determines that there is a malfunction of the primary timing system, the backup time(s) shall be adjusted for the timing system difference prior to integrating them with accurate primary times in establishing the official times and determining the order of finish. The adjustment for timing system difference may be incorporated into the automatic or semiautomatic system by design or may be determined by calculating the consistent average difference between the primary and backup systems used at that meet.

E Adjustment for malfunction on a lane—When a malfunction is confirmed on a lane, the backup times for that lane shall be adjusted by calculating the average difference between valid primary and valid

backup times of the other lanes in that heat or, if necessary, using times from heats immediately preceding and/or following that heat. This shall be done by adding, or subtracting when appropriate, that average difference to the valid backup time of the lane where the malfunction occurred.

Table 1—EXAMPLE (LANE MALFUNCTION):

Systems used:

Primary—Automatic

Secondary—Semiautomatic, three buttons (intermediate button time shown in bold)

Tertiary—Manual, one watch

Lane	Primary Pad Time	Button A	Button B	Button C	Watch Time	Pad Minus Middle Button	Official Time
1	52.21	52.07	52.12	52.14	52.04	.09	52.21
2	52.18	52.01	51.91	52.06	51.95	.17	52.18
3	51.05	51.01	50.97	51.00	50.95	.05	51.05
4	51.04	50.78	50.88	50.93	50.84	.16	51.04
5	51.96	51.30	51.35	51.38	51.27	*.61	**51.46
6	51.65	51.57	51.56	51.59	51.55	.08	51.65
7	52.27	52.13	52.18	52.13	52.10	.14	52.27
8	51.87	51.58	51.75	51.89	51.65	.12	51.87

*More than .30 second difference, late touch confirmed.

**Adjustment calculation: Add the differences between pad and intermediate button time, excluding the malfunctioning lane (total = .81). Divide total by the number of valid lanes to determine the average ($.81 \div 7 = .11571$).

The digits after hundredths are dropped (leaving a timing system difference of .11 for the above example). Add the timing system difference to the valid backup time for the malfunctioning lane ($51.35 + .11 = 51.46$, the official time for lane five).

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 2—EXAMPLE (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 ($24.50 \div 8 = 3.0625$). The digits after hundredths are dropped (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, $52.12 + 3.06 = 55.18$).

103.13 OFFICIAL TIME

103.13.1 An official time shall be achieved in a USMS-sanctioned competition or -recognized event in accordance with all applicable rules. It may be achieved in:

A A 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 the swimmers complete the event without being disqualified.

D The swimmer's relay leadoff split shall not count if the second swimmer starts in the water.

103.13.2 Official Time—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

103.13

(e.g., backstroke time must be achieved in a backstroke event). Regardless of the stroke(s) used, times achieved in freestyle events can be recorded only as freestyle times.

103.13.3 The official time to establish records and Top 10 times can be achieved only in accordance with the following timing methods:

Timing method	Official time level
Automatic timing	<ul style="list-style-type: none">• World records, USMS national records and USMS Top 10 times• Initial splits for all purposes• Relay lead-off times for all purposes
Three watches or semi-automatic with three buttons	<ul style="list-style-type: none">• World records, USMS national records and USMS Top 10 times• Initial splits and relay leadoff times for world records only
Two watches or semi-automatic with two buttons	<ul style="list-style-type: none">• USMS Top 10 times

103.13.4 Only those results from events conducted in pools in conformance with 107.2.1 shall be acceptable for record applications or Top 10 submissions.

103.13.5 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 103.13.3.

103.13.6 A backup time adjusted for system timing errors in accordance with the methods described in articles 103.12.4C–F may be used as an official time equal to the level of the timing system to which it has been adjusted.

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

103.14 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.

103.15 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.

103.16 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

103.17 RECORDER OF RECORDS

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

103.18 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.

ARTICLE 104: NATIONAL CHAMPIONSHIP MEETS

(Recommended for all 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.

104.2 MEET NAME

The official name shall be (insert year) United States Masters Swimming National (insert Short or Long) Course Championships.

104.3 AWARDING OF NATIONAL CHAMPIONSHIP MEETS**104.3.1 Bidding Procedures**

- A Solicitation of bids**—The USMS Championship Committee shall be responsible for the solicitation of bids and shall present a list of all certified bidders for each short and long course championships to the House of Delegates at the annual meeting held more than one year prior to the meet being contested, with emphasis on soliciting bids from all areas of the country.
- B Eligible bidders**—Any club, LMSC or organization may bid. The facility to be used must be in accordance with the facility standards. The Championship Committee shall strongly consider LMSC endorsement as a selection criteria.

- C Bid information**—The Championship Committee shall provide a bidder with the appropriate bid documents, financial statements from previous championships and all other information pertaining to the policies and procedures of running a national championship meet.
- D Bid deadline**—All bids for a national championship meet shall be returned to the chair of the Championship Committee no later than 30 days prior to the annual meeting.
- E Certification of bids**—Prior to the annual meeting, the Championship Committee shall certify each bid for compliance with its policies and procedures, including facilities standards (article 107).
- F Awarding of bids**—At the annual meeting of the House of Delegates, those bids that are certified shall be presented. The awarding of the bid shall be made by majority vote of the House of Delegates.

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—The amount of ten dollars per entrant shall be withheld in the payment from USMS to the national meet host. Upon compliance with the conditions set forth in the meet contract, the sum of \$3 per entrant shall be returned as stipulated in the contract. Noncompliance with said conditions, as determined by the meet evaluation committee within 30 days of the receipt of the final meet report, shall result in forfeiture of part or all of this amount.

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, plus two additional USMS members who are knowledgeable in championship procedures. No member of the protest committee, host club or host LMSC may 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, copies of meet information, entry forms, final results (an electronic file plus hard copy) and any other information that may be helpful to future meet directors.

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 General meeting—A general meeting of the House of Delegates, members of the Championship Committee, organizing personnel, interested officials, coaches and swimmers shall be held the evening prior to the first day of the meet.

- (1) The meeting date, time and location shall be included in the official meet information.
- (2) The chair of this meeting shall be the president of USMS or an individual designated by the president.
- (3) Business pertinent to the operation of national championship meets and the conduct of the events shall be considered and finalized at this meeting. Changes may be effected in the conduct of the meet to fit the situation.
- (4) Since changes can be made in the operation of a national championship meet, it is the obligation of every swimmer (or a representative) to arrive with enough time to complete registration and become apprised of any changes that have been made.
- (5) It shall be the meet director's responsibility to post notices of changes in conspicuous places at the pool, registration area and headquarters area prior to the start of the first day's competition.

B Warm-up schedule—A list of times when the competition pool and other facilities will be available for warm-up shall be provided in the premeet information.

C 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 listing 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 Program—A four-day program for national championship meets will be used. With the approval of the Championship Committee, a five-day program may be used.

A Meet schedules (2008–2011)

Schedule 1	Schedule 2	Schedule 3
<i>2009 Short Course 2010 Long Course</i>	<i>2008 Short Course 2009 Long Course 2011 Short Course</i>	<i>2008 Long Course 2010 Short Course 2011 Long Course</i>
1st Day** 800/1000 free 1500/1650 free	1st Day** 800/1000 free 1500/1650 free	1st Day** 800/1000 free 1500/1650 free
2nd Day 400 IM 50 fly 200 free 100 back 200 breast 200 mixed medley relay 200 free relay	2nd Day 400 IM 50 fly 200 back 100 breast 50 free 200 mixed free relay	2nd Day 400 IM 200 free 50 breast 200 back 100 fly 200 mixed free relay
3rd Day 400/500 free (women) 200 back 50 free 100 breast 200 IM 100 fly 200 medley relay	3rd Day 400/500 free (women) 100 IM* 200 fly 100 back 50 breast 200 free 200 mixed medley relay 200 free relay	3rd Day 400/500 free (men) 200 mixed medley relay 100 breast 50 fly 200 IM 100 free 50 back 200 free relay
4th Day 400/500 free (men) 50 breast 100 IM* 200 fly 100 free 50 back 200 mixed free relay	4th Day 400/500 free (men) 200 breast 100 fly 50 back 200 IM 100 free 200 medley relay	4th Day 400/500 free (women) 100 IM* 200 fly 100 back 200 breast 50 free 200 medley relay

*The 100 IM is swum in short course nationals only.

** With Championship Committee approval, a swimmer 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.

- B Rotation of meet schedules**—The particular schedule shall be rotated in order (1, 2 and 3) among the three basic schedules shown in article 104.5.2A without regard to course.
- (1) In odd-numbered years, men's events shall be odd-numbered. In even-numbered years, men's events shall be even-numbered. On the distance day only, men's and women's heats may be alternated regardless of whether the year is odd-numbered or even-numbered.
 - (2) In each schedule, at the option of the meet director and with the approval of the Championship Committee, the 800/1000 freestyle and the 1500/1650 freestyle may be swum as either the first day program or the last day program.
 - (3) Full days on the schedule may be interchanged so that the 400/500 freestyle and the 1500/1650 freestyle shall not be swum on consecutive days.
 - (4) The three basic schedules shall be chosen every four years, starting in 1990, by a vote of the House of Delegates, from at least four alternatives presented by the Championship Committee. The selected schedules shall apply to the period starting two years after approved by the House of Delegates.
- C Rotation of the 800/1500 and 1000/1650 freestyles**—The order of the two distance events may be changed by agreement of the meet director and the Championship Committee.
- D Alternative meet schedules**—A meet bidder may, with the approval of the Championship Committee, bid for a national championship meet with a different schedule from those defined in article 104.5.2A.

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 freestyle relay, one medley relay, one mixed freestyle relay and one mixed medley relay of each distance per meet.
- 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 3000 feet or higher may be adjusted, for NQT 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 national 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.

	3000–4249 ft	4250–6499 ft	6500+ ft
200 yards/meters	0.5	1.2	1.6
400–500 yards/meters	2.5	5.0	7.0
800–1000 yards/meters	5.0	10.0	15.0
1650 yards/1500 meters	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 standards. The Championship Committee may limit either the 800-meter or the 1500-meter freestyle to only those who meet the national qualifying time for that event. Competitors may 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 time for those events.

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” (except for 18-year-olds) for membership number will not be permitted. An 18-year-old must enter the meet by the entry deadline and must register for USMS membership prior to the first day of the meet. 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 national records.
- (3) **Affiliation**—A swimmer’s affiliation as stated on the entry form will 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. If there are any questions about club affiliation, the swimmer will be switched

to unattached status for the duration of the meet, regardless of actual affiliation. A swimmer may declare unattached status at any time.

B Entry form

- (1) **Approval of entry form**—Entry forms (both individual and relay) and meet information shall be prepared following the direction of the Championship Committee, and must be approved by the Championship Committee in advance of printing. No other forms may be used.
- (2) **Distribution of entry form**—The entry form for individual events and all meet information shall be published in an official USMS publication and on the USMS website at no cost to the meet host. Short course nationals information shall be published in the January–February issue and long course nationals information shall be published in the May–June issue. The individual and relay entry forms and any Championship Committee-approved additional information the host desires shall be posted on the USMS website after the entry form and information are available.
- (3) **Completion of entry form**—All competitors, including members of relay teams, must fill out and sign the appropriate entry forms.
- (4) **Entry Time**—Swimmers must submit a time for each event. “No time” will not be permitted.
- (5) **Information on entry**—All information regarding seeding must be stated in the meet information.
- (6) **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. Participants therein must have entered the meet by the individual entry deadline. A fee of \$12 per relay shall be charged for all relays.
- (3) **Postmark deadline**—The meet director may establish a U.S. Postal Service postmark deadline seven days prior to the individual entry deadline. If a postmark deadline is established, individual and relay entries postmarked by a U.S. Postal Service office in the 50 states by midnight of that date will be considered on time. Private or corporate meter postmarks will not be accepted.

D Entry fees

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

- (2) A banquet or social event may be conducted for an additional fee. Participation in this event is optional.
- (3) The meet host shall not be required to refund overpayments of \$10 or less. Any payments greater than \$10 may be subject to a processing fee of up to \$10.

104.5.5 Seeding

A General procedures for seeding (also see article 102.10)

- (1) At the meet director's option and with the approval of the Championship Committee, any or all events may be deck-seeded.
- (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) Deck-seeded events 200 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 400 yards/meters and longer shall be deck-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 USMS 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) If in any age group 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 liaison.
- (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 meet director's discretion, 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 a deck-seeded event with a time significantly slower than his/her recently recorded time, the meet director may, after notifying 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) Willing and able competitors in the freestyle events over 200 meters may swim two-to-a-lane when only one course (seven, eight, nine, or ten lanes) is available for the event. Heats with two swimmers to a lane shall be completed before heats with a single swimmer per lane. Competitors of the same gender may be required to swim two-to-a-lane in these events if only one course is available and the meet day is projected to last longer than 12 hours. (See article 102.10.4 for principles of seeding two-to-a-lane.)
- (3) For any freestyle event 400 meters or longer, men and women may be seeded together at the discretion of the Championship Committee.
- (4) In the 800/1000 and 1500/1650 freestyle, all men and women swimming slower than a standard established by the Championship Committee will 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 102.12.3.

B Categories—Club scoring will be tabulated in three categories.

- (1) **Women's**—women's individual events and women's relay events.
- (2) **Men's**—men's individual events and men's relay events.
- (3) **Combined**—women's individual events, women's relay events, men's individual events, men's relay events and mixed relay events.

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 Team awards—The organization conducting the national championship meet shall provide awards to the first through tenth place winners in the women's, men's and combined categories.

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 103.11.6C.

B Publication of meet results—Meet results in the appropriate format (see Appendix B) and club scores shall be published within 30 days of the last day of the meet, posted on the USMS website, and distributed, if requested, to the representative of each participating club. Hard copies shall be sent to the Executive Committee, and hard copies and electronic files shall be sent to the chair and liaison for the Championship Committee and the USMS Records and Tabulation 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 or a team to compete, or protests arising from the competition itself, shall be handled by a panel of five persons comprised of one representative each from the Championship Committee and Rules Committee, if present, plus three other participants selected from other than the host team 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, heard by the panel and decisions rendered no later than the last day of competition. Both the party lodging the protest and the party charged shall be afforded a chance to be heard. 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 minimum number of officials at each session of a USMS national championship meet shall include the following:

One meet referee

One deck referee for each course

One administrative referee

One starter for each course

Two stroke and turn judges for each course.

All officials shall be certified by USA Swimming, USMS, YMCA or any other USMS-approved certifying body. An official may serve in only one officiating position during any event, except that during freestyle events 400 meters and longer, the referee and starter may double as stroke and turn judges.

- 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 warm-ups.

104.5.11 Facilities and Equipment (also see article 107)

- 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.

- E** The organization conducting the national championship meet shall use a computer to compile entry lists, heat sheets, entry cards and final results.

**ARTICLE 105:
RECORDS, TOP 10 TIMES AND
ALL-AMERICAN RECOGNITION**

105.1 REQUIREMENTS FOR RECORDS AND TOP 10 TIMES

105.1.1 Sanction/Recognition—All times must be made in USMS sanctioned meets or recognized events.

105.1.2 Deadlines—Times to be considered for records and Top 10 times must be made on or before May 31 for short course yard times, September 30 for long course meter times and December 31 for short course meter times. These times shall be forwarded to the Records and Tabulation Committee chair by June 30, October 20 and January 26, respectively.

105.1.3 LMSC Responsibility—Each LMSC is responsible for reporting the Top 10 times, USMS national 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 national Top 10 times or for USMS national records, 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. For all individual events, eligibility is based on current USMS membership as noted on the entry card, and the results must contain the full name and age of each swimmer.

105.1.5 Acceptable Times—Only those results from events conducted in pools in conformance with 107.2.1 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 USA Swimming.

B Pool certification shall be reported on the USMS Pool Length Certification Form (see Appendix B).

C Certification data need only be filed once unless structural changes have occurred since original certification.

105.1.7 Pool Measurement

A The exact length of the course, measured for all lanes using a steel tape or other acceptable measuring device in feet and inches and fractions of an inch, or in meters and centimeters, must be attested to by the person performing the measurements.

B A statement of the conditions under which the course was measured must be included.

C Where a moveable bulkhead is used, course measurement of the two

outside lanes and a middle lane must be confirmed at the conclusion of the session during which the time was achieved. **Note:** It is recommended that the bulkhead placement be confirmed prior to the start of the meet.

105.1.8 USMS national records shall be published in the *USMS Code of Regulations and Rules of Competition*.

105.2 TOP 10 TIMES

105.2.1 The 10 best times nationally in each age division and for each gender shall be published annually for the events listed under article 102.5.

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

A Recorded by fully automatic timing equipment,

B In an individual event other than backstroke, the request to have a split time recorded is brought in writing to the attention of the meet referee prior to the conclusion of the meet,

C In a relay event or an individual backstroke event, the request to have a split time recorded is brought in writing to the attention of the meet referee prior to the swim and

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 The swimmer's relay leadoff split time shall not count if the second swimmer starts in the water.

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 timing quality of two manual times, averaged per USMS rules (see article 103.12.4), shall be used.

105.3 USMS NATIONAL RECORDS

105.3.1 The fastest time by a USMS member in each event in a USMS-sanctioned competition or -recognized event shall be designated as a USMS national record.

105.3.2 Records shall be achieved only in recognized 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 Times may be submitted for Masters records only.

105.3.5 A record can only be made in still water.

105.3.6 The official time for establishing records shall be achieved and determined in accordance with articles 103.11, 103.12 and 103.13. Records shall require

three watches, semiautomatic timing with three buttons or automatic timing.

105.3.7 Split times shall be considered for USMS national records if:

- A** Recorded by fully automatic timing equipment,
- B** In an individual event other than backstroke, the request to have a split time recorded is brought in writing to the attention of the meet referee prior to the conclusion of the meet,
- C** In a relay event or an individual backstroke event, the request to have a split time recorded is brought in writing to the attention of the meet referee prior to the swim and
- 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** The swimmer's relay leadoff split time shall not count if the second swimmer starts in the water.

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 Records must be achieved in the relevant stroke/event (e.g., a backstroke record must be set in a backstroke event, etc.). Records set in freestyle events can be submitted only as freestyle records, regardless of the stroke or strokes used.

105.3.9 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.

105.3.10 When a record is claimed, an official record application form shall be filled out, signed by the designated officials and transmitted immediately following performance with all supporting data, including official meet results, the primary printout tape and/or copy of the entry card with timers' signatures to the records and tabulation chair for the LMSC in which the event was sanctioned or recognized. Responsibility for this lies with either the LMSC records chair or the official scorer of the meet. The LMSC records and tabulation chair shall send the supporting data to the chair of the USMS Records and Tabulation Committee for verification. Upon verification, the chair of the USMS Records and Tabulation Committee shall promptly publish the new record on the USMS website.

105.3.11 Records set outside the United States shall be applied for on official record application forms and are subject to all pertinent requirements.

105.4 ALL-AMERICAN RECOGNITION

105.4.1 Individual Recognition

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 Recognition

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.

105.5 WORLD RECORDS

Applications and documentation for world records (25-meter and 50-meter courses only) shall be supplied to the USMS Records and Tabulation Committee chair as detailed in Appendix B (see also articles 103.13.3 and 103.13.4).

ARTICLE 106: HEALTH AND SAFETY REGULATIONS FOR COMPETITION

106.1 MEDICAL EXAMINATION

Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters swimming training. In addition, it is also recommended that each competitor have a physical checkup immediately prior to Masters swimming competition to ensure physical readiness for participation.

106.2 MEDICAL EQUIPMENT

Meet directors are encouraged to investigate the use of appropriate emergency medical equipment and personnel for all meets.

ARTICLE 107: 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.

107.1 DEFINITIONS

- 107.1.1** [M]—Mandatory requirement for all competition.
- 107.1.2** [M*]—Predicated upon facility availability, LMSCs may waive strict compliance with these requirements when sanctioning local competition.
- 107.1.3** [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.
- 107.1.4** [NC]—Mandatory requirement for national championship meets and international competition.
- 107.1.5** Where dimensions are given, the dimension listed first shall govern and dimensions given in parentheses are for reference only.

107.2

107.2 RACING COURSE DIMENSIONS

107.2.1 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, or to the top of the wall or pad otherwise) 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]

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

107.2.3 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, the swimmer must start within the water. [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 within the water. [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 107.11.1. [M]
- B Racing course**—Minimum water depth shall be 2 meters (6 feet, 7 inches) throughout the course. Based on facility availability, the championship meet committee may waive this requirement for national championship meets. [NC]

107.3 RACING COURSE WALLS

107.3.1 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. It is recom-

mended that a toe-rest ledge be provided at approximately 4-foot depth in the walls of the deep-water race course. [M]

- 107.3.2 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]

107.4 POOL AND BULKHEAD MARKINGS

- 107.4.1 Pool Bottom Lane Markers**—Minimum 10-inch- (25-centimeter-) wide lines of a dark contrasting color (preferably black) shall be provided in the middle of each racing lane on the bottom of the pool. The lines shall, preferably, 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 marker. The line, including the cross line, shall terminate 6 feet, 7 inches (2.0 meters) from each end wall. [M*, NC]

- 107.4.2 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]

- 107.4.3 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. Lane numbers shall clearly identify the lanes to officials stationed on each side of the course. [M]

107.5 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. The pool recirculation system shall be turned off if, in the opinion of the referee, the water movement interferes with the conduct of competition. [M]

107.6 WATER TEMPERATURE

Water temperature between 78 and 80 degrees Fahrenheit shall be maintained for competition. [M*, NC]

107.7 LADDERS

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

107.8 OTHER DECK EQUIPMENT

- 107.8.1 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]

107.8

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

107.9 LIGHTING

107.9.1 Illumination—For indoor pools, 100 footcandle 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]

107.9.2 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]

107.10 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]

107.11 STARTING PLATFORMS

107.11.1 Height (subject to the provisions of article 107.2.3)

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 .762 meter (2 feet, 6 inches) above the surface of the water. [M]

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

107.11.3 Size and Slope of Platform—The top surface of the starting platform shall be not less than .50 by .50 meters (1 foot, 8 inches square) and shall slope not more than 10 degrees from the horizontal. The entire surface of the platform shall be faced with permanent nonslip material. [M]

107.11.4 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]

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

107.11.6 Stability of Platforms—Starting platforms shall be anchored to the on deck bulkhead to remain stable at all times without human aid. [M]

107.12 FLOATING LANE LINES/DIVIDERS

107.12.1 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*]

107.12.2 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, 5 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. There shall be no exposed cables accessible to swimmers within the length of the racing course, and the cable take-up spools and ratchet mechanisms shall be completely concealed with durable flexible covers. Damaged or broken floats shall be removed and replaced. [M]

107.12.3 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]

107.12.4 National Championship Meets—Minimum 11-centimeter-diameter floats shall be required for national championship meets. [NC]

107.13 BACKSTROKE FLAGS AND LINES

107.13.1 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]

107.13.2 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]

107.13.3 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 shall be suspended at the midpoint of the course. [M]

107.14 LOUDSPEAKER STARTING SYSTEM

An electronic sound-generating device shall be provided to give the starting and re-

107.14

call signal. Loudspeakers may be mounted underneath or on the side of each starting platform, between every two platforms, on each side of the racing course or positioned behind the starting platforms in such a manner that equitable dispersion of sound to all lanes is assured. The device shall also activate a strobe light or similar visual signal located on the starter's side of the course approximately 15 feet forward from the starting end, to indicate the start to manual timers and deaf and hard of hearing swimmers. The starting system may include an underwater recall speaker and gun-lap signal option. [NC]

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

107.16 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]

107.17 AUTOMATIC TIMING EQUIPMENT

107.17.1 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 carry no more than 12 volts of current. [M]

107.17.2 Power Source—See article 103.12 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]

107.17.3 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 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]

107.17.4 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.

107.17.5 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]

107.18 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 (GFI) 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 GFI outlet fittings shall be provided (furnished and installed) at the nonprotected convenience receptacles by the meet management, meet director or the equipment operator(s) whenever such equipment is connected and in use. [M]

ARTICLE 108: GUIDELINES FOR OFFICIATING SWIMMERS WITH A DISABILITY IN USMS MEETS

108.1 GENERAL

108.1.1 Authority—The USMS rules and regulations grant the referee the authority to modify the rules for the swimmer with a disability (see article 103.6.7). Disability is defined as a permanent physical or mental impairment that substantially limits one or more major life activities. This section contains guidelines and suggestions for making such modifications.

108.1.2 Responsibilities

A Athlete—The athlete (or the athlete's coach) is responsible for notifying the referee, prior to the competition, of any disability of the athlete. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.

B Referee—The referee's responsibilities include:

- (1) Inquiring regarding the athlete's needs and determining what modifications will be required.

- (2) Instructing the starter and stroke and turn officials as to the accommodations to be made for that swimmer.
- (3) **Modifications**—Some of the modifications that the referee may make to accommodate the athlete 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 athlete’s assistant(s) on the deck or in the water to assist with a start.

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

108.1.3 Use of ID Card for Swimmers with a Disability—All swimmers with a disability, who have an International Paralympic Committee-authorized classification, will be issued an ID card listing their specific International Paralympic Committee swimming rule exceptions on the reverse of the card. Swimmers shall be judged under these specific exceptions.

108.2 BLIND AND VISUALLY IMPAIRED

108.2.1 Start—With an audible starting system, no modification is usually required for a blind or visually impaired swimmer. The swimmer may, however, require assistance getting to and on the block.

108.2.2 Turns and Finishes—A blind or visually impaired swimmer is permitted to have a “tapper,” which is a pole with a soft-tipped end. The swimmer is tapped with the “tapper” as notification of turns and the finish. Sound devices shall not be used. It is the swimmer’s responsibility to provide the tapper(s) and operator(s), who shall be positioned within the confines of the swimmer’s lane at the ends of the pool.

108.2.3 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.

108.3 DEAF AND HARD OF HEARING

108.3.1 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 Figure 1.

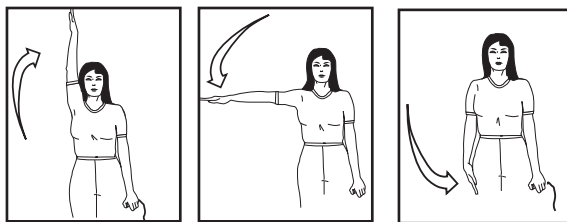


Figure 1. Standard starter's arm signals for deaf swimmers.

Arm overhead -- swimmer steps onto starting block

Arm moves to shoulder level -- signal to "take your mark"

Arm moves to side of body -- starting signal

- 108.3.2 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.

108.4 MENTALLY IMPAIRED

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.

108.5 PHYSICAL DISABILITIES

108.5.1 Start—Swimmers with physical disabilities:

- A May take longer to assume their starting positions,
- B May not be able to hold onto the starting grips or gutter for a start,
- C May need assistance on the deck or from in the water to maintain a starting position,
- D May need to assume a modified starting position on the blocks, deck, gutter or in the water.

Examples of modified starting positions are shown in Figures 2 and 3.

- E For freestyle, breaststroke and butterfly, a forward start shall be used. 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 legs may perform one asymmetrical stroke to attain the breast position.

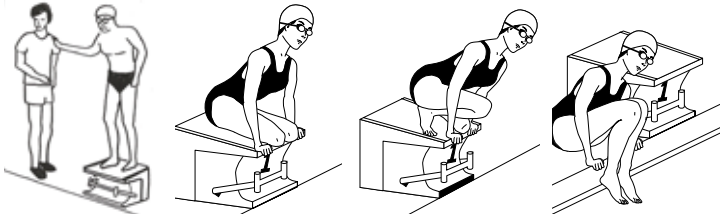


Figure 2. Modified starting positions from the block or deck.

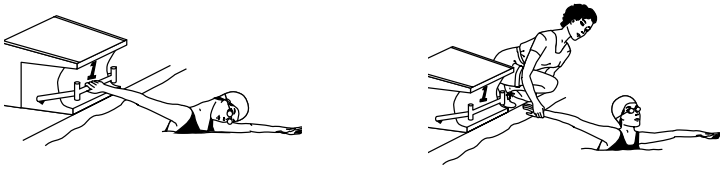


Figure 3. Modified starting position from the pool.

- 108.5.2 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 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. Flotation devices shall not be permitted.

- 108.5.3 Turns/Finishes**—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.

PART 2: ADMINISTRATIVE REGULATIONS OF COMPETITION

ARTICLE 201: MEMBERSHIP AND REPRESENTATION

2

201.1 MEMBERSHIP OF INDIVIDUALS

All swimmers participating in events sanctioned by USMS 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—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, national or world records, All-American status or any other USMS special awards. One-event registrants shall be identified as such in the meet results.

201.1.4 Membership Application Forms

A Membership application forms—Individual membership application forms may be obtained from the registrar of the LMSC. The form, fully completed, shall be submitted with the applicable fee to the registrar of the LMSC or an official designee of the LMSC, who shall issue a membership card.

B Liability release—All membership application forms shall contain the exact language of the liability release according to article 203.1. The language shall not be modified in any way.

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

201.1

- 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 November 1 will receive membership valid through December 31 of the following year.

201.2.2 Club Membership Forms—Membership forms for clubs may be obtained from the registrar of the LMSC. Renewal forms will be accepted September 1 for the next registration year. The completed form shall be submitted with the applicable fee to the registrar of the LMSC. The National Office shall issue a certificate of club membership.

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 does not represent a USMS club.

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.

- 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

202.1 SANCTIONS

Times achieved at sanctioned events are considered for USMS national 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, and applications shall be accompanied by a copy of the entry form and applicable fee.
- (1) The entry forms shall contain the language of the liability release as stated in article 203.1. The language may only be modified by naming the sanctioning LMSC, sponsoring USMS club(s) and/or additional insured(s) following "UNITED STATES MASTERS SWIMMING INC." All swimmers, before participating, shall have signed the liability release.
- (2) Entry forms and programs must bear the statement "Sanctioned by (LMSC name) for USMS Inc. Sanction number: _____."
- (3) The sanction fee shall be established by the LMSC.
- B** All sanctions shall be signed by the LMSC's authorized representative, and a record thereof shall be retained for two years.
- C** 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.
- D** 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 general welfare of the promoting organization as a whole.

- E** 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.
- F** 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.7.2, 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 or that would typically result in the disqualification of participants as defined in article 102.15. 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 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.
- G** 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 national 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 by USA Swimming shall be considered for USMS National 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 National records and Top 10 times without formal application for recognition if the USMS member(s) register for the meet as USMS members. It is the responsibility of the swimmer to submit times obtained in recognized events with complete documentation to the appropriate LSMC 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 LSMC within which the event is to be held, and applications shall be accompanied by the recognition fee.
- B** All recognitions shall be signed by the LSMC'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 LSMC 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 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)** Articles 101 or Article 108 Starts, Strokes and Relays (Swimmers with a Disability)
 - (2)** Article 103.12.3 Timing Resolution
 - (3)** Articles 103.13.1, 103.13.2, 103.13.3, 103.13.4, and 103.13.6 Official Time
 - (4)** Articles 105.1, 105.2.1, 105.2.2A, 105.3.2, 105.3.7A, and 105.3.10 Records and Top 10 Times
 - (5)** Articles 107.2.1, 107.2.3A, 107.3, 107.11.1, 107.11.2, and 107.13 Minimum Standards for Facilities
 - (6)** Relay leadoff split times that conform to 103.13.1 and 105.2.2A will be recognized for events listed in 102.5. USMS membership is not

required for the other members of the relay team and the relay event itself need not conform to 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 meets 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 Committee, LMSCs or clubs. Participants shall be USMS members or obtain a one-event registration to participate in these events. A fitness event shall be a sanctioned event or performed in an organized/supervised practice.

ARTICLE 203: LIABILITY RELEASE

203.1

All individual membership application forms and sanctioned entry forms shall include a liability release. The liability release shall be signed by the person registering or entering. The language of the membership release shall be:

“I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.”

- 203.1.1** The language of the entry release may be modified as described in article 202.1.1A(1). For open water events, the entry release shall be in accordance with article 301.3.

PART 3: OPEN WATER LONG DISTANCE SWIMMING RULES

ARTICLE 301: ADMINISTRATION

301.1 ORGANIZATION

301.1.1 Governing Bodies—The conduct and organization of open water and long distance swimming for Masters shall be governed by USMS through its Open Water Long Distance Committee and LMSCs. The chair and committee members shall be appointed as provided in articles 507.3 and 507.3.11.

301.2 MEMBERSHIP, REPRESENTATION AND SANCTIONS

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

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

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

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

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

301.3 LIABILITY RELEASE

Entry forms shall contain the exact language of the liability release according to article 203.1. The following statement shall be added to the end of the release for all open water meets: *“Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.”* The language may

301.4

only be modified by naming the sanctioning LMSC, sponsoring USMS club(s) and/or additional insured(s) following “UNITED STATES MASTERS SWIMMING INC.” The liability release must be signed by each person prior to participation.

301.4 AGE DETERMINING DATE

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

301.5 AGE GROUPS

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

301.6 AWARDS

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

ARTICLE 302: EVENTS

302.1 EVENTS

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

302.2 DEFINITIONS

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

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

302.3 OPEN WATER

302.3.1 Straightaway Events—The course shall be straight, measured 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. The ends of the course shall be delineated by two fixed and stationary markers in the water. Floats on the course shall be a maximum of 10 meters apart.

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

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

302.4 POOL

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

302.4.1 Meet Director—The meet director shall have the discretion to decide the time/distance of the event and, in the case of postal events, the size(s) of the pools in which the event is to be swum.

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

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

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

302.5 TEAM

Teams are comprised of groups of swimmers entered in the individual swim. A team event may be contested on a total time/distance or point system basis.

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

302.5.2 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 team members are added, and the lowest cumulative score determines the winning team; the second lowest score, the second place, etc. In the event that two or more teams score the same number of points, the team that has the swimmer who won or finished closest to the first place shall be declared the winning team.

302.5.3 Rules Pertaining to Teams

- A All team members shall be from the same USMS club.
- B All team members shall also be entered in the individual event.
- C Teams shall be male, female and mixed gender.
- D Competitors shall be allowed to swim in only one same-gender and one mixed-gender team event per meet.
- E A swimmer who ages up during the duration of an event and swims the individual event twice may swim on two additional same-gender and mixed-gender teams in different age groups.

302.5

F Mixed-gender teams may be entered, provided at least one swimmer of each gender is represented as follows:

Total number of team members	Females	Males
2	1	1
3	minimum 1	minimum 1
4	2	2
5	minimum 2	minimum 2
6	3	3

302.6 RELAY

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

ARTICLE 303: CONDUCT OF OPEN WATER MEETS

303.1 SAFETY STANDARDS

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

- 303.1.1 Obtaining necessary permits/approvals from the U.S. Coast Guard, park authorities, lifeguard associations, etc.
- 303.1.2 Providing accurate maps with course descriptions and other pertinent information, including but not limited to anticipated water temperature and general water conditions, with entry forms and meet information packets.
- 303.1.3 Planning for possible medical evacuations.
- 303.1.4 Assigning rescue/aid personnel and craft.
- 303.1.5 Planning for escort paddlers or craft. Personal escorts should be considered for open water swims.
- 303.1.6 Making provisions for controlling escort craft and access of nonrace craft into the race area.
- 303.1.7 Briefing all contestants, coaches, managers, trainers and meet officials.

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- 303.1.8** Planning for possible cancellation, postponement and/or modification of the meet.
- 303.1.9** Considering use of fluorescent orange and other brightly colored caps to assist in identification and visibility of swimmers in open water events.
- 303.1.10** Informing swimmers of the anticipated water temperature, specific weather and water conditions, and known hazards.

Note: LMSCs are encouraged to develop their own safety guidelines and precautions for the conduct of open water and long distance events, provided they are not in conflict with USMS rules, policies or procedures.

303.2 ESCORTED SWIMS

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

303.3 STARTS

303.3.1 Types

- A Stationary**—Swimmers start from a platform or in the water with no forward motion.

303.3

B Running—Swimmers line up a short distance from the water behind a marked line. At the starting signal, the swimmers run into the water and swim the prescribed course.

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

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

303.4 SEEDING

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

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

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

303.5 FINISHES

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

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

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

303.6 SWIMWEAR

303.6.1 Swimwear shall be the same as defined in article 102.14.1 and 102.14.2. Goggles, ear plugs and grease shall be allowed. The suit shall be made of a porous material.

303.6.2 Swim cap(s), including those made of neoprene, may be permitted. Swim caps shall be defined as head gear conforming to a traditional swim cap design and shall not extend to protect the neck or shoulders.

303.6.3 Wetsuits may be allowed at the discretion of the meet director. Wetsuits generally provide a competitive advantage. If awards are given to wetsuit competitors they shall be awarded separately from those for non-wetsuit competitors. Any published results or records must clearly indicate which swimmers wore wetsuits.

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

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

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

303.7 OFFICIALS

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

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

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

303.8 DISQUALIFICATIONS

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

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

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

303.8.3 Fail to follow race rules.

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

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

303.8.6 Receive unauthorized assistance at the start or finish.

303.8.7 Violate swimwear rules.

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

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

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

303.9 SOLO OPEN WATER SWIM

This swim must be sanctioned by the LMSC in which it originates and conducted in accordance with all pertinent rules and regulations. If more than one swimmer is attempting to swim, only one sanction need be issued. All times achieved in solo open water swims should be duly certified and made a matter of record by the sanctioning LMSC. The certification should include:

303.9

- 303.9.1** Each swimmer's name, age, gender and membership number.
- 303.9.2** Governing body sanctioning the meet.
- 303.9.3** Course: to include the name of the body of water, the starting and finishing points, and the measured distance.
- 303.9.4** Verification and documentation that all rules were observed and the swimmer(s) either completed or failed to complete or attain the distance.

303.10 INCOMPLETE RACE

- 303.10.1** The referee shall determine if the start of a race is to be postponed or canceled, or if a race in progress is to be stopped.
- 303.10.2** If a race is stopped and swimmers are removed from the water for their safety, the referee shall determine if the race is to be restarted, canceled or considered official. If the referee determines the race to be official, then article 303.8.2 may be waived and the order of finish of the swimmers on the course shall be determined by the referee.

ARTICLE 304: CONDUCT OF POOL MEETS

304.1 RULES

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

304.2 POOL SIZE

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

304.3 OFFICIALS

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

304.4 MULTIPLE SWIMMERS PER LANE

- 304.4.1** In pools that are less than 50 meters, no more than two swimmers shall share a lane.
- 304.4.2** Drafting shall not be permitted.
- 304.4.3** When two swimmers are sharing the same lane, they shall conform to articles 102.10.4A(6)(a) and 102.10.4A(6)(b).

304.4.4 In pools that are 50 meters or longer, the referee shall establish procedures to prevent drafting if more than two swimmers are competing per lane.

304.5 TIMING

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

304.5.1 In open water races in which the event director provides electronic timing/Chip Timing, an operating backup timing system is required.

304.6 COMPUTING DISTANCES IN TIME-BASED EVENTS

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

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

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

304.7 INTEGRITY OF RESULTS IN POSTAL EVENTS

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

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

304.8 DETERMINATION OF PLACE

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

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

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

ARTICLE 305:

NATIONAL OPEN WATER LONG DISTANCE CHAMPIONSHIPS

305.1 RULES

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

305.2 EVENTS

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

A One mile (quarter-mile straightaway or open water course)

- B** Quarter-mile straightaway (2 miles)
- C** Open water (greater than 1 and less than or equal to 3 miles)
- D** Open water (greater than 3 and less than 6 miles)
- E** Open water (greater than or equal to 6 miles)
- F** Postal one hour (in a pool 25 yards or longer)
- G** Postal 5 and 10 kilometer (each event swum separately in a 50-meter pool)
- H** Postal 3000 and 6000 yard (each event swum separately in a 25-yard pool)

305.2.2 Team events (as defined in article 302.5).

- A** Team competitions shall be contested in postal championships and may be contested in other championships. Recognized teams shall be three-person male and female teams and four-person mixed teams.
- B** Age groups for team events shall be the same as those listed in article 102.3.2A.

305.3 SITE SELECTION

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

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

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

305.3.4 Suitable bids shall comply with all applicable USMS swimming and open water long distance rules, policies and procedures.

305.3.5 A three-area award system shall be followed for the bidding of non-postal open water long distance championships. (See Appendix D for map and description of areas.)

Suitable bids from a qualifying area shall receive preference over bids from other areas. Postal national championships may be awarded to an organization for two consecutive years and will be awarded without regard to area.

305.4 CONTRACT

A representative of the sponsoring organization, which is the successful bidder of a open water long distance championship event, shall sign a written contract with USMS, which specifies the responsibilities of the meet host and of USMS Inc.

305.5 FINANCIAL

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

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

305.5.2 Complete financial statements shall be forwarded to the Open Water Long Distance Committee chair after completion of the meet.

305.6 ENTRY FEES

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

305.7 RULES OF CONDUCT

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

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

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

- A The Open Water Long Distance Committee shall appoint a meet evaluator to aid the meet director, to ensure that the event is conducted in accordance with the contract and to ensure that all rules are observed.
- B For open water events, a turn judge shall be located at each change of direction in the course. The turn judge shall:
 - (1) Be positioned on shore or on the water in clear view of the turn to ensure that all swimmers complete the turn as indicated in the competition information documents and as directed at the pre-race briefing.
 - (2) Record any violation of the turn procedures and
 - (3) Report such violation to the referee.

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

305.7.5 Wetsuits—Wetsuit competitors shall be excluded for the purposes of articles

305.8 through 306.1. In addition, wetsuit competitors shall have a separate start time and a separate finish line.

305.7.6 Assistance During the Race

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

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

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

305.8 RESULTS

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

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

A Age group place

B Swimmer's name (last name first, as it appears on the USMS membership card)

D Club (official USMS team abbreviation)

E USMS Number

F. Official time/distance

G. Special information (national records, overall place, place among men, etc.)

305.8.2 Team 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 teams last. For each team, the following information must be reported in this order:

A Age group place

B Team's full name (USMS club followed by blank, A, B, etc.)

C Official time/distance for the team

D Names, ages and official time/distance for each member of the team.

305.9 CLUB SCORING

Club scores shall be officially tallied for national open water long distance champion-

ship postal events. At the discretion of the meet host, club scoring may be tallied for open water events.

305.9.1 Scoring

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

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

305.9.3 Divisions—Up to four divisions may be recognized for purposes of club scoring based on the number of swimmers entered in the meet from each club. The number of entrants from a club that shall constitute division I (very large), division II (large), division III (medium) and division IV (small) shall be determined by the Open Water Long Distance Committee chair and the meet director after the meet entry deadline.

305.10 AWARDS

305.10.1 National championship medals or other appropriate awards approved by the Open Water Long Distance Committee chair shall be awarded at least to the first six place winners of individual championships in each age group.

305.10.2 National championship medals or other appropriate awards approved by the Open Water Long Distance Committee chair shall be awarded to the members of at least the first three place winners of team championships in each age group.

305.10.3 A USMS championship patch shall be awarded to each individual champion and each scoring member of a championship team. An individual shall receive only one patch per meet.

305.10.4 Appropriate awards approved by the Open Water Long Distance Committee chair shall be awarded to the first, second and third place club winners in each division.

305.11 ALL-AMERICAN RECOGNITION

305.11.1 The highest ranking USMS member in each age group of each individual national open water long distance championship event shall qualify as a USMS Open Water Long Distance All-American for the calendar year in which the event was conducted. **305.11.2**— The members of the highest ranking USMS team in each age group of each national Open Water Long Distance Championship event shall qualify as USMS Open Water Long Distance Team All-Americans.

305.11

305.11.3 The meet director shall submit the name, age, club affiliation, time or distance, and USMS membership number for each competitor achieving All-American status to the Open Water Long Distance Committee chair in accordance with the USMS meet contract.

305.12 ALL-STAR TEAM

A USMS All-Star Team shall be selected each calendar year from the official results of the USMS open water long distance national championship events.

305.12.1 A swimmer shall earn points for a top 10 finish in each open water long distance national championship event in the following manner: 1st: 22 points, 2nd: 18 points, 3rd: 16 points, 4th: 14 points, 5th: 12 points, 6th: 10 points, 7th: 8 points, 8th: 6 points, 9th: 4 points, 10th: 2 points.

305.12.2 To be considered for the All-Star Team, a swimmer shall compete in at least three events, of which one shall be an open water event and one shall be a postal event.

305.12.3 If a swimmer scores points in one age group and ages up to another age group in the course of a year, the points earned shall be transferred up to the new age group. If a swimmer swims the same event in two different age groups, only the higher finish will be counted.

305.12.4 Ties shall be allowed.

ARTICLE 306: RECORDS

306.1 RECORDS

306.1.1 Individual national records will be maintained in quarter-mile straightaway events (1-mile and 2-mile) and time/distance pool events (one-hour, 3000-yard, 6000-yard, and 5- and 10-kilometer postal). Team national records shall be maintained in all long-distance pool events. The records shall be for three-person male and female teams and four-person mixed teams.

306.1.2 Record times shall be swum in a sanctioned meet and shall be routed through the meet host to the Open Water Long Distance Committee chair.

306.1.3 With the exception of the quarter-mile straightaway events specified in article 305.2.1, no national records will be maintained in open water events because of differences in courses, currents and other physical factors.

306.1.4 Open water long distance records shall only be permitted from events conducted in compliance with articles 305.7.3B and 305.7.5 of the USMS rule book.

306.1.5 When a record attempt has been timed to the nearest second, .99 second shall be added to the time submitted. When a record attempt has been timed to the nearest tenth of a second, .09 second shall be added to the time submitted.

306.1.6 Long distance national records may be established by using a swimmer's

split time in an individual event if:

- A** The split is swum as an initial distance within a scheduled event,
- B** The swimmer completes the full distance of the scheduled event without being disqualified and
- C** The intent to record a split time is brought to the attention, in writing, of the event host at the time of entry in the longer event.
- D** At least two dedicated handheld watches are used to record the record split.

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

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 and sanctioned or recognized events 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 102.16.2 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 Any nonconsensual physical contact, obscene language or gesture, or other threatening language or conduct directed toward meet personnel, in connection with a USMS event.

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

402.4.6 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 JURISDICTION OF THE NATIONAL BOARD OF REVIEW

403.4.1 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 initiated by USMS.

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 grievance served upon the National Office accompanied by the filing fee. The written grievance shall set forth all parties against which the grievance is filed (respondents) and shall state the grounds for the grievance, citing factual and legal issues in as much detail as possible. Instructions on how to file a grievance may be obtained from the National Office administrator.

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 Open Water Long Distance (Part 3) Committees.
- 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

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.

403.6 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 has the authority to:

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.

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 administrator 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 administrator 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 the Zone Committee, standing committees and ad hoc committees of USMS.
- 501.2.3** Members of the National Board of Review.

501.2

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)

The Local Masters Swimming Committee is a division 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.

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 ELECTION OF OFFICERS

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

502.5 FILING OF BYLAWS

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

502.6 BOUNDARY DESCRIPTIONS

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

502.7 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 within four months of the end of the LMSC's fiscal year.

502.8 FINANCIAL CONTROLS

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

502.9 LMSC CHAMPIONSHIP MEETS

Each LMSC may conduct championship meets, but 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.

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 representative or as indicated in zone policies. The zone representatives 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 REPRESENTATIVES

503.3.1 Zone representatives 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 representatives shall be residents of their respective zones.

503.3.3 If a vacancy in the position of zone representative 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 representative, with the concurrence of the USMS president.

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 and zone records and Top 10.

503.5 ZONE CHAMPIONSHIP MEETS

Each zone may conduct zone championship meets, but 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.

503.6 COMMUNICATIONS

Zone representatives shall enhance communications among the LMSCs to promote Masters swimming within the zones.

**ARTICLE 504:
HOUSE OF DELEGATES**

504.1 MEMBERSHIP

The House of Delegates of USMS shall consist of the following:

- 504.1.1 One member from each LMSC. If the LMSC has over 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 members of the Zone Committee.
- 504.1.5 All voting members of the Finance, Legislation, Open Water Long Distance and Rules Committees and the chairs of all standing committees, all coordinators, the internal auditor, the legal counsel and the National Board of Review chair.
- 504.1.6 Nonvoting delegates from affiliate and allied members.
- 504.1.7 The president of USMS shall be empowered to appoint up to 10 percent of the total membership of the House of Delegates as at-large members of the House of Delegates.
- 504.1.8 The president shall be empowered to appoint employees and contractors who are otherwise active in Masters swimming as members of the House of Delegates as needed for the benefit of the corporation.
- 504.1.9 All members of the House of Delegates shall remain until their successors are selected, except that membership may be terminated by resignation filed with the secretary.

504.2 POWERS

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

- 504.2.1 To determine the mission and objectives that shall 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.
- 504.2.3 The following powers are fully the responsibility of the House of Delegates and shall not be delegated:
 - A Elect officers and directors (Note: the nomination and election procedures may be delegated).
 - B Amend the USMS Code of Regulations and Rules of Competition.

C Review and approve the annual budget.

- 504.2.4** To admit to group membership or individual membership any organization or person eligible under this code and who applies.
- 504.2.5** To prescribe and amend the code for the government of USMS.
- 504.2.6** To impose and enforce penalties for any violation of the code of USMS.
- 504.2.7** 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.
- 504.2.8** To collect and expend the monies of USMS.
- 504.2.9** To institute, locate, conduct and manage all national championship meets.
- 504.2.10** To create, modify or disband standing committees.
- 504.2.11** To explain, define and interpret any provisions of this code or other rules of USMS, including the rules of competition.
- 504.2.12** 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 Ohio, 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 mailing the same 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 member services, vice president of community services, vice president of national operations, vice president of local operations, 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 re-election 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 VACANCIES

A vacancy in any office of USMS shall be filled for the unexpired term by the Board of Directors. The appointed officer shall have full rights and responsibilities of the office.

505.4 DUTIES OF OFFICERS

The duties of the officers shall be as follows:

- 505.4.1** 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.
- 505.4.2** The vice presidents shall chair their respective divisions, and shall coordinate their respective committees' activities and funding, as set forth in article 507.
 - A** In the event the president is unable to perform assigned duties, the vice president of national operations shall perform these duties.
 - B** The vice president of local operations shall chair the Zone Committee.
- 505.4.3** 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.

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- 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.
- 505.4.4** The treasurer shall:
- A Be the custodian of all corporate funds.
 - B Receive all funds of USMS and deposit to the accounts of USMS.
 - C Disburse funds as directed by the controller or by the House of Delegates.
 - D Invest funds of USMS in a prudent manner for the benefit of USMS, in accordance with the investment policies established by the Finance Committee.
 - E Maintain adequate and accurate financial records that document the income and disbursement of USMS's funds.
 - F Submit all financial records to the internal auditor annually within five months following the end of USMS's fiscal year.

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 executive director, legal counsel, all past presidents not already voting members 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 and qualified. (At-large directors elected in 2005 will serve for three years; thereafter all terms will be for two years.)
- 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

re-election 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 VACANCIES

A vacancy in the position of an at-large director shall be filled for the remainder of the unexpired term by an appointee of the vice president of local operations, with the concurrence of the USMS president. The appointed director shall have full rights and responsibilities of the position.

506.4 POWERS

The Board of Directors shall have the authority to act for USMS and the House of Delegates between meetings of the House of Delegates, except that it cannot amend the rules and regulations and it cannot amend the budget. The Board of Directors shall have the power to adopt and amend policies of USMS. The board shall have 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, Open Water Long Distance Committee for Part 3 and legal counsel determines 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.

506.5 MEETINGS

A minimum of two meetings of the Board of Directors shall be held each year (one at the annual meeting of the House of Delegates and one mid-year). Meetings held by conference call shall be held on a regular basis. Other meetings of the Board of Directors shall be held at any time or place, within or without the state of Ohio, pursuant to a resolution of the Board of Directors or to a call signed by the president or any three directors. Two weeks' written notice of such meeting shall be given to each director. Notice of any meeting may be waived in writing before such meeting. Special matters may be voted upon by the Board of Directors by mail, but no action can thus be taken without the endorsement of a majority of all directors.

506.6 QUORUM

The presence of a majority of the directors with voting privileges shall constitute a quorum at any meeting of the Board of Directors.

506.7 VOTING PRIVILEGES

Each member of the Board of Directors, except the president, shall have one vote. The president shall vote in the case of a tie vote. There shall be no voting by proxy.

**ARTICLE 507:
COMMITTEES AND APPOINTMENTS**

507.1. EXECUTIVE COMMITTEE

507.1.1 The voting members of the Executive Committee of this corporation shall consist of:

- A The president, the vice president of member services, the vice president of community services, the vice president of national operations, the vice president of local operations, the secretary and the treasurer.
- B The immediate past president.

507.1.2 The nonvoting members of the Executive Committee shall consist of:

- A The legal counsel.
- B The executive director.

507.1.3 The Executive Committee shall have the authority to:

- A Manage the operations of USMS,
- B Carry out policies established by the Board of Directors and
- C 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.

507.2 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. The president may appoint associate members. The divisional vice president responsible for a committee shall be an ex officio member of that committee. A committee definition may name other ex officio positions. Standing committees shall meet in conjunction with the annual meeting of the House of Delegates. Each committee member shall have one vote. Associate and ex officio members shall have voice but no vote.

507.2.1 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 shall solicit and receive bid proposals, review bids and make recommendations to the House of Delegates regarding sites for national championship meets. The committee shall consist of the committee chair and at least three members who have had experience in overseeing a national championship meet and two members without such experience.

507.2.2 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.

507.2.3 Communications Committee—The Communications Committee shall interact with the Board of Directors to create an overall communication strategy and to support its implementation. The strategy shall define channels for communication with the general membership, USMS clubs, LMSCs and USMS committees. The committee shall consist of the committee

chair, the Rule Book Coordinator, the chair of the Editorial Committee and at least eight other members. The National Publication Editor and the Webmaster/IT Director shall be ex officio members.

507.2.4 Publications Management Committee—The Publications Management Committee shall manage all USMS publishing activities and shall set publishing policy. The Committee shall develop and maintain or promote the development and maintenance of publications that a) support USMS’s values and operating principles, b) provide benefits and information services for all USMS members, c) provide viable marketing tools, where appropriate, d) provide an income source for USMS, where possible and e) employ the most current industry standards for design, style, editorial content and usability, where appropriate. The committee shall establish working relationships with and support the volunteer and professional staff developing USMS publications, including the publishers of the USMS national publication, web operations personnel, committees that publish information for USMS and National Office personnel. The committee shall consist of the committee chair and sufficient members to execute the committee function. Members shall have the requisite skills to accomplish tasks as defined by the committee’s objectives and goals. USMS professional staff with responsibility for publications shall be ex officio members.

507.2.5 Finance Committee—The Finance Committee shall consist of the committee chair and no more than 16 additional members, with at least one member from each zone. The treasurer, the internal auditor and the controller shall serve as ex officio members of the committee. The Finance Committee shall:

- A Develop policies pertaining to the financial affairs of USMS.
- B Receive and review the annual reports of the internal auditor, treasurer and controller.
- C Prepare or cause to be prepared a summary of the above reports to be presented to the House of Delegates at each annual convention.
- D Annually receive and compile all budget requests from each officer and committee for the next fiscal year.
- E At each annual convention, prepare USMS’s budget for the next fiscal period and submit same to the House of Delegates for approval.

507.2.6 Fitness Committee—The Fitness Education Committee shall promote and assess the fitness, health and lifestyle benefits of Masters swimming. The committee shall consist of the committee chair and sufficient members to execute the committee function.

507.2.7 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.

- 507.2.8 International Committee**—The International Committee shall promote communication with Masters swimmers throughout the world, facilitate USMS members’ participation in international events and encourage the participation of foreign Masters swimmers in USMS events. The USMS Liaison to the Union Americana de Natacion (UANA) and the USMS Liaison to FINA shall be ex officio members. The committee shall consist of the committee chair and sufficient members to execute the committee function.
- 507.2.9 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: Athlete’s Rights, Hearings and Appeals, Part 5: United States Masters Swimming Inc. Organization and Bylaws, Part 6: Amendment Procedures and Appendix D: Zone and LMSC Boundaries. The committee may 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, with at least one member from each zone. The Rules Committee chair and the Rule Book Coordinator shall be ex officio members of the committee.
- 507.2.10 Open Water Long Distance Committee**—The Open Water Long Distance Committee shall solicit and review bid proposals and select the sites for the open water 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 open water long distance championship events. The committee may initiate and shall consider proposed amendments, and shall report them, 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 maintain records and select the All-American Open Water Long Distance and Open Water Long Distance All-Star Teams. The committee may 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, with at least one member from each zone. The Rule Book Coordinator shall be an ex officio member of the committee. The chair shall serve as the USMS liaison to the USA Swimming Open Water Committee.
- 507.2.11 Marketing Committee**—The Marketing Committee shall define the marketing and communication goals and objectives that promote the purpose and philosophy of Masters swimming to target external audiences, and shall execute the activities necessary to accomplish these goals and objectives. The committee shall consist of the committee chair and sufficient members to execute the committee function.
- 507.2.12 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.

- 507.2.13 Recognition and Awards Committee**—The Recognition and Awards Committee shall review and approve proposals for all official USMS awards and maintain a history of award recipients. The committee shall consist of the committee chair and 16 or more members with at least eight Ransom J. Arthur award recipients and additional members to include one member from each of the following committees: Coaches Committee, Open Water Long Distance Committee, Records and Tabulation Committee, and the History and Archives Committee.
- 507.2.14 Records and Tabulation Committee**—The Records and Tabulation Committee shall establish and maintain a standardized process of recording and verifying times and shall publish the Top 10 times, All-American rosters and USMS national records annually for each course.
- 507.2.15 Registration Committee**—The Registration Committee shall develop effective policies and procedures for registering members. 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.
- 507.2.16 Rules Committee**—The Rules Committee shall assure 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 and that members are informed of current rules, interpretations, and changes. The Rules 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. The committee may 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, with at least one member from each zone. The Legislation Committee chair, the Rule Book Coordinator, the Officials Committee chair and the USA Swimming Rules & Regulations Committee Chair shall be ex officio members of the committee.
- 507.2.17 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.
- 507.2.18 Zone Committee**—The Zone Committee shall enhance communications between the National Office and LMSCs, and between USMS committees and LMSCs. The committee shall carry out the responsibilities assigned to it by the House of Delegates, the President, the USMS Code of Regulations

and the stated needs of the LMSCs. The Zone Committee shall develop and maintain election operating guidelines. The committee shall consist of the vice president of local operations, who shall serve as chair, plus a representative from each zone elected by the delegates from each LMSC within that zone.

507.3 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.

507.4 APPOINTMENTS

507.4.1 Coordinators—The president, with the concurrence of the Executive Committee, shall appoint the coordinators. Coordinators will have 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.

A Convention Coordinator—The convention coordinator shall cooperate with USAS in the preparation of each year's national convention and carry out the operational needs of the House of Delegates and its committees at convention.

B Insurance Coordinator—The insurance coordinator shall study and review the insurance needs of USMS and shall recommend policy and procedure, and appropriate insurance coverage for USMS, its participants and its programs.

C Rule Book Coordinator—The rule book coordinator shall design, edit and produce the rule book and other materials or media, as approved by the House of Delegates. The rule book coordinator shall be a member of the Communications Committee and an ex officio member of the Legislation, Open Water Long Distance and Rules Committees.

507.4.2 Controller—The controller shall be selected by, serve at the pleasure of and report to the Executive Committee.

507.4.3 Internal Auditor—The internal auditor shall be appointed by and serve at the pleasure of the president and shall report to the House of Delegates through the Finance Committee. The internal auditor shall:

A Receive the financial records of USMS from the treasurer and the controller.

B Examine at least annually all financial records received pursuant to article 508.3.1 to determine the accuracy and validity of the records maintained by the treasurer and controller.

C Prepare and audit the annual income statement and balance sheet of USMS, along with any other appropriate financial statements as of the close of USMS's fiscal year.

D Present the financial statements listed in article 508.3.3 to the Finance Committee as soon as practical after the close of the fiscal year with a

statement as to the internal auditor's position regarding the accuracy and validity of those documents.

- E Submit to the Finance Committee recommendations for the improvement of the financial management of USMS.

507.4.4 Legal Counsel—The legal counsel shall be an ex officio member of the Board of Directors, Executive Committee, Rules Committee and Legislation Committee, having voice but no vote on these committees. The legal counsel may appoint liaisons to any other committees when requested by such committee chair.

507.4.5 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.

507.4.6 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 FEES

Fees shall be established by the House of Delegates.

508.3 BUDGET REQUESTS

Requests for budget items or funding that are disapproved by the Finance Committee (or those not submitted to the Finance Committee) may be approved by the House of Delegates by a two-thirds vote.

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 Ohio 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 Ohio.

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.

PART 6:

AMENDMENT PROCEDURES

ARTICLE 601: AMENDMENTS

601.1 COMMITTEE JURISDICTION

- 601.1.1 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.
- 601.1.2 Open Water Long Distance Committee**—Proposed changes to Part 3: Open Water Long Distance Swimming Rules and the Glossary shall be considered by the Open Water Long Distance Committee for report and recommendation to the House of Delegates.
- 601.1.3 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, Part 6: Amendment Procedures and Appendix D: Zone and LMSC Boundaries) shall be considered by the Legislation Committee for report and recommendation to the House of Delegates.
- 601.1.4 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 601.2, 601.3, 601.4 and 601.5.

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 Zone Committee, the Board of Directors or the Executive Committee.
- 601.2.2 Format**—Proposed changes shall be in such form as to show the entire 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**—Proposed changes by an LMSC must be submitted to the chair of the Rules, Legislation or Open Water Long Distance Committee not later than July 10.
- 601.2.4 Publication of Proposed Amendments**—All proposed changes shall be published and mailed 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 Rules, Legislation or Open Water Long Distance Committee, where appropriate, while under consideration by said committee. Such modification must be germane to the subject matter and intent of the proposed change.

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—In even-numbered years, Part 1 and the Glossary may be amended by a majority vote of the House of Delegates members present and voting if amendments to them 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 amendments to them are submitted to and NOT recommended by the Rules Committee.

601.4.2 Open Water Long Distance—In even-numbered years, Part 3 and the Glossary may be amended by a majority vote of the House of Delegates members present and voting if amendments to them are submitted to and recommended by the Open Water Long Distance Committee, or by a two-thirds vote of the House of Delegates members present and voting if amendments to them are submitted to and NOT recommended by the Open Water Long Distance Committee.

601.4.3 Legislation—In odd-numbered years, the Organizing Principles, Glossary, Part 2, Part 4, Part 5, Part 6 and Appendix D may be amended by a majority vote of the House of Delegates members present and voting if amendments to them 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 amendments to them are submitted to and NOT recommended by the Legislation Committee.

601.4.4 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 and 601.4.3, 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 which 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** Organizing Principles, Glossary, Parts 1, 2, 3, 4, 5 and 6 and Appendix D may be amended by a majority vote of the House of Delegates members present and voting if amendments to them are submitted to the appropriate committees as a package and recommended by all committees with jurisdiction, or by a two-thirds vote of the House of Delegates members present and voting if amendments to them are submitted to the appropri-

ate committees as a package, but fail to receive the recommendation of all committees with jurisdiction.

601.4.5 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.

601.4.6 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. Votes to reject shall not be considered emergency amendments. Amendments to USA Swimming article 103, “Facility Standards,” may be recommended by the Rules Committee for adoption by the House of Delegates. Votes to accept shall not be considered emergency amendments.

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.

601.4.7 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.

Summary of Amendment Procedures	Even Years	Odd Years
Rules (Part 1 and Glossary)		
If recommended by committee	Majority	*
If NOT recommended by committee	2/3	
Open Water Long Distance (Part 3 and Glossary)		
If recommended by committee	Majority	*
If NOT recommended by committee	2/3	
Legislation (Organizing Principles, Glossary, Part 2, Part 4, Part 5, Part 6 and Appendix D)		
If recommended by committee	*	Majority
If NOT recommended by committee		2/3
*Emergency Amendments: by a 9/10 vote ONLY if properly submitted to, deemed an emergency by, and recommended by the appropriate committee.		

APPENDIX A:

RECORDS

Category	Current as of
USMS Short Course Yards	May 31, 2007
USMS Short Course Meters	November 1, 2007
USMS Long Course Meters	September 15, 2007
World Short Course Meters	November 1, 2007
World Long Course Meters	November 1, 2007
USMS OPEN WATER LONG DISTANCE	November 1, 2007

EFFECTIVE DATES: The records in this listing reflect applications received by the above effective dates. Some records achieved by these effective dates may not yet have been submitted or processed.

DISCREPANCIES AND ERRATA: 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 listed records should be addressed to:

Pool Records
 Walt Reid
 11114 111th St. SW
 Tacoma, WA 98498
usmsrecords@usms.org

Open Water Long Distance Records
 Marcia Cleveland
 915 Pine Tree Lane
 Winnetka, IL 60093
longdistance@usms.org

APPENDIX A

WOMEN'S RECORDS

WOMEN 18-24											
	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	J Mayville	1998	23.89	A Terry	1998	26.61		J Foschi	2003	27.24	
100 free	J Foschi	2003	50.67	A Terry	1997	57.86		J Foschi	2003	58.94	
200 free	R Komisarz	2001	1:50.98	D Heckman	2001	2:06.21		J Foschi	2003	2:03.06	
400/500 free	J Foschi	2003	4:49.97	D Heckman	2001	4:25.13		J Stowers	2003	4:16.72	
800/1000 free	S Schweitzer	2000	10:29.13	D Heckman	2001	8:58.71		S Schweitzer	2000	9:28.19	
1500/1650 free	K Burton	1987	17:31.70	D Heckman	2001	17:15.23		S Bausher	1990	18:13.47	
50 back	J Tong	1998	26.47	P Francis	2000	29.69		T Smith	1990	31.55	
100 back	S Schweitzer	2000	55.98	A Terry	1998	1:06.59		S Schweitzer	2000	1:04.87	
200 back	S Schweitzer	2000	1:59.22	N Wunderlich	1995	2:22.61		S Schweitzer	2000	2:19.70	
50 breast	A Davies	2004	29.69	B Kaszuba	1995	32.09		E Nelson	1995	33.66	
100 breast	R Mants	2003	1:02.86	B Kaszuba	1995	1:08.89		E Nelson	1995	1:13.62	
200 breast	R Mants	2003	2:14.90	A Nall	1997	2:38.63		L Davis	2006	2:44.25	
50 fly	J Brooks	2000	25.46	J Raab	1994	28.84		L Davis	2006	28.99	
100 fly	R Komisarz	2001	55.67	D Heckman	2001	1:05.01		L Davis	2006	1:03.08	
200 fly	R Komisarz	2001	2:02.28	D Heckman	2001	2:23.78		L Davis	2006	2:22.58	
100 IM	L Davis	2007	58.96	B Kaszuba	1995	1:05.34					
200 IM	S Schweitzer	2000	2:05.30	D Heckman	2001	2:25.87		L Davis	2006	2:24.14	
400 IM	S Schweitzer	2000	4:18.37	D Heckman	2001	4:58.55		S Bausher	2000	5:15.81	
WOMEN 25-29											
	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	P Martin	2005	23.16	H Hageman	1997	26.63	25.42	S Shand	1991	26.68	25.42
100 free	L Johncke	2003	50.80	S Taormina	1996	56.30	56.30	S Taormina	1995	57.76	58.22
200 free	L Liu	2001	1:48.80	S Taormina	1996	1:59.78	1:59.78	S Taormina	1995	2:02.06	2:06.81
400/500 free	S Taormina	1996	4:49.88	S Taormina	1996	4:24.18	4:24.18	S Taormina	1995	4:13.03	4:27.53
800/1000 free	L Hazen	1994	10:12.34	S Taormina	1996	8:51.18	8:51.18	R Komisarz	2001	8:47.44	9:15.63
1500/1650 free	K Burton	1991	16:50.17	S Taormina	1996	16:36.07	16:36.07	R Komisarz	2001	16:39.77	17:26.88
50 back	M Edwards	1999	25.98	C Johansson	2002	30.05	29.20	D Graner	1989	30.80	30.52
100 back	M Edwards	1999	56.28	C Johansson	2002	1:03.26	1:03.01	P Hanson	2005	1:07.13	1:04.82
200 back	P Hanson	2005	2:00.57	L Oberstar	2001	2:14.77	2:12.84	D Graner	1989	2:19.97	2:17.30
50 breast	K King-Bednar	1996	29.78	T Mirande	1995	32.20	32.76	P Martin	2005	33.60	32.01
100 breast	A Packard	2002	1:04.17	W Hansen	1998	1:13.30	1:10.55	H Saleedo	2002	1:15.48	1:12.65
200 breast	A Packard	2002	2:17.94	A Packard	2001	2:35.66	2:31.18	R Bruch	2000	2:45.04	2:35.46
50 fly	N Rolland	2004	24.46	S Taormina	1996	28.68	27.88	J Brooks	2003	28.19	28.09
100 fly	L Liu	2001	54.03	S Taormina	1996	1:01.33	1:01.33	R Komisarz	2001	1:01.04	1:03.18
200 fly	L Liu	2001	1:57.84	C Miller	2002	2:23.60	2:17.13	S Taormina	1995	2:17.51	2:18.69
100 IM	L Liu	2001	56.76	W Hansen	1998	1:05.67	1:03.67				
200 IM	A Wagner	2006	2:03.94	W Hansen	1998	2:21.79	2:17.17	A Wagner	2005	2:21.98	2:20.71
400 IM	K Harris	2005	4:21.52	W Hansen	1998	5:02.54	4:52.13	S Shand	1989	5:06.34	5:02.78

WOMEN'S RECORDS

WOMEN 30-34	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	A Martino	2000	22.86	K Radtke	2004	25.98	25.64	K Radtke	2004	26.18	25.99
100 free	A Martino	1999	50.73	S Neilson-Bell	1988	57.35	56.41	A Martino	2000	57.09	57.09
200 free	K Radtke	2003	1:51.40	K Pipes-Neilsen	1996	2:04.64	2:04.09	K Pipes-Neilsen	1996	2:06.80	2:06.87
400/500 free	K Pipes-Neilsen	1996	4:59.08	K Pipes-Neilsen	1996	4:22.70	4:22.70	K Pipes-Neilsen	1996	4:28.76	4:27.11
800/1000 free	L Hazen	1999	10:16.36	E Hansen	2003	9:06.49	9:06.49	S Porter	1994	9:19.96	9:13.22
1500/1650 free	K Burton	1993	17:07.52	K Burton	1994	17:23.60	17:23.60	K Burton	1996	17:38.70	17:38.70
50 back	A Martino	2000	25.73	D Graner Gallas	1996	30.14	28.99	D Graner Gallas	1996	30.94	30.82
100 back	K Pipes-Neilsen	1996	57.13	K Pipes-Neilsen	1996	1:02.36	1:02.88	D Graner Gallas	1996	1:05.42	1:05.42
200 back	K Pipes-Neilsen	1996	1:59.93	K Pipes-Neilsen	1996	2:13.51	2:16.62	K Pipes-Neilsen	1996	2:17.73	2:18.98
50 breast	K McClelland	2007	29.20	W Hansen	2000	32.82	32.82	K McClelland	2007	33.61	33.61
100 breast	W Hansen	2000	1:03.69	W Hansen	2000	1:10.00	1:10.00	K McClelland	2007	1:13.46	1:12.89
200 breast	W Hansen	2000	2:17.34	W Hansen	2000	2:30.65	2:30.65	W Hansen	1999	2:41.51	2:35.33
50 fly	A Martino	2000	24.18	K Radtke	2004	28.05	27.81	A Martino	2000	27.59	27.59
100 fly	A Martino	1999	55.01	W Hansen	2000	1:02.70	1:00.11	A Martino	2000	1:00.03	1:00.03
200 fly	K Pipes-Neilsen	1996	2:03.46	K Radtke	2003	2:19.34	2:19.34	A Martino	2000	2:20.12	2:13.60
100 IM	A Martino	2000	57.01	W Hansen	1999	1:04.96	1:03.55	K Pipes-Neilsen	1996	1:00.03	1:00.03
200 IM	K Pipes-Neilsen	1996	2:04.30	K Pipes-Neilsen	1996	2:18.79	2:16.83	K Pipes-Neilsen	1996	2:23.12	2:22.83
400 IM	K Pipes	1995	4:25.68	K Pipes-Neilsen	1996	4:53.85	4:51.33	K Pipes-Neilsen	1996	5:03.97	5:05.05

WOMEN 35-39	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	D Torres	2007	22.34	D Torres	2006	25.10	25.10	D Torres	2006	25.98	25.98
100 free	D Torres	2007	49.72	D Torres	2006	54.95	54.95	S Neilson-Bell	1995	58.87	58.38
200 free	K Pipes-Neilsen	1997	1:51.55	K Pipes-Neilsen	1997	2:03.56	2:03.56	K Pipes-Neilsen	1998	2:06.62	2:06.94
400/500 free	K Pipes-Neilsen	1997	4:56.09	K Pipes-Neilsen	1999	4:22.56	4:22.56	K Pipes-Neilsen	1997	4:26.17	4:26.17
800/1000 free	K Pipes-Neilsen	1999	10:22.60	A Zamanian	2006	9:12.97	9:12.97	S Taormina	2006	9:13.49	9:13.49
1500/1650 free	K Pipes-Neilsen	1997	17:13.99	L Hug	2000	17:27.84	17:27.84	K Pipes-Neilsen	2000	17:46.58	17:46.58
50 back	S Hart	2007	26.94	K Pipes-Neilsen	1999	30.73	30.28	S Hart	2006	30.40	30.40
100 back	K Pipes-Neilsen	1998	56.81	K Pipes-Neilsen	1997	1:03.56	1:03.56	K Pipes-Neilsen	1997	1:05.41	1:06.04
200 back	K Pipes-Neilsen	1998	2:00.54	K Pipes-Neilsen	1997	2:14.10	2:14.10	K Pipes-Neilsen	1997	2:18.20	2:18.20
50 breast	S Von Der Lippe	2005	29.94	C Krattli	2000	33.03	33.03	C Krattli	2001	33.91	33.64
100 breast	S Von Der Lippe	2004	1:04.25	C Krattli	2000	1:11.97	1:11.97	C Krattli	2001	1:13.81	1:13.81
200 breast	C Krattli	2002	2:19.66	C Krattli	2000	2:36.04	2:36.04	C Krattli	2001	2:41.76	2:41.76
50 fly	S Von Der Lippe	2003	25.54	T Moll	2001	28.68	28.68	T Moll	1999	28.32	28.32
100 fly	S Von Der Lippe	2003	55.78	K Pipes-Neilsen	1997	1:03.29	1:03.07	T Moll	1999	1:03.79	1:03.79
200 fly	S Von Der Lippe	2005	2:03.48	K Pipes-Neilsen	1997	2:18.41	2:18.41	K Pipes-Neilsen	1997	2:20.21	2:20.21
100 IM	S Von Der Lippe	2004	58.31	K Pipes-Neilsen	2000	1:05.40	1:05.40	K Pipes-Neilsen	1997	2:22.42	2:25.31
200 IM	K Pipes-Neilsen	1998	2:05.24	K Pipes-Neilsen	2000	2:19.08	2:19.08	K Pipes-Neilsen	1998	5:02.67	5:07.21
400 IM	K Pipes-Neilsen	1998	4:24.18	K Pipes-Neilsen	1997	4:52.85	4:52.85	K Pipes-Neilsen	1998	5:02.67	5:07.21

APPENDIX A

WOMEN'S RECORDS

WOMEN 40-44		SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free		D Torres	2007	21.91	S Neilsen-Bell	1996	26.66	26.60	M Doelger	2003	26.88	26.60
100 free		D Torres	2007	48.34	K Pipes-Neilsen	2003	57.60	57.60	M Doelger	2003	58.43	58.43
200 free		K Pipes-Neilsen	2002	1:51.06	K Pipes-Neilsen	2003	2:05.26	2:05.26	K Pipes-Neilsen	2003	2:09.00	2:09.28
400/500 free		K Pipes-Neilsen	2002	4:58.98	K Pipes-Neilsen	2003	4:21.75	4:21.75	K Pipes-Neilsen	2002	4:28.24	4:28.24
800/1000 free		K Pipes-Neilsen	2003	10:20.45	K Pipes-Neilsen	2003	9:09.71	9:09.71	K Pipes-Neilsen	2003	9:21.75	9:24.77
1500/1650 free		K Pipes-Neilsen	2002	17:15.20	K Pipes-Neilsen	2003	17:45.50	17:38.37	K Pipes-Neilsen	2003	17:56.52	17:56.52
50 back		K Pipes-Neilsen	2002	27.29	K Pipes-Neilsen	2005	30.97	30.97	K Pipes-Neilsen	2002	32.19	31.99
100 back		K Pipes-Neilsen	2003	57.15	K Pipes-Neilsen	2002	1:05.43	1:05.43	K Pipes-Neilsen	2003	1:07.69	1:08.64
200 back		K Pipes-Neilsen	2003	2:04.55	K Pipes-Neilsen	2003	2:19.09	2:19.09	K Pipes-Neilsen	2003	2:23.64	2:25.91
50 breast		S Von Der Lippe	2006	29.55	S Von Der Lippe	2005	32.99	32.99	S Von Der Lippe	2006	33.25	33.25
100 breast		S Von Der Lippe	2006	1:03.09	S Von Der Lippe	2005	1:11.52	1:11.52	S Von Der Lippe	2006	1:13.34	1:13.80
200 breast		S Von Der Lippe	2006	2:17.06	S Von Der Lippe	2005	2:35.85	2:35.85	S Von Der Lippe	2006	2:38.44	2:38.44
50 fly		S Von Der Lippe	2006	25.40	S Von Der Lippe	2005	28.21	28.21	S Von Der Lippe	2006	28.62	28.62
100 fly		S Von Der Lippe	2006	55.64	S Von Der Lippe	2005	1:02.37	1:02.37	S Von Der Lippe	2006	1:03.38	1:03.38
200 fly		K Pipes-Neilsen	2002	2:03.93	S Von Der Lippe	2006	2:20.66	2:20.66	K Pipes-Neilsen	2003	2:24.77	2:24.78
100 IM		S Von Der Lippe	2006	58.20	K Pipes-Neilsen	2003	1:05.56	1:05.56	S Von Der Lippe	2006	1:05.56	1:05.56
200 IM		K Pipes-Neilsen	2002	2:05.83	K Pipes-Neilsen	2003	2:20.55	2:20.55	S Von Der Lippe	2007	2:25.03	2:25.03
400 IM		K Pipes-Neilsen	2002	4:28.82	K Pipes-Neilsen	2002	5:00.82	5:00.82	K Pipes-Neilsen	2004	5:09.83	5:09.83
WOMEN 45-49		SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free		K Pipes-Neilsen	2007	24.69	L Dahl	2006	27.54	27.31	S Walsh	2007	27.44	27.44
100 free		K Pipes-Neilsen	2007	52.97	K Pipes-Neilsen	2007	59.44	59.44	K Pipes-Neilsen	2007	59.79	59.79
200 free		K Pipes-Neilsen	2007	1:54.48	S Heim-Bowen	2003	2:10.91	2:08.81	K Pipes-Neilsen	2007	2:11.44	2:11.44
400/500 free		K Pipes-Neilsen	2007	5:04.71	S Heim-Bowen	2003	4:30.98	4:30.98	K Pipes-Neilsen	2007	4:38.29	4:38.29
800/1000 free		K Pipes-Neilsen	2007	10:34.17	S Heim-Bowen	2004	9:27.44	9:21.65	K Pipes-Neilsen	2007	9:24.11	9:24.11
1500/1650 free		K Pipes-Neilsen	2007	17:49.73	S Heim-Bowen	2004	17:50.64	17:46.32	S Heim-Bowen	2003	17:55.83	17:55.83
50 back		K Pipes-Neilsen	2007	28.00	V Swanson	2006	32.54	31.29	S Walsh	2007	31.85	31.85
100 back		K Pipes-Neilsen	2007	59.70	K Pipes-Neilsen	2007	1:06.44	1:06.44	S Walsh	2007	1:09.66	1:09.66
200 back		K Pipes-Neilsen	2007	2:09.13	V Swanson	2006	2:32.56	2:24.01	K Pipes-Neilsen	2007	2:28.42	2:28.42
50 breast		C Krattli	2007	30.17	C Krattli	2007	33.94	33.94	C Krattli	2007	33.98	33.98
100 breast		C Krattli	2007	1:06.01	C Krattli	2007	1:13.38	1:13.38	C Krattli	2007	1:15.65	1:15.65
200 breast		C Krattli	2007	2:25.76	K Pipes-Neilsen	2007	2:53.17	2:48.38	C Krattli	2007	2:45.20	2:45.20
50 fly		T Granger	2007	26.78	K Pipes-Neilsen	2007	29.98	29.98	K Pipes-Neilsen	2007	29.68	29.68
100 fly		K Pipes-Neilsen	2007	58.39	S Simpson	2005	1:07.99	1:06.42	K Pipes-Neilsen	2007	1:06.96	1:06.96
200 fly		K Pipes-Neilsen	2007	2:09.76	K Pipes-Neilsen	2007	2:24.93	2:24.93	K Pipes-Neilsen	2007	2:27.33	2:27.33
100 IM		K Pipes-Neilsen	2007	1:00.10	K Pipes-Neilsen	2007	1:07.49	1:07.49	K Pipes-Neilsen	2007	1:07.49	1:07.49
200 IM		K Pipes-Neilsen	2007	2:11.49	V Swanson	2006	2:31.99	2:27.57	K Pipes-Neilsen	2007	2:31.06	2:31.06
400 IM		K Pipes-Neilsen	2007	4:42.52	K Pipes-Neilsen	2007	5:09.02	5:09.02	K Pipes-Neilsen	2007	5:19.44	5:19.44

WOMEN'S RECORDS

WOMEN 50-54	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	L Val	2002	25.30	J Hirsty	2002	28.54	28.43	L Val	2001	28.22	28.22
100 free	L Val	2002	54.38	L Val	2001	1:01.49	1:01.49	L Val	2001	1:01.13	1:01.13
200 free	L Val	2002	1:59.55	L Val	2003	2:14.66	2:14.66	L Val	2001	2:15.37	2:15.37
400/500 free	L Val	2002	5:27.07	L Val	2003	4:45.72	4:45.72	L Val	2002	4:47.93	4:47.93
800/1000 free	L Val	2002	11:16.62	L Val	2003	9:50.53	9:50.53	L Val	2002	9:52.55	9:52.55
1500/1650 free	L Val	2002	18:42.24	L Val	2002	18:59.17	18:59.17	L Val	2001	19:08.69	19:08.69
50 back	J Swagerty-Hill	2002	28.74	J Swagerty-Hill	2002	32.55	32.55	J Swagerty-Hill	2002	32.87	32.87
100 back	K Humphreys	2005	1:03.24	K Andrews-Hughes	2007	1:10.35	1:10.35	K Humphreys	2005	1:14.19	1:14.19
200 back	K Humphreys	2005	2:19.72	L Val	2003	2:41.20	2:37.89	P Landers	2006	2:43.14	2:43.14
50 breast	M Mann	2007	33.21	L Crittenden	2006	37.35	36.32	M Mann	2006	37.51	37.51
100 breast	M Mann	2007	1:13.28	S Jones-Roy	2001	1:22.53	1:22.48	M Mann	2006	1:24.36	1:23.47
200 breast	K Melick	2007	2:40.34	D Ogier	2002	2:59.48	2:57.49	K Melick	2007	3:08.65	3:03.11
50 fly	L Val	2002	27.81	L Val	2001	31.16	31.11	L Val	2001	30.72	30.24
100 fly	L Val	2002	1:01.26	L Val	2001	1:09.05	1:09.05	L Val	2001	1:07.81	1:07.81
200 fly	L Val	2002	2:15.18	L Val	2005	2:39.11	2:39.11	L Val	2001	2:31.55	2:31.55
100 IM	D Ogier	2003	1:05.38	D Ogier	2002	1:13.12	1:13.12	L Val	2001	2:41.31	2:41.31
200 IM	D Ogier	2003	2:20.64	D Ogier	2002	2:37.52	2:37.52	L Val	2002	2:41.31	2:41.31
400 IM	L Val	2002	5:00.48	L Val	2002	5:36.28	5:36.28	L Val	2002	5:42.80	5:42.80

WOMEN 55-59	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	L Val	2007	25.58	L Val	2006	28.99	28.99	L Val	2007	28.84	28.84
100 free	L Val	2007	54.83	L Val	2006	1:02.55	1:02.55	L Val	2007	1:02.02	1:02.02
200 free	L Val	2007	2:00.50	L Val	2006	2:20.58	2:20.58	L Val	2006	2:18.04	2:18.04
400/500 free	L Val	2007	5:29.40	L Val	2006	4:50.18	4:50.18	L Val	2006	4:50.72	4:50.72
800/1000 free	L Val	2007	11:23.69	L Val	2006	10:09.46	10:09.46	L Val	2006	10:07.32	10:07.32
1500/1650 free	B Dunbar	2004	19:32.61	L Val	2006	19:20.76	19:20.76	L Val	2007	19:14.70	19:14.70
50 back	L Val	2007	29.09	L Val	2006	33.24	33.24	L Val	2007	33.96	33.96
100 back	B Barnett-Sallee	2002	1:07.52	L Val	2006	1:14.80	1:14.80	L Val	2006	1:16.31	1:16.31
200 back	L Val	2007	2:24.15	L Val	2006	2:43.62	2:43.62	B Barnett-Sallee	2002	2:51.07	2:51.07
50 breast	G Pierson	2002	35.06	D Barnhard	2003	39.35	38.32	J Bruner	1991	39.91	38.30
100 breast	B Hummel	2007	1:17.15	D Barnhard	2003	1:26.33	1:25.63	J Bruner	1992	1:29.88	1:27.40
200 breast	G Pierson	2003	2:52.76	D Barnhard	2003	3:12.18	3:06.41	B Hummel	2007	3:18.16	3:09.28
50 fly	L Val	2007	29.07	L Val	2006	32.16	31.92	L Val	2007	31.83	31.83
100 fly	L Val	2007	1:02.43	L Val	2006	1:10.93	1:10.93	L Val	2007	1:10.21	1:10.21
200 fly	B Dunbar	2004	2:32.60	L Val	2006	2:37.51	2:37.51	L Val	2007	2:41.51	2:41.51
100 IM	L Val	2007	1:05.21	L Val	2006	1:14.34	1:14.34	L Val	2007	2:48.30	2:48.30
200 IM	L Val	2007	2:26.10	L Val	2006	2:43.63	2:43.63	L Val	2006	6:07.72	6:07.72
400 IM	L Val	2007	5:04.26	L Val	2006	5:52.11	5:52.11	C Davis	2006	6:07.72	6:07.72

APPENDIX A

WOMEN'S RECORDS

WOMEN 60-64	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	C Boak	2007	28.27	C Boak	2006	32.09	31.39	C Boak	2006	31.60	31.40
100 free	C Boak	2007	1:03.74	C Boak	2006	1:11.03	1:10.53	C Boak	2006	1:10.60	1:10.29
200 free	A Mueller	2005	2:25.02	L Stoimoff	1993	2:39.92	2:38.28	B Barnett-Sallee	2006	2:31.98	2:31.98
400/500 free	J Marr	2004	6:19.07	J Marr	2003	5:27.75	5:27.75	B Barnett-Sallee	2006	5:21.79	5:21.79
800/1000 free	J Marr	2004	12:53.81	A Mueller	2004	11:24.28	11:18.60	J Marr	2003	11:41.17	11:33.65
1500/1650 free	J Marr	2004	21:19.25	J Marr	2003	21:33.34	21:29.24	J Marr	2005	22:05.65	22:05.65
50 back	B Jordan	1998	34.16	B Jordan	1997	38.74	36.27	B Barnett-Sallee	2006	35.79	35.79
100 back	B Jordan	1997	1:15.64	B Jordan	1997	1:24.16	1:20.02	B Barnett-Sallee	2006	1:18.91	1:18.91
200 back	B Jordan	1997	2:42.86	J Marr	2003	3:01.86	2:56.06	B Barnett-Sallee	2006	2:50.16	2:50.16
50 breast	G Pierson	2006	36.30	G Pierson	2006	41.27	38.60	J Bruner	1998	41.43	38.48
100 breast	Boak/Pierson	2006	1:20.19	J Leitch	2001	1:30.58	1:26.43	J Leitch	1999	1:32.37	1:27.64
200 breast	J Leitch	1999	2:56.39	J Leitch	2001	3:18.25	3:06.48	J Leitch	1999	3:23.62	3:14.49
50 fly	C Boak	2007	31.95	J Ward	2002	36.27	33.38	J Ward	2002	35.62	33.47
100 fly	C Boak	2007	1:13.06	M Pettijohn	2006	1:29.78	1:16.41	C Boak	2007	1:24.97	1:17.34
200 fly	C Boak	2006	2:55.90	A Mueller	2004	3:13.71	3:05.20	C Boak	2007	3:26.38	3:12.48
100 IM	C Boak	2007	1:12.31	J Marr	2003	1:24.91	1:19.09	C Boak	2007	1:24.97	1:17.34
200 IM	C Boak	2005	2:43.09	J Marr	2003	3:03.22	2:55.72	C Boak	2006	3:00.74	2:58.08
400 IM	C Boak	2007	5:49.80	J Marr	2003	6:27.20	6:20.63	C Boak	2006	6:36.99	6:22.61
WOMEN 65-69	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	B Schreiner	2007	30.42	G Roper	1996	34.17	32.25	J Bruner	2000	33.55	32.52
100 free	A Mueller	2007	1:07.80	G Roper	1996	1:16.26	1:10.97	C Walker	1992	1:16.84	1:12.00
200 free	L Stoimoff	1998	2:32.93	G Roper	1996	2:54.15	2:42.05	C Walker	1992	2:48.51	2:42.91
400/500 free	L Stoimoff	1999	6:39.23	L Stoimoff	2002	5:59.10	5:46.94	L Stoimoff	1998	5:54.90	5:46.27
800/1000 free	L Stoimoff	1999	13:51.06	L Stoimoff	2002	12:20.68	11:49.70	L Stoimoff	1998	12:23.32	12:06.31
1500/1650 free	L Stoimoff	1998	23:09.53	C Walker	1992	23:38.44	22:35.98	L Stoimoff	1998	23:42.01	23:42.01
50 back	C Walker	1992	36.03	B Jordan	2003	40.11	37.47	C Walker	1992	39.85	38.84
100 back	B Jordan	2002	1:19.85	B Jordan	2002	1:26.96	1:25.00	C Walker	1991	1:30.97	1:24.67
200 back	B Jordan	2002	2:51.56	B Jordan	2002	3:15.36	3:01.88	L Stoimoff	1998	3:16.02	3:08.20
50 breast	J Leitch	2004	37.74	J Leitch	2005	42.35	41.24	J Leitch	2007	43.57	41.69
100 breast	J Leitch	2004	1:23.95	J Leitch	2004	1:32.37	1:31.87	J Leitch	2007	1:36.29	1:35.34
200 breast	J Leitch	2004	3:01.50	J Leitch	2004	3:17.44	3:17.44	J Leitch	2005	3:26.98	3:26.88
50 fly	A Mueller	2007	33.13	J Ward	2007	38.06	36.79	J Ward	2007	38.47	35.77
100 fly	A Mueller	2007	1:17.22	G Roper	1995	1:33.10	1:25.28	S Bolan	2004	1:35.57	1:27.73
200 fly	J Krauser	1994	3:11.22	J Krauser	1995	3:32.93	3:17.36	J Krauser	1994	3:36.25	3:29.68
100 IM	G Roper	1996	1:19.21	G Roper	1996	1:28.95	1:24.95	C Walker	1991	3:19.01	3:08.85
200 IM	A Mueller	2007	2:53.77	C Walker	1991	3:18.77	3:06.37	C Walker	1992	7:09.69	6:46.46
400 IM	C Walker	1993	6:24.09	G Roper	1996	7:07.69	6:34.95				

WOMEN'S RECORDS

WOMEN 70-74		SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	G Roper	2000	31.05	G Roper	1999	35.37	33.86	G Roper	1999	35.28	34.64	
100 free	G Roper	2000	1:09.79	G Roper	1999	1:18.67	1:16.45	G Roper	1999	1:19.94	1:17.94	
200 free	G Roper	2000	2:35.85	G Roper	2000	2:58.06	2:49.28	L Stoimoff	2003	2:57.28	2:50.27	
400/500 free	L Stoimoff	2004	6:46.78	G Roper	1999	6:27.21	6:00.34	L Stoimoff	2003	6:11.92	6:05.25	
800/1000 free	L Stoimoff	2004	13:58.55	J Krauser	1996	13:07.28	12:32.86	L Stoimoff	2004	12:35.14	12:32.21	
1500/1650 free	L Stoimoff	2004	23:45.69	J Krauser	1996	24:57.85	23:54.74	L Stoimoff	2003	24:24.13	24:06.48	
50 back	B Jordan	2007	36.91	B Jordan	2007	41.70	41.23	D Steadman	1996	42.29	41.90	
100 back	B Jordan	2007	1:22.08	B Jordan	2007	1:29.93	1:29.93	B Jordan	2007	1:34.84	1:33.49	
200 back	N Brown	2006	2:59.07	N Brown	2006	3:25.04	3:18.61	D Steadman	1995	3:28.69	3:22.49	
50 breast	A Hirsch	2001	42.89	A Hirsch	2001	47.29	42.80	D Stowell	2005	46.80	43.45	
100 breast	G Roper	2000	1:32.12	A Hirsch	2001	1:44.50	1:35.58	D Stowell	2005	1:44.40	1:37.72	
200 breast	A Hirsch	2001	3:21.84	D Stowell	2005	3:43.02	3:28.98	D Stowell	2004	3:46.18	3:34.32	
50 fly	G Roper	2000	35.06	G Roper	1999	40.66	39.44	G Roper	2000	41.26	39.77	
100 fly	G Roper	1999	1:27.74	G Roper	1999	1:37.56	1:34.70	J Krauser	1996	1:40.85	1:40.85	
200 fly	J Krauser	1997	3:16.51	J Krauser	1996	3:38.39	3:37.23	J Krauser	1996	3:39.91	3:39.91	
100 IM	G Roper	2000	1:21.97	G Roper	2000	1:32.23	1:27.80	G Roper	1999	3:32.94	3:26.41	
200 IM	N Brown	2006	3:07.70	G Roper	1999	3:30.92	3:21.52	G Roper	1999	3:32.94	3:26.41	
400 IM	N Brown	2006	6:40.92	J Krauser	1996	7:24.32	7:09.96	J Krauser	1996	7:30.91	7:25.26	
WOMEN 75-79		SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	G Roper	2005	33.87	G Roper	2004	37.24	35.88	G Roper	2005	36.87	34.85	
100 free	G Roper	2005	1:16.23	G Roper	2005	1:24.31	1:18.59	G Roper	2005	1:26.36	1:20.15	
200 free	G Roper	2005	2:53.25	G Roper	2005	3:07.58	2:57.19	G Roper	2005	3:13.24	2:57.61	
400/500 free	G Roper	2005	7:43.81	J Troy	2002	6:44.09	6:09.40	J Troy	2002	6:55.62	6:13.20	
800/1000 free	G Roper	2005	16:06.49	J Troy	2002	13:59.01	12:42.75	J Krauser	2001	14:10.50	12:58.94	
1500/1650 free	G Roper	2005	27:18.05	G Roper	2005	26:37.02	24:04.75	J Troy	2003	27:09.75	24:41.76	
50 back	D Steadman	2000	40.25	D Steadman	1999	44.76	43.50	D Steadman	1999	44.43	43.93	
100 back	D Steadman	2000	1:28.19	D Steadman	2000	1:39.76	1:37.87	D Steadman	1999	1:39.06	1:38.62	
200 back	D Steadman	2000	3:16.35	D Steadman	1999	3:38.25	3:32.59	D Steadman	1999	3:39.41	3:34.35	
50 breast	S Eisele	2005	44.36	G Roper	2005	50.91	47.15	A Hirsch	2006	51.68	47.59	
100 breast	A Hirsch	2006	1:37.04	A Hirsch	2006	1:51.59	1:47.80	A Hirsch	2006	1:50.28	1:48.65	
200 breast	A Hirsch	2006	3:31.35	A Hirsch	2006	4:03.16	3:54.55	A Hirsch	2006	3:59.30	3:55.25	
50 fly	G Roper	2005	39.05	G Roper	2004	44.18	40.71	G Roper	2004	44.95	41.99	
100 fly	G Roper	2005	1:37.03	G Roper	2005	1:49.36	1:44.35	G Roper	2004	1:54.14	1:47.40	
200 fly	L Kivi Nochman	2000	3:41.89	L Kivi Nochman	1999	4:08.39	3:57.33	J Krauser	2001	4:10.69	4:03.55	
100 IM	G Roper	2005	1:27.31	G Roper	2004	1:38.11	1:32.92	J Krauser	2001	3:48.59	3:38.46	
200 IM	G Roper	2005	3:18.40	G Roper	2005	3:37.24	3:31.20	J Krauser	2001	7:51.71	7:39.96	
400 IM	G Roper	2005	7:03.61	J Krauser	2001	7:52.71	7:34.39	J Krauser	2001	7:51.71	7:39.96	

APPENDIX A

WOMEN'S RECORDS

WOMEN 80-84	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	F Carr	2006	36.85	M Meyer	2002	41.34	41.34	F Carr	2007	40.45	40.45
100 free	M Meyer	2003	1:24.09	M Meyer	2002	1:34.45	1:34.45	J Troy	2005	1:35.64	1:35.64
200 free	M Meyer	2003	3:10.14	J Troy	2007	3:26.52	3:26.52	J Troy	2007	3:27.26	3:27.26
400/500 free	M Meyer	2003	8:33.61	M Meyer	2002	7:22.84	7:22.84	J Troy	2007	7:24.53	7:24.53
800/1000 free	M Meyer	2003	17:33.20	M Meyer	2005	15:30.51	15:30.51	M Meyer	2003	15:21.62	15:21.62
1500/1650 free	M Meyer	2003	28:59.28	M Meyer	2002	29:39.08	29:39.08	M Meyer	2002	29:35.03	29:35.03
50 back	B Cederlund	2002	43.81	M Meyer	2002	50.03	48.82	B Cederlund	2002	46.39	46.39
100 back	B Cederlund	2002	1:39.35	M Meyer	2002	1:55.79	1:52.72	B Cederlund	2002	1:48.64	1:48.64
200 back	B Cederlund	2002	3:41.49	D Steadman	2004	4:09.07	4:03.55	B Cederlund	2002	3:59.73	3:59.73
50 breast	B Christian	2004	52.78	L Kivi Nochman	2005	1:01.58	50.48	B Christian	2001	56.34	53.53
100 breast	M Flynn	2003	2:01.00	L Kivi Nochman	2005	2:14.23	1:54.30	B Christian	2002	2:14.23	2:01.21
200 breast	M Flynn	2003	4:23.47	R Simonton	1998	4:49.62	4:29.24	B Christian	2002	4:51.40	4:26.18
50 fly	L Kivi Nochman	2007	50.10	L Kivi Nochman	2004	55.65	55.65	L Nochman	2004	57.43	57.43
100 fly	L Kivi Nochman	2007	1:54.16	L Kivi Nochman	2004	2:02.63	2:02.63	L Nochman	2004	2:06.55	2:06.55
200 fly	L Kivi Nochman	2005	4:05.12	L Kivi Nochman	2004	4:36.80	4:36.80	L Nochman	2004	4:34.86	4:34.86
100 IM	F Carr	2006	1:50.48	J Troy	2007	1:56.65	1:56.65	L Nochman	2004	4:34.86	4:34.86
200 IM	L Kivi Nochman	2005	4:01.73	J Troy	2007	4:07.66	4:07.66	J Troy	2007	4:18.72	4:18.72
400 IM	L Kivi Nochman	2005	8:20.50	L Kivi Nochman	2004	9:31.73	9:31.73	J Troy	2007	9:32.43	9:32.43

WOMEN 85-89	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	M Sharpe	2002	43.48	R Simonton	2003	49.92	46.31	M Meyer	2007	48.76	44.70
100 free	R Simonton	2004	1:41.38	R Simonton	2003	1:49.64	1:48.55	M Meyer	2007	1:48.02	1:47.59
200 free	R Simonton	2004	3:39.73	R Simonton	2003	3:57.48	3:57.48	M Meyer	2007	3:56.11	3:56.11
400/500 free	R Simonton	2004	9:37.91	R Simonton	2003	8:17.82	8:17.82	M Meyer	2007	8:14.05	8:14.05
800/1000 free	R Simonton	2004	19:34.16	R Simonton	2003	16:49.43	16:49.43	M Meyer	2007	17:09.73	17:09.73
1500/1650 free	R Simonton	2004	32:25.66	R Simonton	2003	31:44.50	31:44.50	R Simonton	2003	32:33.60	32:33.60
50 back	A Soule	1991	49.59	B Cederlund	2006	57.62	57.62	B Cederlund	2006	53.44	53.44
100 back	A Soule	1991	1:55.84	B Cederlund	2006	2:10.33	2:02.71	B Cederlund	2006	2:06.41	2:06.41
200 back	M Sharpe	2002	4:07.66	B Cederlund	2006	4:36.48	4:18.50	B Cederlund	2006	4:35.71	4:29.16
50 breast	G Zint	2003	1:01.66	M Gogniat	1995	1:09.77	1:08.14	B Christian	2006	1:06.48	1:05.98
100 breast	M Berkley	2007	2:23.13	M Gogniat	1995	2:38.48	2:29.90	B Christian	2006	2:36.19	2:29.10
200 breast	M Lenk-Zigler	2001	5:10.94	M Gogniat	1997	5:59.36	5:33.41	B Christian	2006	5:27.60	5:27.60
50 fly	J Durston	2000	1:00.88	J Durston	1999	1:07.35	1:07.35	J Durston	1999	1:11.58	1:06.40
100 fly	J Durston	2000	2:18.32	J Durston	1999	2:36.50	2:36.50	J Durston	2000	2:39.43	2:40.11
200 fly	J Durston	2000	5:04.77	J Durston	1999	5:42.80	5:42.80	J Durston	1999	5:49.75	5:49.75
100 IM	R Simonton	2004	2:11.23	J Cooke	1995	2:12.85	2:21.11	J Durston	1999	5:16.68	5:16.68
200 IM	J Durston	2000	4:42.83	J Durston	1999	5:12.01	5:09.92	J Durston	1999	11:10.37	11:10.37
400 IM	J Durston	2000	9:48.75	J Durston	1999	10:55.73	10:55.73	J Durston	1999	11:10.37	11:10.37

WOMEN'S RECORDS

WOMEN 90-94		SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free		A Soule	1996	49.68	J Cooke	2000	1:09.85	55.53	A Soule	1996	55.76	55.76
100 free		J Dolce	2001	2:08.96	J Cooke	2000	2:35.08	2:23.66	A Etienne	2006	2:19.14	2:19.14
200 free		A Walker	2006	4:42.10	M Merlino	2002	5:34.59	5:11.66	A Etienne	2006	5:06.38	5:06.38
400/500 free		M Merlino	2003	12:48.67	M Merlino	2002	10:45.34	10:01.56	M Merlino	2002	11:17.74	10:58.64
800/1000 free		M Merlino	2003	26:03.69	M Merlino	2002	22:18.84	21:16.76	M Merlino	2002	23:04.42	22:42.50
1500/1650 free		M Merlino	2003	43:23.50	M Merlino	2002	44:27.18	41:20.62	M Merlino	2002	44:46.30	42:30.27
50 back		A Soule	1996	1:01.93	A Walker	2006	1:16.60	1:05.70	A Soule	1996	1:03.49	1:03.49
100 back		A Soule	1996	2:14.66	A Walker	2006	2:47.71	2:26.64	A Soule	1996	2:23.23	2:23.23
200 back		A Soule	1996	4:42.55	A Walker	2006	5:56.41	5:02.82	A Soule	1997	5:29.07	5:17.36
50 breast		M Lenk-Zigler	2005	1:17.70	M Miller	2000	1:38.63	1:21.91	G Zint	2007	1:43.76	1:25.91
100 breast		M Miller	2001	4:09.69	J Cooke	1999	4:06.89	3:04.87	M Lenk-Zigler	2005	3:12.88	3:12.88
200 breast		E Muller	2003	7:21.02	J Cooke	1999	9:03.85	6:37.73	M Lenk-Zigler	2005	6:57.76	6:57.76
50 fly		M Kelleher	2005	1:37.66	M Merlino	2002	1:35.56	1:34.61	A Bauscher	1994	4:57.25	4:57.25
100 fly		J Cooke	1999	3:26.50	J Cooke	1999	4:06.32	3:21.00				
200 fly		J Cooke	1998	7:12.95								
100 IM		A Etienne	2007	2:46.94	M Merlino	2004	3:06.87	3:06.08				
200 IM		J Cooke	1999	6:31.19	M Merlino	2003	6:25.12	6:25.12	M Merlino	2003	6:35.70	6:35.70
400 IM		J Cooke	1998	13:06.38	J Cooke	1999	14:55.37	14:55.37				
WOMEN 95-99		SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free		E Hendry	2007	1:31.17				1:13.87	J Dolce	2005	1:17.53	1:14.38
100 free		E Hendry	2007	7:04.75				4:32.42	J Dolce	2005	3:08.43	3:08.43
200 free		A Bauscher	1997	18:25.13				9:32.52				7:34.27
400/500 free								19:20.68				18:16.28
800/1000 free												
1500/1650 free												
50 back		E Hendry	2007	1:28.38	E Hendry	2006	1:27.92	1:27.92	E Hendry	2007	1:39.68	1:39.68
100 back		E Hendry	2007	3:09.30	E Hendry	2006	3:25.37	3:25.37	E Hendry	2007	3:42.90	3:42.90
200 back		E Hendry	2007	7:15.12	E Hendry	2006	7:36.62	7:36.62	E Hendry	2007	7:52.01	7:52.01
50 breast												4:50.32
100 breast												
200 breast												
50 fly												
100 fly												
200 fly												
100 IM												
200 IM												
400 IM												



APPENDIX A

WOMEN'S RECORDS

WOMEN 100-104	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
	50 free						5:10.84				
	100 free										
	200 free										
	400/500 free										
	800/1000 free										
	1500/1650 free										
	50 back										
	100 back										
	200 back										
	50 breast										
	100 breast										
	200 breast										
	50 fly										
	100 fly										
	200 fly										
	100 IM										
	200 IM										
	400 IM										

MEN'S RECORDS

MEN 18-24	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	E Mauter	1994	20.25	N Brunelli	2005	21.38		J Kappeler	2001	23.19	
100 free	R Barnier	2001	43.89	N Brunelli	2005	48.00		J Tristan	1999	51.81	
200 free	R Barnier	2001	1:37.60	N Brunelli	2005	1:47.32		J Tristan	1998	1:52.74	
400/500 free	R Barnier	2001	4:29.67	B Winsor	1995	4:03.45		H Seung Lee	2007	4:04.68	
800/1000 free	B Winsor	1996	9:29.54	B Winsor	1995	8:35.83		P Galan	2007	8:44.94	
1500/1650 free	B Winsor	1996	16:20.39	J Poppell	1993	16:15.25		K Ryan	2007	17:12.07	
50 back	C Gibson	2007	23.22	W Jewell	2002	27.39		D Rollins	2005	26.91	
100 back	C Gibson	2007	49.19	O Brisenno	1998	58.98		L Lyons	2007	58.92	
200 back	J Kappeler	1992	1:50.28	S Mariniuk	1993	2:08.81		J Tristan	1997	2:13.60	
50 breast	W Liscinsky	2006	25.32	G Owen	2005	28.69		D Rollins	2005	28.87	
100 breast	G Marshall	2006	54.65	G Owen	2005	1:01.75		D Rollins	2005	1:05.76	
200 breast	G Marshall	2006	1:58.34	T Radel	1996	2:22.78		K Raab	1999	2:25.57	
50 fly	M Shelby	2006	22.16	P Buren	2003	25.16		N Chia	2000	25.44	
100 fly	A Conway	2002	49.37	M Marshall	2006	56.52		H Seung Lee	2007	56.16	
200 fly	S Reed	1993	1:51.04	J Poppell	1993	2:07.64		H Seung Lee	2007	2:08.62	
100 IM	R Barnier	2001	50.14	A Bartleson	1995	59.18					
200 IM	S Percy	1994	1:52.82	N Brunelli	2005	2:00.32					
400 IM	J Kappeler	1992	4:04.34	S Mariniuk	1993	4:28.54		D Rollins	2005	2:09.30	
								P Galan	2007	4:44.83	

MEN 25-29	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	R Peel	1991	19.83	Peel/Wagner	1996	22.48	22.11	K DeForrest	1983	22.59	22.59
100 free	G Hall	2004	44.27	B Zikarsky	1995	49.91	48.58	N Shackell	2000	50.74	50.74
200 free	J Kappeler	1996	1:38.14	J Kappeler	1995	1:48.81	1:48.81	J Kappeler	1996	1:51.00	1:52.17
400/500 free	L Moreau	2001	4:26.87	A Kostich	1997	3:58.23	3:53.60	H Vitazka	2002	4:00.98	4:00.98
800/1000 free	A Kostich	1998	9:25.88	A Kostich	1997	8:14.75	8:07.91	A Kostich	1997	8:24.67	8:24.67
1500/1650 free	A Kostich	1998	15:44.70	A Kostich	1997	15:41.81	15:29.68	A Kostich	1997	16:13.89	16:13.89
50 back	L Bohlman	2000	23.09	M Kanner	1995	26.00	25.05	R Hauck	1993	27.42	26.68
100 back	A Gill	1992	49.83	J Kappeler	1995	55.76	54.82	J Kappeler	1992	58.24	57.45
200 back	J Kappeler	1995	1:48.47	J Kappeler	1995	2:02.63	1:56.22	J Kappeler	1992	2:07.57	2:05.86
50 breast	W Liscinsky	2007	25.23	J Commings	2003	28.60	27.69	S Van Neerden	1997	28.98	28.68
100 breast	G Marshall	2007	54.92	J Commings	2003	1:02.83	1:00.28	D Lundberg	1989	1:04.60	1:04.11
200 breast	G Marshall	2007	1:57.46	A Oktavian	2003	2:20.30	2:14.44	A Solano	1996	2:26.32	2:20.25
50 fly	B Coyne	2006	22.09	O Quevedo	2005	24.98	24.29	DeForrest/Bottom	1984	25.16	24.48
100 fly	B Alderman	1998	48.51	J Eaddy	2002	54.83	53.93	H Vitazka	2002	55.35	55.35
200 fly	E Scalise	2007	1:47.62	J Eaddy	2002	2:03.59	2:01.72	J Eaddy	2002	2:05.76	2:04.14
100 IM	L Moreau	2002	50.34	J Commings	2003	56.65	55.20	H Vitazka	2002	2:06.33	2:06.33
200 IM	E Scalise	2007	1:49.11	J Kappeler	1995	2:05.93	2:00.56	H Vitazka	2002	4:32.19	4:31.47
400 IM	E Scalise	2007	3:52.43	J Kappeler	1995	4:26.79	4:20.94	H Vitazka	2002		



APPENDIX A

MEN'S RECORDS

MEN 30-34	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	A Schmitt	1997	20.15	E Wagner	2002	22.76	22.76	R Peel	1996	22.80	23.21
100 free	M Picotte	2004	44.53	M Picotte	2003	50.71	50.24	R Gaines	1991	51.50	51.50
200 free	J O'sen	1999	1:38.03	J Keppeler	1999	1:52.04	1:50.91	R Gaines	1990	1:54.04	1:54.04
400/500 free	M Cetlinski	1996	4:29.49	A Kostich	2000	3:58.40	3:58.40	E Hochstein	2002	4:05.61	4:05.61
800/1000 free	J Woodruff	2003	9:26.93	A Kostich	2000	8:17.06	8:17.06	R Gaines	1993	8:40.19	8:40.19
1500/1650 free	J Erwin	1996	15:51.57	A Kostich	2000	15:51.07	15:51.07	B Patten	1993	16:35.67	16:35.67
50 back	M Zuber	2002	23.18	M Zuber	2001	25.54	25.54	S Murphy	1994	27.26	26.64
100 back	C Britt	1992	50.21	M Zuber	2003	55.19	55.19	S Murphy	1994	58.66	57.24
200 back	M Zuber	2002	1:48.64	M Zuber	2001	2:00.43	2:00.43	S Murphy	1994	2:05.62	2:02.75
50 breast	J Commings	2007	25.78	J Commings	2006	28.30	28.30	J Commings	2004	29.01	29.01
100 breast	J Commings	2007	55.85	J Commings	2006	1:01.62	1:01.62	J Commings	2007	1:05.10	1:04.40
200 breast	R Karnaugh	1997	2:01.01	R Santos	1999	2:17.56	2:16.60	D Lundberg	1991	2:24.06	2:20.43
50 fly	B Alderman	1999	22.22	B Alderman	1999	24.64	24.36	O Quevedo	2006	24.73	24.73
100 fly	M Picotte	2004	48.25	B Alderman	1999	54.85	54.82	R Petcu	2004	56.25	56.14
200 fly	P Egan	1994	1:49.52	M Shaffer	1995	2:04.59	2:00.21	B Patten	1995	2:03.85	2:03.85
100 IM	D Lundberg	1991	50.98	M Zuber	2003	56.66	56.36	D Lundberg	1991	2:09.69	2:08.89
200 IM	R Karnaugh	1997	1:47.62	R Santos	1999	2:06.32	2:04.01	S Murphy	1994	4:40.22	4:38.89
400 IM	R Karnaugh	1997	3:53.81	R Santos	1999	4:26.74	4:26.74				

MEN 35-39	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	K DeJorrest	1994	20.73	M Ross	2004	23.44	21.53	J Lilley	1998	24.02	22.76
100 free	V Pyshnenko	2006	45.32	R Karnaugh	2003	51.01	49.53	R Gaines	1995	51.49	51.49
200 free	M Ross	2005	1:39.90	E Hochstein	2003	1:51.31	1:51.31	V Pyshnenko	2006	1:52.84	1:52.84
400/500 free	R Karnaugh	2002	4:33.97	E Hochstein	2003	3:57.77	3:57.77	R Gaines	1995	4:07.64	4:07.64
800/1000 free	M Shaffer	2002	9:31.89	E Hochstein	2003	8:23.06	8:23.06	R Gaines	1995	8:38.73	8:38.73
1500/1650 free	J Erwin	2003	15:53.88	B Patten	1999	15:58.20	15:58.20	R Gaines	1994	16:37.34	16:37.34
50 back	M Ross	2006	23.06	M Ross	2004	25.86	25.86	M Ross	2004	27.50	27.50
100 back	M Ross	2005	49.62	M Ross	2004	55.95	55.95	M Ross	2006	59.18	59.18
200 back	R Karnaugh	2002	1:50.11	R Karnaugh	2002	2:00.34	2:00.34	R Karnaugh	2001	2:07.16	2:09.26
50 breast	R Karnaugh	2003	25.89	R Karnaugh	2002	28.75	28.75	W Dicks	1998	29.09	29.09
100 breast	R Karnaugh	2001	55.26	R Karnaugh	2002	1:02.57	1:02.57	W Dicks	2000	1:05.00	1:04.73
200 breast	R Karnaugh	2001	1:59.23	R Karnaugh	2002	2:17.96	2:16.49	R Karnaugh	2001	2:21.87	2:20.29
50 fly	W King	2002	22.30	B Alderman	2005	25.23	24.48	W King	2002	25.00	24.70
100 fly	P Egan	1999	49.54	J Harvey	2001	55.85	55.85	M Ross	2004	56.07	56.07
200 fly	B Patten	1999	1:50.74	B Patten	1999	2:04.50	2:04.50	J Stuart	1996	2:06.74	2:06.74
100 IM	R Karnaugh	2002	50.45	R Karnaugh	2003	56.94	56.94	R Karnaugh	2002	2:05.64	2:08.19
200 IM	R Karnaugh	2002	1:48.74	R Karnaugh	2002	2:03.29	2:03.29	R Karnaugh	2001	4:34.10	4:42.45
400 IM	R Karnaugh	2001	3:56.76	R Karnaugh	2003	4:24.36	4:24.36				

MEN'S RECORDS

MEN 40-44	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	P Smith	2004	20.95	P Smith	2001	24.00	23.66	D Boatwright	2003	24.14	24.14
100 free	P Smith	2004	45.95	P Smith	2001	52.44	52.07	R Saeger	2006	53.45	53.45
200 free	P Smith	2002	1:43.05	P Smith	2001	1:56.44	1:53.03	R Saeger	2006	1:55.06	1:55.06
400/500 free	D Baker	2006	4:41.58	M Shaffer	2005	4:08.39	4:00.67	D Baker	2005	4:12.26	4:12.26
800/1000 free	J Erwin	2007	9:37.46	M Shaffer	2006	8:41.16	8:31.69	J Erwin	2005	8:41.65	8:41.65
1500/1650 free	J Erwin	2006	16:05.13	M Shaffer	2005	16:28.84	16:23.95	H Yntema	1995	16:58.52	16:45.53
50 back	C Britt	2001	24.11	E Ericson	2002	27.28	27.88	C Britt	2002	27.88	27.88
100 back	C Britt	2001	51.32	E Ericson	2002	57.66	57.66	R Saeger	2006	1:00.64	1:00.64
200 back	C Stevenson	2007	1:53.99	E Ericson	2002	2:08.26	2:08.26	S Murphy	2006	2:13.37	2:13.37
50 breast	G Rhodenbaugh	2003	25.84	P Alexandrov	2001	29.90	29.49	W Dicks	2007	30.78	30.48
100 breast	W Dicks	2003	57.04	P Alexandrov	2002	1:05.79	1:05.79	D Guthrie	2000	1:08.01	1:08.01
200 breast	W Dicks	2003	2:04.99	R Schafer	1997	2:25.58	2:25.22	D Guthrie	2000	2:28.54	2:28.54
50 fly	J Smith	2003	22.87	W Specht	1998	25.89	25.13	P Smith	2000	25.87	25.87
100 fly	P Smith	2004	50.26	W Specht	1998	56.18	56.18	P Carter	2001	57.57	57.57
200 fly	D Baker	2002	1:50.61	W Specht	1998	2:02.97	2:02.97	D Baker	2004	2:05.55	2:05.55
100 IM	J Smith	2003	52.59	J Clay Britt	2001	1:00.54	59.57	L Benucci	2007	2:14.39	2:12.41
200 IM	R Saeger	2006	1:55.84	J Sorensen	1998	2:12.25	2:08.77	D Baker	2005	4:49.42	4:47.01
400 IM	C Reid	2001	4:09.16	H Yntema	1995	4:43.28	4:35.57				

MEN 45-49	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	P Smith	2006	21.29	J Renhardt	2006	24.42	24.02	P Smith	2006	24.29	24.26
100 free	J Groselle	2000	47.54	D Boatwright	2006	53.76	53.04	J Groselle	1999	53.90	53.77
200 free	P Smith	2006	1:44.39	P Smith	2004	1:57.99	1:56.74	P Smith	2006	2:00.44	1:59.56
400/500 free	D Baker	2007	4:39.10	J Mcconica	1999	4:14.73	4:08.93	D Baker	2006	4:15.16	4:14.81
800/1000 free	K Anderson	2005	9:54.65	T Broderick	1996	8:56.08	8:53.58	J Mcconica	1999	8:58.84	8:42.85
1500/1650 free	J Mcconica	2000	16:44.67	J Mcconica	1999	16:51.21	16:43.02	G Tidmarsh	2005	17:10.90	17:10.90
50 back	S Wood	2007	24.81	C Britt	2006	27.24	27.24	S Wood	2007	28.60	28.60
100 back	C Britt	2006	52.88	C Britt	2006	58.48	58.48	S Wood	2006	1:01.73	1:01.73
200 back	C Britt	2006	1:58.75	F Lehman	2003	2:13.36	2:12.10	F Lehman	2003	2:19.07	2:18.61
50 breast	J Blank	2006	27.33	G Oxley	2003	30.83	30.13	J Blank	2006	31.03	30.41
100 breast	J Blank	2006	59.19	G Oxley	2003	1:07.77	1:06.48	D Guthrie	2005	1:09.67	1:09.38
200 breast	J Blank	2006	2:11.46	G Oxley	2003	2:31.41	2:31.41	D Guthrie	2006	2:31.42	2:31.42
50 fly	P Smith	2006	23.00	P Carter	2003	25.84	25.84	P Smith	2006	25.90	25.90
100 fly	P Smith	2005	51.53	P Carter	2003	57.17	57.17	P Carter	2002	56.42	56.85
200 fly	D Baker	2007	1:51.97	P Carter	2006	2:06.40	2:06.40	D Baker	2006	2:06.94	2:06.94
100 IM	C Britt	2006	54.56	C Britt	2006	1:00.66	1:00.29	D Baker	2006	2:16.12	2:16.12
200 IM	Smith/Baker	2007	1:58.92	P Smith	2004	2:16.56	2:15.31	D Baker	2006	4:50.73	4:50.73
400 IM	D Baker	2007	4:16.13	L Djang	2004	4:48.97	4:48.97				

APPENDIX A

MEN'S RECORDS

MEN 50-54		SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	R Abrahams	1998	21.73	P Trevisan	2003	24.26	24.26	R Abrahams	1998	24.60	24.60	
100 free	T Hedrick	2004	48.16	P Trevisan	2003	54.61	54.61	J Groselle	2004	54.93	55.11	
200 free	D Stephenson	2007	1:47.59	J Mcconica	2000	1:58.37	1:58.37	D Stephenson	2007	2:00.34	2:00.34	
400/500 free	J Mcconica	2001	4:47.57	J Mcconica	2000	4:07.99	4:07.99	D Stephenson	2007	4:16.61	4:16.61	
800/1000 free	J Mcconica	2002	9:57.78	J Mcconica	2000	8:44.51	8:44.51	J Mcconica	2001	9:03.84	9:03.84	
1500/1650 free	J Mcconica	2001	16:42.07	J Mcconica	2000	16:33.02	16:33.02	J Mcconica	2000	17:08.33	17:08.33	
50 back	R Smith	1993	26.24	T Wolf	2004	29.30	28.96	T Wolf	2004	29.81	29.81	
100 back	P Djang	2007	57.26	T Wolf	2004	1:01.48	1:01.48	T Wolf	2004	1:04.83	1:04.83	
200 back	J Mcconica	2001	2:04.64	T Wolf	2004	2:14.03	2:13.51	T Wolf	2004	2:20.51	2:20.51	
50 breast	R Strand	1998	28.00	D McKenzie	1997	31.24	31.06	D Malcolm	2007	31.37	31.37	
100 breast	D McKenzie	1998	1:01.02	R Strand	1996	1:09.96	1:08.97	J Groselle	2004	1:11.49	1:11.49	
200 breast	R Strand	1996	2:17.16	R Strand	1996	2:34.71	2:33.71	R Colella	2001	2:39.08	2:35.08	
50 fly	T Hedrick	2004	23.19	G Shaw	2003	26.79	26.79	T Hedrick	2004	26.23	26.23	
100 fly	T Hedrick	2004	52.05	J McCall	2003	1:00.08	1:00.08	T Hedrick	2004	59.49	59.49	
200 fly	J Belardi	2007	2:00.63	S Lautman	2004	2:18.02	2:18.02	T Hedrick	2004	59.49	59.49	
100 IM	T Shead	2004	56.04	T Wolf	2004	1:03.57	1:03.32	S Lautman	2004	2:21.40	2:21.40	
200 IM	M Mann	2005	2:03.99	T Wolf	2004	2:19.27	2:18.68	R Colella	2001	2:23.45	2:23.06	
400 IM	M Mann	2005	4:25.29	J Mcconica	2001	4:58.93	4:57.52	R Colella	2001	5:05.82	5:03.27	
MEN 55-59		SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	R Abrahams	2000	21.82	P Trevisan	2006	24.70	24.70	R Abrahams	2002	25.53	25.53	
100 free	R Abrahams	2000	48.37	P Trevisan	2006	55.12	55.12	P Trevisan	2006	58.07	57.85	
200 free	J Mcconica	2006	1:50.85	J Mcconica	2005	2:03.64	2:03.64	J Mcconica	2005	2:08.03	2:08.03	
400/500 free	J Mcconica	2007	4:57.82	J Mcconica	2006	4:24.92	4:24.92	J Mcconica	2005	4:25.34	4:25.34	
800/1000 free	J Mcconica	2006	10:07.36	J Mcconica	2006	9:03.00	9:03.00	J Mcconica	2006	9:06.86	9:06.86	
1500/1650 free	J Mcconica	2007	17:11.12	J Mcconica	2005	17:14.15	17:14.15	J Mcconica	2005	17:40.10	17:40.10	
50 back	H Wilder	2004	26.63	H Wilder	2003	30.25	30.25	G Hall	2006	30.37	30.37	
100 back	H Wilder	2003	58.54	T Birnie	2000	1:04.89	1:04.89	G Hall	2006	1:06.16	1:06.16	
200 back	T Spieker	2004	2:07.54	J Mcconica	2005	2:20.59	2:20.59	J Mcconica	2005	2:25.89	2:25.89	
50 breast	D McKenzie	2003	28.71	R Strand	2001	32.18	32.13	R Strand	2002	33.32	33.03	
100 breast	R Strand	2001	1:03.22	R Strand	2001	1:11.53	1:10.50	R Strand	2001	1:14.80	1:14.67	
200 breast	R Strand	2001	2:20.49	R Strand	2001	2:38.76	2:38.76	R Strand	2001	2:46.31	2:45.87	
50 fly	G Shaw	2007	24.16	S Borowski	2002	27.21	27.21	G Shaw	2007	27.08	27.08	
100 fly	G Shaw	2007	54.37	G Shaw	2006	1:00.35	1:00.35	G Shaw	2006	1:01.05	1:01.05	
200 fly	G Shaw	2007	2:05.59	J Mcconica	2005	2:22.13	2:22.13	G Shaw	2006	2:25.35	2:28.62	
100 IM	G Shaw	2007	58.32	G Shaw	2006	1:03.81	1:03.53	G Shaw	2006	2:27.60	2:27.92	
200 IM	G Shaw	2007	2:08.02	G Shaw	2006	2:21.05	2:21.05	G Shaw	2005	5:17.10	5:17.10	
400 IM	J Mcconica	2006	4:36.95	J Mcconica	2005	5:08.15	5:08.15	J Mcconica	2005	5:17.10	5:17.10	

MEN'S RECORDS

MEN 60-64	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	R Abrahams	2005	22.30	R Abrahams	2006	24.90	24.90	R Abrahams	2006	25.23	25.23
100 free	R Abrahams	2005	49.14	R Abrahams	2006	57.22	57.22	R Abrahams	2005	58.61	58.61
200 free	R Abrahams	2005	1:56.69	J Calvert	2005	2:12.18	2:11.78	J Delacy	2006	2:13.32	2:13.32
400/500 free	P McCormick	2007	5:21.61	J Calvert	2005	4:43.69	4:40.45	J Calvert	2006	4:59.08	4:51.23
800/1000 free	P McCormick	2007	11:09.94	J Mcleery	2006	9:58.99	9:43.83	J Calvert	2006	10:09.12	10:02.40
1500/1650 free	J Mcleery	2007	18:49.29	J Mcleery	2007	18:50.59	18:50.59	S Galletly	2002	19:51.97	19:25.68
50 back	R S Smith	2004	27.62	R S Smith	2004	31.31	31.31	H Wilder	2007	31.46	31.46
100 back	R Burns	2004	1:01.40	R Burns	2003	1:08.85	1:08.85	H Wilder	2007	1:08.77	1:08.77
200 back	R Burns	2004	2:17.33	J Calvert	2005	2:30.96	2:30.96	J Calvert	2006	2:39.01	2:39.01
50 breast	R Strand	2006	29.32	R Strand	2006	33.54	33.54	R Strand	2006	34.04	34.20
100 breast	R Strand	2006	1:05.46	R Strand	2006	1:14.47	1:14.47	R Strand	2006	1:16.38	1:16.38
200 breast	R Strand	2006	2:24.68	R Strand	2006	2:44.90	2:44.90	R Strand	2006	2:51.93	2:51.93
50 fly	R Abrahams	2005	24.46	R Abrahams	2006	28.31	28.31	R Abrahams	2005	27.92	27.92
100 fly	R Abrahams	2005	54.92	R Abrahams	2006	1:03.76	1:03.76	R Abrahams	2005	1:03.03	1:03.03
200 fly	R Poitman	2007	2:11.69	R Poitman	2003	2:34.65	2:34.65	R Poitman	2005	2:33.72	2:33.72
100 IM	R Abrahams	2007	1:00.13	R Strand	2006	1:08.70	1:08.70	J Calvert	2006	2:36.07	2:36.07
200 IM	R Strand	2006	2:17.60	J Calvert	2005	2:30.48	2:30.48	J Calvert	2006	5:41.07	5:40.42
400 IM	E Cazalet	2003	5:02.36	N Leclercq	2006	5:25.65	5:25.65	J Calvert	2006		
MEN 65-69	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	J Farrell	2002	23.66	J Farrell	2002	27.05	26.73	J Farrell	2002	27.15	27.15
100 free	J Farrell	2002	54.43	J Farrell	2002	1:01.36	1:01.36	T Landis	2007	1:02.76	1:02.79
200 free	J Farrell	2002	2:01.22	J Farrell	2002	2:18.71	2:18.71	T Landis	2007	2:18.54	2:18.54
400/500 free	T Landis	2007	5:37.64	T Landis	2007	4:55.56	4:55.56	T Landis	2007	5:00.26	5:00.26
800/1000 free	T Landis	2007	11:41.40	T Landis	2007	10:27.01	10:16.06	T Landis	2007	10:25.94	10:25.94
1500/1650 free	T Landis	2007	19:16.25	T Landis	2007	19:32.78	19:32.78	G Johnston	1996	20:16.54	20:08.74
50 back	Y Oyakawa	1999	29.55	Y Oyakawa	1999	33.38	32.35	Y Oyakawa	1999	33.54	33.54
100 back	J Smith	2004	1:05.03	Y Oyakawa	1998	1:14.66	1:12.36	Y Oyakawa	1999	1:16.78	1:15.69
200 back	R Todd	2007	2:25.65	G Chase	2005	2:45.56	2:42.43	R Todd	2007	2:51.11	2:44.20
50 breast	N Templeman	1997	32.91	M Sanguly	1998	36.07	35.46	M Sanguly	1998	36.42	35.56
100 breast	R Todd	2007	1:10.58	M Sanguly	1998	1:22.34	1:21.34	M Sanguly	1998	1:24.16	1:23.88
200 breast	R Todd	2007	2:36.30	M Freshley	2006	3:00.13	2:59.55	R Todd	2007	3:03.47	3:02.13
50 fly	C Sheeley	2007	27.36	B Batlie	2001	30.70	30.54	R Johnson	1998	30.81	30.81
100 fly	D Costill	2001	1:04.48	B Petersen	2003	1:13.32	1:10.81	D Stewart	2005	1:15.42	1:12.78
200 fly	R Kitchell	2006	2:30.02	R Kitchell	2005	2:48.78	2:48.78	R Kitchell	2005	2:57.05	2:51.07
100 IM	J Farrell	2002	1:03.54	J Farrell	2002	1:12.51	1:12.51	T Landis	2007	2:48.63	2:45.17
200 IM	J Farrell	2002	2:24.24	M Freshley	2006	2:43.49	2:44.51	T Landis	2007	6:03.31	5:52.79
400 IM	T Landis	2007	5:19.23	M Freshley	2006	5:58.93	5:58.93				



APPENDIX A

MEN'S RECORDS

MEN 70-74		SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	J Farrell	24.79	2007	24.79	R Johnson	2003	28.55	28.55	J Farrell	2007	28.53	28.53
100 free	J Farrell	56.24	2007	56.24	C Cavanaugh	2005	1:04.58	1:04.58	C Cavanaugh	2005	1:05.40	1:05.40
200 free	G Johnston	2:09.57	2001	2:09.57	G Johnston	2001	2:24.31	2:24.31	D Radcliff	2006	2:27.27	2:27.27
400/500 free	G Johnston	5:51.37	2001	5:51.37	G Johnston	2002	5:09.75	5:09.75	G Johnston	2001	5:12.05	5:12.05
800/1000 free	G Johnston	12:19.05	2001	12:19.05	G Johnston	2001	10:52.68	10:52.68	G Johnston	2002	10:45.92	10:45.92
1500/1650 free	G Johnston	20:29.18	2001	20:29.18	G Johnston	2001	20:54.56	20:54.56	G Johnston	2001	20:36.56	20:36.56
50 back	Y Oyakawa	30.25	2004	30.25	Y Oyakawa	2003	33.90	33.90	Y Oyakawa	2003	35.31	35.31
100 back	Y Oyakawa	1:06.83	2004	1:06.83	Y Oyakawa	2003	1:15.85	1:15.85	Y Oyakawa	2004	1:19.12	1:19.12
200 back	B Jones	2:28.11	2003	2:28.11	B Jones	2003	2:51.24	2:51.24	B Jones	2005	2:55.19	2:55.19
50 breast	J Korthauer	33.19	2001	33.19	M Sauguly	2004	37.71	37.47	C Baldwin	2000	37.96	37.93
100 breast	J Korthauer	1:15.24	2001	1:15.24	R Johnson	2003	1:25.11	1:23.70	J Korthauer	2001	1:29.47	1:26.41
200 breast	B Sandor	2:52.92	2006	2:52.92	R Johnson	2003	3:12.98	3:05.27	B Patten	2004	3:18.20	3:12.12
50 fly	B Balite	29.33	2006	29.33	R Johnson	2001	32.57	32.07	R Johnson	2001	32.11	31.49
100 fly	R Johnson	1:09.63	2002	1:09.63	R Johnson	2001	1:19.51	1:19.51	R Johnson	2001	1:21.64	1:19.44
200 fly	R Johnson	2:52.99	2002	2:52.99	R Johnson	2002	3:15.19	3:08.60	R Johnson	2001	3:20.84	3:16.06
100 IM	J Farrell	1:07.17	2007	1:07.17	R Johnson	2001	1:15.92	1:15.92	R Johnson	2001	1:21.64	1:19.44
200 IM	B Jones	2:32.54	2003	2:32.54	B Jones	2003	2:51.73	2:51.73	B Jones	2003	2:58.06	2:58.06
400 IM	B Jones	5:34.47	2003	5:34.47	B Jones	2003	6:21.46	6:21.46	B Jones	2003	6:32.11	6:32.11
MEN 75-79		SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	F Piemme	26.94	2000	26.94	F Piemme	2001	31.06	31.06	F Piemme	2000	31.19	31.05
100 free	F Piemme	1:03.38	2000	1:03.38	F Piemme	2000	1:11.55	1:10.71	G Johnston	2006	1:10.38	1:10.38
200 free	G Johnston	2:21.40	2007	2:21.40	G Johnston	2006	2:37.71	2:37.71	G Johnston	2006	2:36.30	2:36.30
400/500 free	G Johnston	6:21.35	2007	6:21.35	G Johnston	2006	5:40.14	5:40.14	G Johnston	2006	5:32.06	5:32.06
800/1000 free	G Johnston	13:26.07	2007	13:26.07	G Johnston	2006	11:44.84	11:44.84	G Johnston	2006	11:25.95	11:25.95
1500/1650 free	G Johnston	22:21.61	2007	22:21.61	G Johnston	2006	22:27.75	22:27.75	G Johnston	2006	23:02.25	23:02.25
50 back	P Hutinger	33.76	2000	33.76	P Hutinger	1999	38.38	37.47	C Mitchell	2007	38.08	37.51
100 back	P Hutinger	1:16.94	2000	1:16.94	P Hutinger	2000	1:25.13	1:24.21	C Mitchell	2007	1:26.00	1:26.00
200 back	R Franks	2:45.08	2002	2:45.08	R Franks	2002	2:58.21	2:58.21	R Franks	2002	3:10.25	3:10.25
50 breast	J Korthauer	35.64	2006	35.64	C Urstadt	2004	42.14	39.97	J Korthauer	2006	40.82	40.38
100 breast	J Korthauer	1:22.64	2006	1:22.64	R Macdonald	2003	1:35.87	1:28.61	J Korthauer	2006	1:34.93	1:32.69
200 breast	R Johnson	3:07.20	2007	3:07.20	A Craig	2003	3:29.54	3:21.50	R Macdonald	2004	3:32.60	3:28.51
50 fly	F Piemme	31.48	2000	31.48	F Piemme	2000	34.83	34.83	F Piemme	2000	35.66	35.66
100 fly	R Johnson	1:18.28	2007	1:18.28	R Johnson	2006	1:32.31	1:30.09	F Piemme	2000	1:35.81	1:35.24
200 fly	T Maine	3:16.82	2002	3:16.82	T Maine	2002	3:39.51	3:26.72	A Cerer	1992	3:43.56	3:34.30
100 IM	R Johnson	1:14.35	2007	1:14.35	F Piemme	2000	1:24.42	1:24.90	G Johnston	2006	1:24.90	1:24.90
200 IM	F Piemme	2:54.47	2000	2:54.47	F Piemme	2000	3:16.44	3:10.06	G Johnston	2007	3:13.53	3:13.53
400 IM	F Piemme	6:16.17	2001	6:16.17	F Piemme	2000	6:59.68	6:52.62	G Johnston	2007	7:13.14	7:13.14

MEN'S RECORDS

MEN 80-84	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	F Piemme	2005	29.25	F Piemme	2005	32.80	32.61	F Piemme	2005	33.09	32.73
100 free	F Piemme	2005	1:07.17	F Piemme	2005	1:17.02	1:16.09	F Piemme	2005	1:18.77	1:17.11
200 free	F Piemme	2005	2:38.33	R Taft	1999	3:00.63	3:00.21	F Piemme	2005	3:04.65	3:03.45
400/500 free	F Piemme	2005	7:17.43	R Taft	1999	6:27.60	6:27.60	F Piemme	2005	6:36.12	6:39.26
800/1000 free	R Taft	2000	15:30.69	R Taft	1999	13:29.27	13:29.27	F Piemme	2005	14:12.89	13:50.05
1500/1650 free	F Piemme	2005	26:01.94	R Taft	1999	25:35.01	25:35.01	F Piemme	2005	26:52.76	26:52.76
50 back	R Taft	1999	37.39	P Hutinger	2004	41.58	38.26	P Hutinger	2004	41.40	38.41
100 back	R Taft	2000	1:24.23	P Hutinger	2004	1:33.27	1:25.77	R Taft	1999	1:35.36	1:26.97
200 back	R Franks	2007	3:06.36	R Taft	1999	3:23.73	3:10.06	P Hutinger	2004	3:30.76	3:16.82
50 breast	F Piemme	2005	40.31	M Von Isser	1999	45.40	41.42	B Greenberg	2007	46.09	41.68
100 breast	F Piemme	2005	1:31.02	F Piemme	2005	1:42.05	1:36.91	A Craig	2004	1:43.74	1:41.02
200 breast	F Piemme	2005	3:24.18	F Piemme	2005	3:47.87	3:40.73	A Craig	2007	3:47.81	3:47.81
50 fly	F Piemme	2005	35.10	F Piemme	2005	40.24	40.24	F Piemme	2005	40.65	40.92
100 fly	A Holden	1999	1:30.06	F Piemme	2005	1:47.17	1:42.60	T Maine	2006	1:45.50	1:45.50
200 fly	T Maine	2006	3:25.55	A Cerer	1997	4:00.64	4:00.64	T Maine	2006	3:54.51	3:54.51
100 IM	F Piemme	2005	1:22.75	F Piemme	2005	1:32.65	1:31.77	F Piemme	2005	3:34.94	3:32.82
200 IM	F Piemme	2005	3:10.28	R Taft	1999	3:37.04	3:26.48	T Maine	2006	7:47.73	7:38.09
400 IM	F Piemme	2005	6:52.79	R Taft	1999	7:37.58	7:26.06	F Piemme	2005	3:34.94	3:32.82

MEN 85-89	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	W Bowersock	1999	32.80	J Eubank	2000	36.61	36.27	W Bowersock	1998	35.77	35.77
100 free	J Eubank	2001	1:16.19	J Eubank	2000	1:23.20	1:23.20	J Eubank	2001	1:23.87	1:26.48
200 free	J Eubank	2001	2:55.96	J Eubank	2000	3:13.45	3:13.45	J Eubank	2001	3:17.30	3:13.78
400/500 free	J Eubank	2001	8:28.81	J Eubank	2000	7:19.94	7:19.94	J Eubank	2001	7:12.16	7:05.53
800/1000 free	J Eubank	2001	17:22.73	J Eubank	2000	15:15.68	15:15.68	W Lamb	2007	15:22.83	15:24.45
1500/1650 free	J Eubank	2001	30:29.58	J Eubank	2000	29:55.69	29:55.69	J Eubank	2000	29:53.88	29:53.88
50 back	E Shea	2001	43.70	A Da Rosa	2002	47.34	43.80	F Van Dyke	2006	44.52	42.17
100 back	A Da Rosa	2003	1:36.99	A Da Rosa	2002	1:48.79	1:39.08	A Da Rosa	2002	1:49.54	1:36.34
200 back	E Shea	2000	3:38.20	A Da Rosa	2002	4:00.80	3:37.45	A Da Rosa	2002	4:07.72	3:41.06
50 breast	A Da Rosa	2003	43.56	P Krup	2002	50.99	47.70	P Krup	2002	50.74	46.23
100 breast	A Da Rosa	2003	1:42.86	A Da Rosa	2002	1:56.21	1:50.32	A Da Rosa	2003	2:00.89	1:53.70
200 breast	A Da Rosa	2003	3:55.05	A Da Rosa	2002	4:16.20	4:16.20	A Da Rosa	2003	4:25.31	4:22.99
50 fly	A Holden	2005	41.99	M Von Isser	2004	43.35	43.35	A Holden	2004	46.48	46.48
100 fly	A Holden	2004	1:46.01	A Holden	2004	2:01.65	2:01.65	A Holden	2004	2:02.53	2:02.53
200 fly	W Pfeiffer	1999	4:30.77	W Pfeiffer	1998	4:49.10	4:49.10	A Holden	2004	4:47.63	4:47.63
100 IM	W Pfeiffer	1999	1:46.51	A Holden	2004	1:48.23	1:48.23	A Cerer	2001	4:13.14	4:13.14
200 IM	A Da Rosa	2003	3:41.92	A Da Rosa	2002	4:07.59	4:07.59	A Cerer	2001	9:21.90	9:21.90
400 IM	W Pfeiffer	1999	8:45.11	W Pfeiffer	1998	9:32.65	9:31.75	A Cerer	2001	9:21.90	9:21.90

APPENDIX A

MEN'S RECORDS

MEN 90-94	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	W Bowersock	2003	35.96	W Bowersock	2003	41.07	41.07	W Bowersock	2003	39.19	40.72
100 free	W Bowersock	2004	1:27.26	W Bowersock	2003	1:39.26	1:39.26	W Bowersock	2003	1:43.22	1:38.05
200 free	W Bowersock	2004	3:40.64	W Bowersock	2003	3:59.28	3:59.65	W Bowersock	2003	4:10.40	3:54.89
400/500 free	A Newman	2006	10:01.23	G Langner	1993	8:50.65	8:50.65	W Bowersock	2003	9:39.37	8:13.45
800/1000 free	A Newman	2006	20:31.68	A Newman	2005	18:49.01	18:37.14	G Langner	1993	20:13.74	17:54.42
1500/1650 free	A Newman	2007	33:59.81	A Newman	2005	35:20.36	35:20.36	G Langner	1993	36:47.02	36:47.02
50 back	J Merrill	2006	49.65	W Bowersock	2005	59.09	53.24	W Bowersock	2003	56.43	46.82
100 back	J Merrill	2007	1:46.67	W Bowersock	2003	2:06.00	1:47.66	W Bowersock	2003	2:10.36	1:45.46
200 back	J Merrill	2007	3:54.03	W Bowersock	2003	4:47.45	3:59.25	W Bowersock	2003	4:58.86	4:05.77
50 breast	R Witte	2007	53.07	J Penfield	1998	1:07.22	55.68	W Bowersock	2007	1:01.64	57.20
100 breast	R Witte	2007	2:04.21	J Penfield	1998	2:45.20	2:15.14	B Cleveland	2007	2:28.24	2:15.43
200 breast	R Witte	2007	4:44.50	W Pfeiffer	2003	5:58.17	4:59.71	B Cleveland	2007	5:55.72	5:17.47
50 fly	W Pfeiffer	2004	50.44	W Pfeiffer	2003	56.09	56.09	W Pfeiffer	2003	1:00.30	1:00.30
100 fly	W Pfeiffer	2004	2:13.93	W Pfeiffer	2003	2:21.82	2:21.82	W Pfeiffer	2003	2:31.03	2:31.03
200 fly	W Pfeiffer	2004	5:08.18	W Pfeiffer	2003	5:37.23	5:37.23	W Pfeiffer	2003	5:51.79	5:51.79
100 IM	W Pfeiffer	2004	2:05.12	W Pfeiffer	2003	2:14.23	2:08.86	W Pfeiffer	2003	5:12.11	5:02.64
200 IM	W Pfeiffer	2004	4:39.98	W Pfeiffer	2003	5:13.24	5:13.24	W Pfeiffer	2003	11:19.91	11:19.91
400 IM	W Pfeiffer	2004	10:10.57	W Pfeiffer	2003	11:15.65	11:15.65	W Pfeiffer	2003		
MEN 95-99	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	G Langner	1999	51.31	G Langner	1998	57.57	55.08	G Langner	1998	55.88	55.88
100 free	G Langner	1999	2:04.54	G Langner	1998	2:19.51	2:09.32	G Langner	1998	2:29.32	2:17.59
200 free	G Langner	1999	4:35.70	G Langner	1998	5:13.46	5:13.46	G Langner	1998	5:13.23	5:13.23
400/500 free	G Langner	1999	12:17.44	G Langner	1998	10:51.93	10:51.93	G Langner	1998	11:30.53	11:30.53
800/1000 free	G Langner	2000	30:05.25	G Langner	1998	22:05.55	22:05.55	G Langner	1998	22:28.28	22:28.28
1500/1650 free	G Langner	2000	50:05.25	G Langner	1998	41:29.87	41:29.87	G Langner	1999	47:30.40	47:30.40
50 back	T Lane	1989	1:08.20	G Langner	1998	1:27.67	1:01.25	T Lane	1989	1:18.91	1:03.32
100 back	T Lane	1992	3:05.81	G Langner	1998	3:38.07	2:23.12	T Lane	1992	3:19.14	2:31.61
200 back	G Langner	1999	1:27.55	G Langner	1998	8:32.34	7:01.87	G Langner	1998	8:19.55	8:19.55
50 breast	G Langner	1999	3:04.31	G Langner	1998	1:31.60	1:22.80	G Langner	1998	1:26.61	1:26.15
100 breast	G Langner	1999	7:29.31	G Langner	1998	3:35.33	3:35.33	G Langner	1998	3:38.45	3:38.45
200 breast	G Langner	1999	15:15.65	G Langner	1998	7:29.31	7:29.31	G Langner	1998	7:37.17	7:37.17
50 fly	G Langner	1998	3:33.98	G Langner	1998	3:33.98	3:33.98	G Langner	1998		
100 fly	G Langner	1998	3:33.98	G Langner	1998	3:33.98	3:33.98	G Langner	1998		
200 fly	G Langner	1998	3:33.98	G Langner	1998	3:33.98	3:33.98	G Langner	1998		
100 IM	G Langner	1998	3:33.98	G Langner	1998	3:33.98	3:33.98	G Langner	1998		
200 IM	G Langner	1998	3:33.98	G Langner	1998	3:33.98	3:33.98	G Langner	1998		
400 IM	G Langner	1998	3:33.98	G Langner	1998	3:33.98	3:33.98	G Langner	1998		

MEN'S RECORDS

MEN 100-104	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
50 free	T Lane	1994	1:31.03	T Lane	1995	2:06.66	2:06.66	T Lane	1994	1:40.46	1:40.46
100 free	T Lane	1994	3:21.86	T Lane	1995	4:32.29	4:32.29	T Lane	1994	4:05.98	4:05.98
200 free	T Lane	1994	6:56.32								
400/500 free											
800/1000 free											
1500/1650 free											
50 back					1995	2:02.52	2:02.52	T Lane	1994	1:50.73	1:50.73
100 back								T Lane	1994	4:13.84	4:13.84
200 back								T Lane	1994	9:04.31	9:04.31
50 breast											
100 breast											
200 breast											
50 fly											
100 fly											
200 fly											
100 IM											
200 IM											
400 IM											

WOMEN'S RELAY RECORDS

Event	Year	USMS	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
WOMEN 18+/72-99													
200 free relay	2003	1:36.25	San Diego	1999	1:54.83	New England	2004	4:42.04		UC Irvine	2001	9:55.67	
200 med relay	2001	1:49.10	Sierra Nevada	1999	2:09.67	New England	2000	9:11.28		DCAC	2000	1:59.26	
400 free relay	2000	3:40.02	Empire State	1999	4:14.74	New England	1992			Univ San Fran	1992	2:12.59	
400 med relay	2004	4:03.73	Terrapin	2004	4:42.04	Metro	1995			Santa Clara	1995	4:31.84	
800 free relay	1994	8:07.90	U Of San Fran	2004		Terrapin	2002			Nova	2002	4:57.34	
WOMEN 25+/100-119													
200 free relay	1989	1:37.40	Lone Star	1996	1:45.93	Michigan	1992			Oregon	1992	1:52.47	1:51.41
200 med relay	1999	1:47.70	Slug	1995	2:05.66	San Diego	1988			Holmes	1988	2:06.67	2:04.99
400 free relay	1991	3:37.75	Walnut Creek	2001	4:09.10	New England	2002			Nova	2002	4:27.60	
400 med relay	1999	4:02.90	Illinois	1997	4:41.95	San Diego	1992			Walnut Creek	1992	4:55.59	
800 free relay	1996	7:59.38	Walnut Creek	1995	9:16.40	San Diego	1989			Walnut Creek	1989	9:50.91	
WOMEN 35+/120-159													
200 free relay	2003	1:36.90	Rocky Mtn	1996	1:53.26	San Diego	2004			Illinois	2004	1:52.10	1:50.94
200 med relay	2006	1:48.55	Colorado	1994	2:05.27	San Diego	1998			Gold	1998	2:04.19	2:04.02
400 free relay	2007	3:41.37	Team Illi Masters	1994	4:11.50	San Diego	1994			Stanford	1994	4:17.94	
400 med relay	2003	4:07.99	San Diego	2002	4:35.13	Patriot	1997			Team Orlando	1997	4:53.42	
800 free relay	2003	8:00.23	San Diego	1996	9:05.72	San Diego	1999			Gold Coast	1999	9:41.97	
WOMEN 45+/160-199													
200 free relay	2002	1:43.32	NEM	2003	1:53.36	San Diego	2006			Team TYR	2006	1:48.44	1:48.44
200 med relay	2002	1:57.99	NEM	2003	2:06.09	San Diego	2006			Team TYR	2006	2:04.75	2:04.75
400 free relay	2002	3:55.16	NEM	1996	4:14.13	San Diego	2001			San Diego	2001	4:23.44	
400 med relay	2000	4:31.72	Tamalpais	1998	4:43.31	San Diego	2001			San Diego	2001	4:56.33	
800 free relay	2004	8:52.54	Oregon	1998	9:27.59	San Diego	2006			Most	2006	9:51.60	
WOMEN 55+/200-239													
200 free relay	2007	2:01.59	PNA	2004	1:58.64	New England	2006			PNA	2006	1:57.21	1:57.21
200 med relay	2007	2:15.54	PNA	2005	2:16.23	Oregon	2006			Walnut Creek	2006	2:15.21	2:15.21
400 free relay	1997	4:42.36	DC Masters	2005	4:38.46	Gold Coast	2005			Gold Coast	2005	4:45.18	
400 med relay	1997	5:14.80	DC Masters	2001	5:07.75	San Diego	2003			San Diego	2003	5:13.65	
800 free relay	1997	10:38.43	DC Masters	2005	10:11.39	Gold Coast	2003			San Diego	2003	10:19.41	

WOMEN'S RELAY RECORDS

Event	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
WOMEN 65+/240-279											
200 free relay	Gold Coast	1995	2:17.37	DC Masters	2000	2:19.96	2:18.76	San Diego	2006	2:17.12	2:17.12
200 med relay	Virginia	2005	2:35.40	San Diego	2001	2:42.88	2:30.73	San Diego	2006	2:33.52	2:33.01
400 free relay	Santa Barbara	1989	5:32.88	DC Masters	2000	5:25.45		DC Masters	1999	5:23.71	
400 med relay	Virginia	2005	5:54.65	DC Masters	2001	6:09.31		DC Masters	2000	6:07.87	
800 free relay	Santa Barbara	1989	12:14.80	San Diego	2003	12:12.73		DC Masters	2000	12:34.38	
WOMEN 75+/280-319											
200 free relay	FACT	2005	3:00.73	Arizona	2004	2:44.58	2:33.23	New England	1996	2:38.52	2:33.19
200 med relay	FACT	2005	3:41.46	Arizona	2004	3:01.44	2:57.35	Arizona	2005	3:09.93	2:58.30
400 free relay	DC Masters	1994	7:24.14	Fla Maverick	2002	6:10.44		San Diego	2004	6:38.60	
400 med relay	Walnut Creek	1998	8:44.42	Arizona	2004	6:54.56		San Diego	2004	7:33.74	
800 free relay	Walnut Creek	1998	16:43.17	St. Louis	1991	15:49.09		San Diego	2004	14:45.02	
WOMEN 85+/320-359											
200 free relay	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 med relay				Fla Mavericks	2002	3:25.71	3:05.64	Fla Maverick	2002	3:46.42	3:42.32
400 free relay				Fla Mavericks	2002	4:13.67	3:52.52	Walnut Creek	1998	4:19.11	4:11.39
400 med relay				San Mateo	1996	9:11.05		FMM	2002	8:57.69	
800 free relay				Walnut Creek	1997	10:12.19		FMM	2002	10:19.75	
				Mavericks	2001	18:25.47		FMM	2002	19:29.28	
WOMEN 95+/360-399											
200 free relay	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 med relay											
400 free relay											
400 med relay											
800 free relay											

MEN'S RELAY RECORDS

Year	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
MEN 18+/72-99											
200 free relay	Auburn Masters	2001	1:23.04	Davis Aquatic	1995	1:39.63		FLAQ	2007	1:40.10	
200 med relay	Texas Swimming	1995	1:33.18	S Cal Aquatic	1997	1:54.30		Olympic Club	1995	1:49.35	
400 free relay	Davis Aquatic	2006	3:11.85	Trojan Swim	1998	3:49.17		Greater Indiana	1999	3:42.66	
400 med relay	U Of San Fran	1992	3:34.08	DCAC	1998	4:14.83		Greater Indiana	1999	4:11.46	
800 free relay	Davis Aquatic	1996	7:09.51	New England	2000	8:40.24		Greater Indiana	1999	8:28.72	
MEN 25+/100-119											
200 free relay	Olympic Club	2003	1:23.06	El Segundo	1997	1:35.70	1:33.28	Olympic Club	2006	1:35.57	1:35.57
200 med relay	Lone Star	1991	1:31.54	El Segundo	1997	1:45.73	1:43.12	Houston Club	1990	1:48.46	1:44.60
400 free relay	TYR	2005	3:10.75	New England	2006	3:35.63		Santa Clara	1994	3:39.63	
400 med relay	ANCM	2000	3:27.13	New England	2006	3:54.64		New England	1996	4:12.04	
800 free relay	Santa Clara	1994	7:00.25	Davis Aquatic	1995	7:57.87		Santa Clara	1994	8:04.17	
MEN 35+/120-159											
200 free relay	Rocky Mt	2004	1:24.05	Garden State	2002	1:35.56	1:34.32	Nova	2006	1:36.53	1:36.34
200 med relay	Rocky Mt	2004	1:35.04	Baylor/I Star	1994	1:45.01	1:44.09	Team TYR	2006	1:48.58	1:47.09
400 free relay	Team TYR	2007	3:07.75	Davis Aquatic	1995	3:36.25		TYR	2005	3:39.60	
400 med relay	Team TYR	2005	3:34.76	New England	2001	3:59.40		The Olympic Club	1994	4:04.49	
800 free relay	Team TYR	2007	6:56.69	DCAC	1996	8:01.80		SF Tsunami	2002	8:13.69	
MEN 45+/160-199											
200 free relay	Colorado	2005	1:27.94	Garden State	2003	1:39.07	1:36.29	Team TYR	2006	1:36.28	1:36.28
200 med relay	Colorado	2005	1:39.69	ANCM	2002	1:50.71	1:46.19	Team TYR	2006	1:47.72	1:47.72
400 free relay	Illinois Masters	2003	3:20.19	New England	2000	3:43.45		Arizona Masters	2006	3:47.67	
400 med relay	NCMS	2004	3:42.85	Gold Coast	2006	4:06.71		Arizona Masters	2006	4:11.72	
800 free relay	NCMS	2004	7:35.16	Ventura County	2001	8:05.09		Team TYR	2006	8:15.15	
MEN 55+/200-239											
200 free relay	Olympic Club	2001	1:35.36	Colonials1776	2003	1:40.71	1:40.71	Colorado	2006	1:38.24	1:38.24
200 med relay	The Olympic Club	2001	1:47.32	N Carolina	2007	1:53.92	1:53.92	Colorado	2006	1:50.83	1:50.83
400 free relay	RMM	2002	3:39.22	Colonials1776	2003	3:47.59		NCMS	2005	4:00.31	
400 med relay	Ventura	2007	4:05.90	N Carolina	2005	4:25.25		N Carolina	2007	4:28.50	
800 free relay	Ventura	2007	8:11.61	N Carolina	2005	8:56.35		N Carolina	2007	8:53.73	

MEN'S RELAY RECORDS

MEN 65+/240-279	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	L.C.-Meters	Year	USMS	World
200 free relay	Team Texas	2001	1:46.65	Oregon	2006	1:50.57	1:50.57	Olympic Club	2006	1:49.20	1:49.20
200 med relay	Team Texas	2001	2:04.32	Oregon	2006	2:03.09	2:03.09	Olympic Club	2006	2:04.87	2:04.87
400 free relay	Team Texas	2001	4:05.92	San Diego	1999	4:22.02		GOST	2001	4:23.06	
400 med relay	Walnut Creek	2000	5:02.76	Oregon	2004	4:56.40		Oregon	2001	4:58.50	
800 free relay	Oregon	2004	9:45.84	Oregon	2003	9:29.56		Oregon	2003	9:41.00	
MEN 75+/280-319	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	L.C.-Meters	Year	USMS	World
200 free relay	San Diego	2007	2:08.37	Gold Coast	2005	2:02.50	2:02.50	O*H*1*0	2002	2:04.50	2:04.50
200 med relay	San Diego	2007	2:34.66	N Carolina	2005	2:18.05	2:18.05	N Carolina	2006	2:21.46	2:21.46
400 free relay	Oregon	1998	5:10.57	Gold Coast	2005	4:52.77		Gold Coast	2006	5:06.44	
400 med relay	Oregon	1999	6:04.95	N Carolina	2005	5:17.89		N Carolina	2005	5:24.55	
800 free relay	Oregon	1999	12:04.39	San Diego	1999	11:31.62		S Texas	2003	11:01.65	
MEN 85+/320-359	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	L.C.-Meters	Year	USMS	World
200 free relay	Team Texas	1999	3:38.91	SDSM	2006	2:25.21	2:20.85	Oregon	2007	2:30.08	2:20.89
200 med relay	Team Texas	1999	3:46.43	SDSM	2006	3:00.48	2:50.63	Fla.Maverick	2003	3:00.89	2:52.80
400 free relay				Coast Masters	1995	6:34.05		San Diego	2007	5:52.37	
400 med relay				SDSM	2005	7:26.73		Coast Masters	1998	7:34.79	
800 free relay				San Diego	2005	14:16.27		San Diego	2006	14:40.89	
MEN 95+/360-399	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	L.C.-Meters	Year	USMS	World
200 free relay								Coast Masters	2005	3:46.35	3:46.35
200 med relay								Coast Masters	2005	4:13.67	4:13.67
400 free relay								Coast Masters	2007	10:43.13	
400 med relay								Coast Masters	2007	12:59.05	
800 free relay								Coast Masters	2007	25:29.59	

MIXED RELAY RECORDS

MIXED 18+/72-99	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Curl-Burke	2007	1:29.36	Olympic Club	1995	1:43.33		Univ San Fran	1992	1:48.50	
200 med relay	Curl-Burke	2007	1:40.03	New England	1999	1:57.66		Univ San Fran	1992	2:02.31	
400 free relay	NEM	2002	3:25.12	Metropolitan	2004	3:53.00		Olympic Club	1995	4:04.97	
400 med relay	San Diego	2003	3:47.31	Terrapin	2002	4:22.07		Univ San Fran	1991	4:36.72	
800 free relay	NEM	2002	7:39.06	Terrapin	2003	8:51.55		Davis Aquatic	1994	9:13.51	
MIXED 25+/100-119	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	S. Cal Aquatic	1990	1:29.40	El Segundo	1997	1:41.62	1:41.55	Olympic Club	2006	1:43.30	1:41.66
200 med relay	Lone Star	1991	1:39.01	El Segundo	1997	1:52.80	1:51.86	Houstonian Club	1990	1:56.50	1:51.99
400 free relay	U Of San Fran	1992	3:27.39	Burlingame	2002	3:49.96		NEM	2001	4:00.76	
400 med relay	ANCM	2002	3:46.68	New England	2002	4:16.58		Walnut Creek	1990	4:36.14	
800 free relay	Illinois Masters	2004	7:25.46	New England	2006	8:29.16		Santa Clara	1995	8:45.64	
MIXED 35+/120-159	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Rocky Mtn	2004	1:30.17	El Segundo	2000	1:41.37	1:41.72	Gold	1998	1:42.65	1:42.44
200 med relay	Colorado	2006	1:40.16	El Segundo	2000	1:53.07	1:53.09	Gold	1998	1:57.30	1:55.26
400 free relay	Texas Aquatic	1995	3:30.17	San Diego	1996	3:54.42		Walnut Creek	1991	4:01.94	
400 med relay	Badger	2004	3:55.25	New England	2000	4:18.78		PCAT	2004	4:30.83	
800 free relay	Illinois	2005	7:24.36	Crescent Hill	1997	8:52.75		Patriot	2002	8:50.48	
MIXED 45+/160-199	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Colorado	2007	1:36.76	San Diego	1996	1:47.38	1:44.28	Team TYR	2006	1:42.27	1:42.27
200 med relay	Colorado	2005	1:49.43	Metro	2006	1:59.62	1:56.35	Team TYR	2006	1:58.35	1:56.86
400 free relay	New England	2003	3:39.16	San Diego	1996	3:57.64		Team Orlando	1997	4:02.04	
400 med relay	Oregon	2004	4:00.80	Olympic Club	1995	4:32.89		Team Orlando	1997	4:41.21	
800 free relay	Oregon	2004	8:11.18	San Diego	1997	8:53.46		Team Texas	1997	9:07.41	
MIXED 55+/200-239	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	Tamalpais	2007	1:46.37	NEM	2002	1:49.36	1:49.36	Colorado	2006	1:44.96	1:44.96
200 med relay	PNA	2007	2:02.70	Oregon	2006	2:01.94	2:01.94	SDSM	2005	2:02.32	2:02.32
400 free relay	Illinois	2007	4:09.90	San Diego	2003	4:10.72		Oregon	2006	4:13.62	
400 med relay	Illinois	2007	4:42.77	Oregon	2004	4:36.34		Oregon	2006	4:44.90	
800 free relay	Illinois	2007	9:11.87	New England	2002	9:11.93		Oregon	2006	9:33.45	

MIXED RELAY RECORDS

MIXED 65+/240-279	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	San Diego	2007	1:59.75	Gold Coast	2005	2:01.21	2:01.21	Tamalpais	2006	1:58.75	1:58.75
200 med relay	San Diego	2002	2:14.70	Tamalpais	2005	2:14.42	2:14.42	Tamalpais	2005	2:14.03	2:14.03
400 free relay	San Diego	2007	4:59.29	Tamalpais	2005	4:34.45		Tamalpais	2005	4:41.62	
400 med relay	San Diego	2007	5:20.49	Tamalpais	2006	5:03.67		Tamalpais	2006	5:12.82	
800 free relay	San Diego	2007	10:36.77	Tamalpais	2005	10:05.15		Gold Coast	2002	10:42.42	
MIXED 75+/280-319	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	FMM	2001	2:35.78	San Diego	2006	2:23.96	2:16.15	San Diego	2007	2:17.43	2:15.88
200 med relay	FMM	2005	2:55.59	SDSM	2006	2:47.22	2:35.91	San Diego	2007	2:38.61	2:38.61
400 free relay	Wisconsin	1996	6:37.85	SDSM	2006	5:30.73		Fla Maverick	2006	5:40.99	
400 med relay	San Mateo	1995	8:10.41	Fla Maverick	2000	6:34.16		San Diego	2006	6:08.28	
800 free relay	San Mateo	1993	14:16.33	San Diego	2002	12:50.06		San Diego	2007	12:26.91	
MIXED 85+/320-359	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay	FMM	2004	4:22.87	Santa Barbara	2004	2:51.05	2:36.37	Santa Barbara	2004	2:55.56	2:37.10
200 med relay	FMM	2004	4:54.53	Fla Mavericks	2003	3:26.35	3:21.16	Fla Maverick	2002	3:33.41	3:18.52
400 free relay				San Diego	2001	6:57.44		Santa Barbara	2004	6:56.05	
400 med relay				San Diego	2001	8:29.59		San Diego	2007	7:50.20	
800 free relay				San Diego	2001	16:00.93		San Mateo	1994	17:09.50	
MIXED 95+/360-399	SC-Yards	Year	USMS	SC-Meters	Year	USMS	World	LC-Meters	Year	USMS	World
200 free relay							4:13.19	Coast Masters	2003	5:26.80	4:18.13
200 med relay							5:12.04				
400 free relay											
400 med relay											
800 free relay											

APPENDIX A

OPEN WATER LONG DISTANCE INDIVIDUAL RECORDS

18–24	Women	Year	Record	Men	Year	Record
1 hour postal	S Schweitzer	2000	5550 Y	J Lischke	1999	5890 Y
3000 Y postal	A Beard	2001	32:26.99	S Whitbeck	2005	30:10.37
6000 Y postal	S Taylor	2003	1:00:00.61	C Charley	2003	1:08:27.18
5K postal	J Jackson	2000	1:04:53.75	J Skube	1999	1:05:10.62
10K postal	M Carlson	2001	2:19:19.80	S Cohen	1993	2:11:58.09
1-mile cable	K Bryan	1983	23:25.46	J Barber	1983	21:20.86
2-mile cable	R Rice	1997	41:36.03	J Chiles	2006	42:00.81
25–29	Women	Year	Record	Men	Year	Record
1 hour postal	L Hazen	1994	5560 Y	D Veatch	1994	6115 Y
3000 Y postal	A Whitney	2005	32:25.21	C. Hobson	1996	31:15.20
6000 Y postal	S Quan	2000	1:10:44.87	M Collins	1995	1:09:01.99
5K postal	G Cornelius	2001	1:05:38.54	J Kappler	2005	1:01:25.71
10K postal	S Quan	2001	2:14:58.59	M Volk	1989	2:04:50.00
1-mile cable	T Smith	2003	20:21.99	D Winant	1981	20:30.81
2-mile cable	T Smith	2003	39:51.99	J Pearson	1992	39:36.39
30–34	Women	Year	Record	Men	Year	Record
1 hour postal	L Hazen	1995	5625 Y	Placek/Porch	90/03	5750 Y
3000 Y postal	L Welting	2000	33:42.51	J Erwin	1996	31:15.24
6000 Y postal	N Day	2003	1:08:51.32	T Clark	1998	1:04:58.25
5K postal	N Day	2003	1:04:24.99	J Erwin	1996	59:53.17
10K postal	P Mattson	1985	2:17:19.08	B Patten	1993	2:03:08.74
1-mile cable	S Thomas	1984	21:27.07	J Allen	2001	20:59.99
2-mile cable	D Reed	2002	41:05.48	J Kegley	1988	38:32.00
35–39	Women	Year	Record	Men	Year	Record
1 hour postal	A Zamanian	2006	5525	M Shaffer	2003	5905 Y
3000 Y postal	K Pipes-Neilsen	1999	32:54.57	M Shaffer	2002	30:16.43
6000 Y postal	K Pipes-Neilsen	1998	1:09:11.14	M Shaffer	2003	1:02:06.74
5K postal	K Pipes-Neilsen	1999	1:03:28.06	J Erwin	2003	58:11.13
10K postal	S Heim	1996	2:14:08.75	M Shaffer	2003	2:00:39.67
1-mile cable	J Gellatly	2003	22:20.99	J Allen	2002	20:56.99
2-mile cable	D Woody	2005	42:06.00	R Allen	2002	41:11.49
40–44	Women	Year	Record	Men	Year	Record
1 hour postal	S Preston	2006	5550	J Erwin	2006	5825
3000 Y postal	K Pipes-Neilsen	2003	33:18.69	J Erwin	2004	30:31.55
6000 Y postal	K Pipes-Neilsen	2002	1:08:48.67	J Erwin	2005	1:01:37.11
5K postal	K Pipes-Neilsen	2003	1:02:53.42	J Erwin	2005	58:23.56
10K postal	S Preston	2005	2:12:19.31	J Barber	2003	2:03:06.33
1-mile cable	S Maddox	2001	23:29.99	L Wood	1997	21:46.30
2-mile cable	B Dunbar	1990	43:06.00	C Stevenson	2006	41:11.58
45–49	Women	Year	Record	Men	Year	Record
1 hour postal	S Heim-Bowen	2004	5205 Y	S MacDonald	2005	5500 Y
3000 Y postal	K Einsidler	2002	35:41.51	J McConica	2000	31:10.18
6000 Y postal	K Einsidler	2002	1:13:22.05	S MacDonald	2001	1:05:06.32
5K postal	S Heim-Bowen	2004	1:04:26.97	S MacDonald	2001	1:01:17.02
10K postal	K Einsidler	2002	2:19:42.34	J Stewart	2004	2:13:47.24
1-mile cable	D Ogier	2001	23:17.99	L Wood	2001	21:11.99
2-mile cable	D Ogier	2001	45:43.35	J Stewart	2005	41:45.00

OPEN WATER LONG DISTANCE INDIVIDUAL RECORDS

50-54	Women	Year	Record	Men	Year	Record
1 hour postal	L Val	2005	5130 Y	J McConica	2002	5620 Y
3000 Y postal	D Ogier	2003	36:33.58	J McConica	2001	31:37.55
6000 Y postal	B Dunbar	2002	1:15:44.35	J McConica	2003	1:05:05.26
5K postal	B Dunbar	2003	1:10:29.29	J McConica	2003	1:00:53.84
10K postal	B Dunbar	2003	2:26:41.84	J McConica	2004	2:05:55.37
1-mile cable	B Dunbar	2001	22:08.99	S Kooistra	1978	23:11.86
2-mile cable	B Dunbar	2000	44:56.43	J McConica	2004	42:06.00
55-59	Women	Year	Record	Men	Year	Record
1 hour postal	B Dunbar	2005	4825 Y	J McConica	2006	5425
3000 Y postal	B Dunbar	2004	36:25.69	S Johnson	2005	35:14.21
6000 Y postal	B Dunbar	2004	1:14:10.46	K Bell	2003	1:10:50.04
5K postal	B Dunbar	2004	1:11:37.33	J McConica	2006	1:03:20.98
10K postal	B Dunbar	2004	2:29:21.48	J McConica	2006	2:10:48.23
1-mile cable	B Russ	1986	30:06.41	T Laughlin	2006	24:13.66
2-mile cable	B Dunbar	2004	46:23.20	T Laughlin	2006	47:00.57
60-64	Women	Year	Record	Men	Year	Record
1 hour postal	L Stoinoff	1995	4260 Y	J McCleery	2006	4920
3000 Y postal	L. Schoenberger	2007	43:32.29	W Braswell	2005	37:50.01
6000 Y postal	A Svenson	2006	1:33:58.37	L Raffaelli	2003	1:16:23.50
5K postal	S Brougher	2002	1:26:50.00	L Raffaelli	2003	1:11:20.00
10K postal	B Jordan	1999	3:08:05.15	L Raffaelli	2004	2:29:06.76
1-mile cable	A Svenson	2006	28:09.13	R Williams	2003	24:55.99
2-mile cable	A Svenson	2006	56:37:37	C Muter	2005	47:47.00
65-69	Women	Year	Record	Men	Year	Record
1 hour postal	L Stoinoff	1999	4135 Y	G Johnston	1997	4630 Y
3000 Y postal	S Munn	2003	45:42.24	G Johnston	1996	37:16.16
6000 Y postal	B Jordan	2002	1:37:48.80	G Johnston	1997	1:18:14.25
5K postal	L Stoinoff	1998	1:24:41.84	G Johnston	1996	1:12:17.40
10K postal	B Jordan	2002	3:13:22.48	G Johnston	1996	2:35:50.99
1-mile cable	B Jordan	2003	31:44.99	G Johnston	1997	22:57.70
2-mile cable	B Jordan	2002	1:00:54.20	G Johnston	1999	50:15.26
70-74	Women	Year	Record	Men	Year	Record
1 hour postal	L Stoinoff	2003	3960 Y	G Johnston	2002	4515 Y
3000 Y postal	L. Stoinoff	2004	45:35.99	G Johnston	2001	38:17.10
6000 Y postal	A Pipes	2005	1:39:55.23	G Johnston	2001	1:19:56.14
5K postal	A Pipes	2004	1:34:53.71	G Johnston	2002	1:15:39.02
10K postal	A Pipes	2005	3:18:11.35	G Johnston	2001	2:52:22.00
1-mile cable	I Browne	1986	34:53.37	G Johnston	2001	23:23.99
2-mile cable	N Brown	2006	1:00:33.65	G Johnston	2002	48:19.50
75-79	Women	Year	Record	Men	Year	Record
1 hour postal	M Meyer	1998	3400 Y	G Johnston	2007	4125 Y
3000 Y postal	J Campbell	2006	58:56.77	G Johnston	2007	42:13.00
6000 Y postal	L Kivi Nochman	2005	2:07:01.34	R Beach	2005	1:35:11.99
5K postal	M Nyberg	2002	1:52:54.26	G Johnston	2005	1:25:32.00
10K postal	L Kivi Nochman	2001	4:16:45.62	G Johnston	2006	3:00:54.67
1-mile cable	E Landon	1979	49:11.96	J Irvine	1986	35:09.64
2-mile cable	L Kivi Nochman	2001	1:19:50.67	R Beach	2006	1:01:04.57

APPENDIX A

OPEN WATER LONG DISTANCE INDIVIDUAL RECORDS

80–84	Women	Year	Record	Men	Year	Record
1 hour postal	R Simonton	2000	3235 Y	A DeRosa	2006	3950
3000 Y postal	R Simonton	1998	55:12.91	J Schmidt	2003	50:34.86
6000 Y postal	L Kivi Nochman	2007	2:13:26.50	D Schofield	1994	2:31:33.09
5K postal	L Kivi Nochman	2005	2:10:49.50	G Weisenthal	1997	2:15:35.65
10K postal				T Johnson	2004	6:56:25.65
1-mile cable						
2-mile cable	P Hughes	2001	1:41:17.68	D Woodford	1995	1:09:32.94
85–89	Women	Year	Record	Men	Year	Record
1 hour postal	R Simonton	2004	3005 Y	C Ross	1985	3240 Y
3000 Y postal	R Simonton	2003	59:47.72	G Weisenthal	1999	1:08:09.69
6000 Y postal				G Weisenthal	1999	2:18:29.24
5K postal				D Miles	2006	2:17:42.38
10K postal						
1-mile cable				J Irvine	1997	48:47.80
2-mile cable						
90–94	Women	Year	Record	Men	Year	Record
1 hour postal	M Lathram	2006	1850 Y	G Langner	1997	2225 Y
3000 Y postal						
6000 Y postal						
5K postal						
10K postal						
1-mile cable						
2-mile cable						
95–99	Women	Year	Record	Men	Year	Record
1 hour postal				G Langner	1999	2175 Y
3000 Y postal						
6000 Y postal						
5K postal						
10K postal						
1-mile cable						
2-mile cable						

OPEN WATER LONG DISTANCE TEAM RECORDS

18+	Women	Year	Record	Men	Year	Record
1 hour postal	Univ San Fran	1994	15,810 Y	Stanford	1999	16,515 Y
3 x 3000 Y postal	Inland Northwest	2003	1:48:14.76	Davis Aquatic	1996	1:44:09.37
3 x 6000 Y postal				Omaha	2000	3:36:32.47
3 x 5K postal	Missouri Valley	2006	3:42:37.65	Swim Kentucky	2005	3:14:41.06
3 x 10K postal						
25+	Women	Year	Record	Men	Year	Record
1 hour postal	Colonials 1776	2006	15,690Y	Olympic Club	1990	17,275 Y
3 x 3000 Y postal	Novaquatics	2001	1:48:41.40	Sierra Nevada	1996	1:42:58.91
3 x 6000 Y postal	Oregon	2004	3:52:38.27	St Petersburg	2002	3:44:00.78
3 x 5K postal	Oregon	2003	3:34:41.12	Heart of Texas	2001	3:16:07.19
3 x 10K postal	Indy SwimFit	2006	7:51:55.42	Oregon	2000	7:41:47.14
35+	Women	Year	Record	Men	Year	Record
1 hour postal	San Diego	2003	15,290 Y	Ventura County	2002	17,005 Y
3 x 3000 Y postal	Indy SwimFit	2004	1:55:40.47	Ventura County	2001	1:33:31.65
3 x 6000 Y postal	Indy SwimFit	2004	3:56:57.02	Ventura County	2003	3:12:37.48
3 x 5K postal	Indy SwimFit	2006	3:42:08.55	Ventura County	2002	3:03:36.63
3 x 10K postal	Oregon	2002	7:39:39.36	Ventura County	2003	6:20:50.42
45+	Women	Year	Record	Men	Year	Record
1 hour postal	Tamalpais	2005	13,935 Y	Team Texas	1999	15,235 Y
3 x 3000 Y postal	Oregon	2003	1:55:43.32	Ventura County	2003	1:47:29.32
3 x 6000 Y postal	Oregon	2001	5:01:45.87	Ventura County	2003	3:39:27.67
3 x 5K postal	Metro	2001	3:53:36.40	Ventura County	2003	3:27:52.95
3 x 10K postal	Indy SwimFit	2004	8:47:57.82	Ventura County	2003	7:23:26.26
55+	Women	Year	Record	Men	Year	Record
1 hour postal	San Diego	2006	11,970 Y	Ventura County	2006	14415 Y
3 x 3000 Y postal	San Diego	2004	2:14:19.15	Oregon	2003	1:53:08.88
3 x 6000 Y postal	San Diego	2004	4:33:26.97	Oregon	2003	3:55:37.04
3 x 5K postal	San Diego	2004	4:21:42.66	Ventura County	2006	3:31:56.92
3 x 10K postal				Ventura County	2006	7:40:04.73
65+	Women	Year	Record	Men	Year	Record
1 hour postal	San Diego	2005	11,085 Y	Illinois	1997	12,220 Y
3 x 3000 Y postal	San Diego	2005	2:26:57.24	Oregon	2003	2:15:27.00
3 x 6000 Y postal	San Diego	2005	5:02:59.00	Oregon	2004	5:28:31.98
3 x 5K postal	San Diego	2005	4:53:12.48	St Petersburg	2001	5:02:53.37
3 x 10K postal						
75+	Women	Year	Record	Men	Year	Record
1 hour postal	New England	2000	8790 Y	Florida Maverick	2003	9,400 Y
3 x 3000 Y postal	Florida Maverick	2002	3:53:38.61	Florida Maverick	2000	3:24:04.53
3 x 6000 Y postal						
3 x 5K postal						
3 x 10K postal						
85+				Men	Year	Record
1 hour postal				Florida Maverick	2001	6235 Y
3 x 3000 Y postal						
3 x 6000 Y postal						
3 x 5K postal						
3 x 10K postal						

APPENDIX A

OPEN WATER LONG DISTANCE TEAM RECORDS

18+	Mixed	Year	Record
1 hour postal	St Pete Masters	2006	20,745 Y
3 x 3000 Y postal*	Davis Aquatic	1996	1:44:46.37
4 x 3000 Y postal	Novaquatics	2001	2:22:18.50
3 x 6000 Y postal*			
4 x 6000 Y postal			
4 x 5K postal	DOC IU	2000	4:34:58.61
4 x 10K postal	Stanford	2001	10:41:08.83
25+	Mixed	Year	Record
1 hour postal	Univ San Fran	1994	22,070 Y
3 x 3000 Y postal*	Sierra Nevada	1996	1:41:49.27
4 x 3000 Y postal	Heart of Texas	2001	2:16:27.57
3 x 6000 Y postal*	Michigan	1998	4:11:23.48
4 x 6000 Y postal	Heart of Texas	2001	4:40:45.08
4 x 5K postal	Stanford	2004	4:25:43.53
4 x 10K postal	Illinois	2005	10:42:48.37
35+	Mixed	Year	Record
1 hour postal	Colonials 1776	2001	20,695 Y
3 x 3000 Y postal*	Team Texas	1997	1:46:08.20
4 x 3000 Y postal	Colonials 1776	2004	2:20:51.38
3 x 6000 Y postal*	Team Texas	1997	3:39:32.27
4 x 6000 Y postal	Oregon	2003	4:57:31.67
4 x 5K postal	Stanford	2003	4:19:09.57
4 x 10K postal	Oregon	2002	10:05:38.72
45+	Mixed	Year	Record
1 hour postal	Ventura County	2006	19,675 Y
3 x 3000 Y postal*	Davis Aquatic	1996	2:03:37.97
4 x 3000 Y postal	Oregon	2003	2:29:46.69
3 x 6000 Y postal*	Michigan	1994	4:39:23.77
4 x 6000 Y postal	St Pete	2003	5:13:59.19
4 x 5K postal	Oregon	2003	4:51:31.75
4 x 10K postal	St Pete	2003	10:17:22.63
55+	Women	Year	Record
1 hour postal			
3 x 3000 Y postal			
3 x 6000 Y postal			
3 x 5K postal			
3 x 10K postal			
65+	Women	Year	Record
1 hour postal			
3 x 3000 Y postal			
3 x 6000 Y postal			
3 x 5K postal			
3 x 10K postal			
75+	Women	Year	Record
1 hour postal			
3 x 3000 Y postal			
3 x 6000 Y postal			
3 x 5K postal			
3 x 10K postal			
85+			
1 hour postal			
3 x 3000 Y postal			
3 x 6000 Y postal			
3 x 5K postal			
3 x 10K postal			

* The 3 x 3000 Y and 3 x 6000 Y mixed postal relays are no longer con-

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

USMS follows USA Swimming’s technical rules, articles 101, 102 and 105, with the following exceptions (USMS and USA Swimming References in brackets):

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 starter’s long whistle indicates that the swimmer must take a position with at least one foot at the front of the platform, the edge of the pool, or on the wall before the command “Take your mark”. The backstroke start may be used as the in-the-water start during freestyle events. [USMS 101.1.1 and 101.5.1; USA-S 101.1.2]

MS1.2 Butterfly—The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick at any time during the race. However, when the breaststroke or whip kick is used, the arms must be recovered over the top of the water with each breaststroke or whip kick, except after the last such kick before the turn or finish. After the start and after each turn, if the breaststroke or whip kick is used, only one kick is allowed 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. [USMS 101.7.3E; USA-S 101.7.3E]

MS2 Swimming Competition

MS2.1 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 102.4.7]

- MS2.2 Personnel**—The minimum personnel at USMS sanctioned or recognized Masters swimming meets shall include the following: one referee, one starter, two stroke and turn judges, two timers per lane (if automatic timing is not being used). The referee and starter may double as stroke and turn judges, but the referee and starter may not be the same person. The referee shall be certified as a stroke and turn judge, starter or referee by a USMS-approved certifying body. Note: USMS does not use place judges. [USMS 103.1 and 103.2; USA-S 102.12.3]
- MS2.3 Warm-up**—If there is no other warm-up/warm-down area available in pools of five lanes or more, one lane shall be set aside for warm-up/warm-down during the conduct of the meet. In pools of four or fewer lanes, swimmers shall be allowed to swim to the other end of the pool at the end of each heat and a warm-up/warm-down period must be offered at least once during each half hour of competition. [USMS 102.4.1; USA-S none]
- MS2.4 Timed finals**—All Masters events held in meters pools (short course or long course) are conducted on a timed-final basis. Short course yards meets, except for national championships, MAY be conducted on a basis other than timed finals (e.g., trials/finals basis). If trials/finals are offered, competitors are limited to three individual events per day. [USMS 102.10.1 and 102.6; USA-S 102.2]
- MS2.5 Seeding**
- MS2.5.1** 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. [USMS 102.10.1B; USA-S 102.1.4 and 102.8.2]
- MS2.5.2** 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 102.5.4A]
- MS2.6 Records and Top Ten**
- MS2.6.1** Record applications and Top Ten submissions shall not be accepted unless certification of course length accompanies them or is on file with USMS or USA Swimming. [USMS 105.1.6A; USA-S 104.2.2C(3)(a)]
- MS2.6.2** 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. [USMS 105.1.1; USA-S 104.2.1F]
- MS2.6.3** Relay leadoff split times will be considered for records or Top Ten times, provided the swimmers complete the event without being disqualified, and provided automatic timing is used. [USMS 103.13.1, 103.13.3, 105.2.2A and D, and 105.3.7A and D; USA-S 104.2.1E]
- MS2.6.4** If swimmers want their initial splits as part of a longer individual event to be submitted for records or Top Ten times, they must notify the referee, in writing, prior to the conclusion of the meet. However, for backstroke initial splits and relay leadoff legs to count, notification must be made prior to the

swim so that officials may verify that a legal finish was performed at the initial distance and that for relays the second swimmer did not start in the water. [USMS 103.13.1B(1) and (2); 103.13.1D; 105.2.2B, C, and E; and 105.3.7B, C, and E; USA-S none]

- MS2.6.5** Required documentation for USMS records includes the referee’s signature, as well as the printout from the automatic or semiautomatic (with three buttons) timing equipment or the time card bearing times and signatures from three timers. [USMS 105.3.10; USA-S 104.2.2C(2)]
- MS2.7** **Scratch procedures**—Swimmers or relay teams not reporting for or competing in an event are not penalized. [USMS none; USA-S 102.3]
- MS2.8** **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 102.16.5 and 102.16.4; USA-S 102.11.5]
- MS2.9** **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]

DIFFERENCES BETWEEN NCAA SWIMMING AND USMS RULES

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 should take their positions with at least one foot at the front of the starting platform, the edge of the deck or on the wall before the command “Take your mark.” Either the forward start or the backstroke start shall be used for freestyle events. Those swimmers starting in the water must have at least one hand in contact with the wall or starting block. The backstroke start may be used as the in-the-water start during 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.

- MS1.2** **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, or placing the toes over the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start is prohibited. The feet need not be completely submerged prior to the start. [USMS 101.1.2 and 103.8.5A. NCAA Rule 2, Section 1, Article 2.]

- MS1.3 False starts**—If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the referee independently observes and confirms the starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race in accordance with 102.15.2. 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. [USMS 103.8.6B & E. NCAA Rule 2, Section 1, Article 3-d.]
- MS1.4 Declared false starts**—There are no “declared false starts” in Masters swimming. [USMS 103.8.6. NCAA Rule 2, Section 1, Article 3-h.]
- 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 1-c.]
- MS1.6 Butterfly**—The breaststroke or whip 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 or whip kick is permitted per arm pull, except that a single breaststroke or whip kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke or whip kick is permitted prior to the first arm pull. A scissors kicking movement is not permitted. [USMS 101.3.3. NCAA Rule 2, Section 2, Article 3-d.]
- MS1.7 Finish**—The swimmer shall have finished the race when any part of the swimmer touches the wall after completion of the prescribed distance. [USMS 101.5.4. NCAA Rule 2, Section 4, Article 3]
- 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. Mixed relays shall consist of two men and two women who may swim in any order. [USMS 101.7.3D-F. NCAA Rule 2, Section 2, Article 7-e, Rule 2, Section 5, Article 3-a.] 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 102.9.5. NCAA Rule 2, Section 2, Article 7-d and Rule 3, Section 1, Article 4-b.]

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. [USMS 103.1.1. NCAA Rule 4, Section 1 and Rule 4, Section 6, Article 2-a.] The referee shall be certified as a stroke and turn judge, starter or referee by USA Swimming, USMS, YMCA or any other USMS-approved certifying body. [USMS 103.2. NCAA Rule 4, Section 1.] Note: USMS does not use place judges.
- MS2.2 Warm-up**—If there is no other warm-up/warm-down area available in pools of five lanes or more, one lane shall be set aside for warm-up/warm-down during the conduct of the meet. 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 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. [USMS 102.4. No equivalent NCAA rule.]
- 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., trials/finals). In a trials/finals format, competitors shall be limited to three individual events per day. [USMS 102.10.1-A. No equivalent NCAA rule.]
- 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, Section 1.]
- 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 Article 1 and 2.]

MS2.6 Records

MS2.6.1 Record applications and Top 10 submissions shall not be accepted unless certification of course length accompanies them or is on file with USMS or USA Swimming. [USMS 105.1.6] The pool measurement certification must include all lanes used in competition. [USMS 105.1.7. NCAA Rule 9, Section 2.] When a moveable bulkhead is used, 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. Note: It is recommended that the bulkhead placement be confirmed prior to the start of the meet. [USMS 105.1.7-C. NCAA Rule 9, Section 2.]

MS2.6.2 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 records or Top 10 times, provided the swimmers complete the event without being disqualified and provided fully automatic timing is used. The swimmer's relay leadoff split time shall not count if the second swimmer starts in the water. 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 semi-automatic or manual times are acceptable for FINA records, but not USMS records. [USMS 105.2.2 and 105.3.7. NCAA Rule 9, Section 1 and Section 2, and Notes 2 and 3.]

MS2.6.3 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. 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. [USMS 105.2.2 and 105.3.7. No equivalent NCAA rule.]

MS2.6.4 Required documentation for USMS records includes the referee's signature, official meet results, the primary printout tape from the automatic or semiautomatic (with three buttons) timing equipment and/or a copy of the entry card bearing times and signatures from three timers. [USMS 105.3.10. NCAA Rule 9, Section 2, Article 2.]

MS2.7 **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 3, Section 1, Article 4, Rule 3, Section 3, Article 4 and Rule 8, Section 4, Article 8-f.] Note: USMS does not have an "honest effort" requirement. [Rule 3, Section 1, Article 4-e.]

MS2.8 Protests.

MS2.8.1 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 advis-

able, 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 102.16.2. No equivalent NCAA rule.]

- MS2.8.2** 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 102.16.5. NCAA Rule 8, Section 4, Article 9.]
- MS2.9** **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. No equivalent NCAA rule.]

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):

1 Starts, Strokes and Relays

- 1.1** **Butterfly Kick**—A breaststroke kicking movement is permitted for butterfly. There is no limit on the number of kicks used per arm pull. [FINA MSW 3.10, USMS 101.3.3]

2 Swimming Competition

- 2.1** **Age Groups**—The youngest age group recognized by FINA is 25-29. [FINA MSW 1.1; USMS 102.1.1 and 102.3]
- 2.2** **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]
- 2.3** **Warm-up Guidelines**—USMS prohibits hand paddles in warm-ups. FINA does not have this restriction. [FINA MSW 3.9 and FINA Warm-up Guidelines; USMS 102.4.2]
- 2.4** **Course Type**—FINA does not recognize Short Course Yard competition. [FINA MSW 4.1; USMS 102.5.2 and 102.5.1]
- 2.5** **Events**—FINA does not recognize 400 meter and 800 meter freestyle relays and 400 meter medley relays. [FINA MSW 4.1 and 4.2; USMS 102.5]

APPENDIX B

- 2.6 Event Limits**—FINA has no explicit rule addressing event limits; limits are established for each meet. [FINA, no rule; USMS 102.6 and 102.10.1]
- 2.7 Club Affiliation and Relays**—FINA does not allow unattached swimmers in either individual events or relays. All competitors must represent clubs. [FINA MGR 3 and MSW 5; USMS 102.9.1 and 201.3.4]
- 2.8 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 3.8; USMS 102.10.4]
- 2.9 Counters**—FINA officials lap count for swimmers, and only for 800 and 1500 meter races. [FINA SW 2.6.3; USMS 102.10.6]
- 2.10 Splits and Timing System**—FINA allows splits to be recorded with three watches, three semi-automatic buttons, or fully automatic timing. USMS requires splits to be recorded with fully automatic timing equipment. [FINA MSW 6; USMS 105.2.2]
- 2.11 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 105.2.2]
- 2.12 Records**—Applications for FINA Masters World Records must be made on FINA official forms within 60 days from the end of the event. Applications may be submitted only for performances at USMS-sanctioned meets. [FINA MSW 6.1; USMS Appendix B]
- 2.13 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 MSW 9 and policy; USMS 103.11.6 and 104.5.8]
- 2.14 Notification of Disqualification**—FINA requires notification via posted code in the meet results. USMS rules state that the official will make every effort to contact the swimmer. [FINA MSW 7; USMS 102.15.2]
- 2.15 Announcing Results of Protested Events**—FINA does not appear to have an explicit rule on this subject. [FINA GR 9.2; USMS 102.16.1]
- 2.16 Competing under Protest**—FINA has no explicit rule regarding competing under protest. [FINA GR 9.2; USMS 102.16.2]
- 2.17 Protests of Swimming Rules**—FINA gives authority for the final decision to the referee. USMS gives authority for some final decisions to the USMS Rules Committee with an explicit timeline and communication structure. [FINA GR 9.2; USMS 102.16.4 and 104.5.9B]
- 2.18 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). [FINA GR 9.2.2 and 9.2.4; USMS 102.16.5]
- 2.19 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 protest committee or the USMS Rules Committee. [FINA GR 9.2.3 and 9.3; USMS 102.16.2, 102.16.4, and 102.16.5]

2.20 Smoking and Tobacco—FINA bans smoking in any area designated for competitors. USMS bans the use of all tobacco products, even in the spectator seating. [FINA GR 9; USMS 102.17]

ADJUSTMENTS FOR WOMEN'S NATIONAL QUALIFYING TIMES FOR SWIMS AT ALTITUDE

Age Group	3000-4249 ft				4250-6499 ft				6500+ ft			
	200	400-500	800-1000	1500-1650	200	400-500	800-1000	1500-1650	200	400-500	800-1000	1500-1650
19-24	0.51	2.55	5.10	11.22	1.22	5.10	10.20	23.46	1.63	7.14	15.30	33.15
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	2.57	5.15	11.32	1.24	5.15	10.29	23.67	1.65	7.21	15.44	33.45
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	2.57	5.14	11.32	1.23	5.14	10.29	23.66	1.65	7.20	15.43	33.43
45-49	0.54	2.72	5.45	11.98	1.31	5.45	10.89	25.06	1.74	7.63	16.34	35.41
50-54	0.55	2.75	5.49	12.09	1.32	5.49	10.99	25.27	1.76	7.69	16.48	35.71
55-59	0.62	3.09	6.17	13.58	1.48	6.17	12.35	28.39	1.98	8.64	18.52	40.12
60-64	0.67	3.35	6.70	14.75	1.61	6.70	13.41	30.83	2.14	9.38	20.11	43.57
65-69	0.70	3.51	7.03	15.46	1.69	7.03	14.06	32.33	2.25	9.84	21.08	45.68
70-74	0.72	3.58	7.16	15.76	1.72	7.16	14.32	32.95	2.29	10.03	21.49	46.55
75-79	0.82	4.11	8.21	18.07	1.97	8.21	16.43	37.79	2.63	11.50	24.64	53.39
80-84	0.89	4.47	8.95	19.68	2.15	8.95	17.89	41.15	2.86	12.53	26.84	58.15
85-89	1.03	5.13	10.26	22.57	2.46	10.26	20.52	47.19	3.28	14.36	30.77	66.68
90-94	1.36	6.82	13.63	29.99	3.27	13.63	27.26	62.70	4.36	19.08	40.89	88.60

ADJUSTMENTS FOR MEN'S NATIONAL QUALIFYING TIMES FOR SWIMS AT ALTITUDE

Age Group	3000-4249 ft				4250-6499 ft				6500+ ft			
	200	400-500	800-1000	1500-1650	200	400-500	800-1000	1500-1650	200	400-500	800-1000	1500-1650
19-24	0.50	2.49	4.97	10.94	1.19	4.97	9.94	22.87	1.59	6.96	14.92	32.32
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	0.50	2.50	4.99	10.99	1.20	4.99	9.99	22.97	1.60	6.99	14.98	32.46
35-39	0.51	2.55	5.10	11.23	1.22	5.10	10.21	23.47	1.63	7.14	15.31	33.17
40-44	0.53	2.63	5.25	11.55	1.26	5.25	10.50	24.15	1.68	7.35	15.75	34.13
45-49	0.54	2.70	5.40	11.88	1.30	5.40	10.80	24.83	1.73	7.56	16.20	35.09
50-54	0.55	2.74	5.49	12.07	1.32	5.49	10.97	25.24	1.76	7.68	16.46	35.66
55-59	0.58	2.88	5.75	12.65	1.38	5.75	11.50	26.46	1.84	8.05	17.26	37.39
60-64	0.61	3.05	6.09	13.41	1.46	6.09	12.19	28.03	1.95	8.53	18.28	39.61
65-69	0.62	3.09	6.18	13.59	1.48	6.18	12.35	28.41	1.98	8.65	18.53	40.14
70-74	0.66	3.30	6.60	14.52	1.58	6.60	13.20	30.37	2.11	9.24	19.80	42.91
75-79	0.74	3.68	7.36	16.20	1.77	7.36	14.73	33.87	2.36	10.31	22.09	47.87
80-84	0.83	4.13	8.26	18.17	1.98	8.26	16.52	37.99	2.64	11.56	24.78	53.68
85-89	0.90	4.48	8.96	19.72	2.15	8.96	17.93	41.24	2.87	12.55	26.89	58.27
90-94	1.18	5.91	11.82	26.01	2.84	11.82	23.64	54.38	3.78	16.55	35.47	76.84



PREPARATION OF MEET RESULTS

Meet results must include the name of the meet, the location of the meet (name of pool, city and state), the date of the meet, the name and 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.
4. For each relay event, print results by age group from youngest to oldest.

Split results:

1. 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.

Results, tapes, timing printouts, time cards, heat sheets, timers' heat sheets or swimmer lists, and other information used to compile results and records shall be kept for a minimum of one year after the conclusion of the meet.

USMS AND WORLD RECORD APPLICATIONS**Documentation requirements:**

- Complete the "Application for USMS and/or World Record" in its entirety. (World records are due within 60 days of the swim.)
- Attach the printout showing event number, heat number, splits, backup from the electronic timing system and/or time card with the signatures of all three timers. 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.
- Swims done at recognized or USA-S meets do not qualify for world records.

- 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.

Documentation requirements for USMS long distance records:

- Completed "Application for USMS Long Distance Record."
- Proof of achieved time or distance swum.
- For postal events, a lap-count checkoff sheet listing all split times and

United States Masters Swimming

Pool Length Certification Form

1. Pool name _____ LMSC _____

Address _____

City _____ State _____ ZIP _____

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.

2. Measurement parameters (circle answer)

- a. Nominal pool length: 25 yards 25 meters 50 meters
b. Moveable bulkhead: Yes No Placement confirmation
c. Measuring device (see below): Steel tape Laser Other
d. Number of touchpads per lane at time of measurement: None One Two

3. Measurements: (Minimum distances measured)

Distances measured in (circle one): feet/inches or meters/centimeters
If these measurements are a confirmation of bulkhead placement, only the outermost lanes and a center lane must be measured.

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

4. Measured by:

Submitted by:

Name Title Address City State ZIP Date

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 Records Administrator.

Additional information can be found in the Records and Tabulation section of the LMSC Handbook, which can be found on the USMS website or obtained from your LMSC Top Ten Recorder.

Measurement procedures for completing this form are found on the reverse side. Please review them before measuring your pool and submitting this form. Only this side needs to be submitted for your pool certification.

United States Masters Swimming

Application for USMS and/or World Record

1. Course SCY SCM LCM 2. Distance 50-100-200-400-500-800-1000-1500-1650 3. Stroke free-back-breast-fly-IM-FR-MR

4. Official time mins. secs. hundredths

5a. Primary timing for this performance (check one below)
 Electronic _____
 Semi-automatic (three buttons) _____
 Three stopwatches _____
 5b. Non-electronic times: _____ : _____ . _____
 _____ : _____ . _____
 _____ : _____ . _____

6. For individual events: Age group _____
 Last name of swimmer _____ First name of swimmer _____ Gender _____ Birth date (mm/dd/yy) _____ Age _____ USMS number _____

7. For relay events: Club name _____ Age group _____
 (List names in order of competing)

 Last name of swimmer _____ First name of swimmer _____ Gender _____ Birth date (mm/dd/yy) _____ Age _____ USMS number _____

8. Pool name _____ City _____ State _____
 Last day of meet _____ Sanction or recognition # _____ LMSC _____

9. Select one: USMS Sanctioned USMS Recognized USA-S Meet

10. Is the swimmer's birth certificate (or passport) attached or on file with the USMS Records Administrator? Yes No

11. Is the pool length certification attached or on file with the USMS Records Administrator? Yes No

12. Have structural changes, including resurfacing, been made to the pool since the last pool length certification? Yes No

13. Is the racing course fixed by a moveable bulkhead? Yes No

(If yes, course measurement must be confirmed at the conclusion of the session during which the record time was achieved.)

14. If the primary timing system is electronic, how many touchpads were in each lane? 1 2

15. 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.

Name _____

Signature _____

16. Record application submitted by:

Name _____ Phone (_____) _____

Address _____

City _____ State _____ Zip _____

Email _____

Instructions: Complete the above form in its entirety. (World records are due within 60 days of the swim.)

- Attach the printout showing event number, heat number, splits, backup from the electronic timing system and/or time card with the signatures of all three timers. 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.
- 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: Walt Reid, 11114 111th St. SW, Tacoma, WA 98498, USMSRecords@usms.org





Application for a USMS Long Distance Record

- 1. Event: _____
1-Hour, 5K, 10K or 3000y postal; 1-mile or 2-mile cable
- 2. Course: _____
25y, 25m or 50m pool; 1/4-mile cable
- 3. Method of Timing: _____
electronic timing or three stopwatches
- 4. Official Time: _____ : _____ : _____ . _____
(If applicable) hours: mins: secs hundredth
- 5. Completed Distance: _____
(if applicable) specify yards or meters

6. Individual Event:

Name	Gender	Birthdate	Age	USMS Number
_____	_____	_____	_____	_____

7. Relay Team Name: _____ Age Group: _____

Names (in order of competing)	Gender	Birthdate	Age	USMS Number
_____	_____	_____	_____	_____

- A. _____
- B. _____
- C. _____
- D. _____

FOR POSTAL RELAY EVENTS, PLEASE COMPLETE SECTIONS 8 & 9 **FOUR** TIMES, ONCE FOR EACH SWIMMER.

8. Name of Pool or Body of Water: _____ City: _____ State: _____

Date of Swim: _____ Sanction #: _____ LMSC: _____

9. **Lap counter/timer information (for postal swims only):**

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____ Phone: _____

10. **Course length certification (for open-water cable swims only):**

Measurement technique: _____

Signature of person (s) who measured the course: _____

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____ Phone: _____


11. **Record application submitted by:**

Name: _____ E-mail: _____

Address: _____

City: _____ State: _____ ZIP: _____ Phone: _____

Send the completed record application form and all required documentation to the event host.

		United States 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 a World Record/USMS Record/Top 10 if recorded by an automatic timing system. In addition, split times for World Records will be accepted if recorded by 3 watches or 3 semi-automatic buttons.</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>			

**REPORT OF OCCURRENCE
UNITED STATES MASTERS SWIMMING, INC.**

Injured Person's Name _____ Age _____
Address _____ Phone _____
City/State/Zip _____
Club Affiliation _____
Activity Taking Place at Time of Accident _____

Place Where Accident Occurred _____
(include City/St/Zip) _____
Date of Accident _____ Day of Week _____ Hour _____
Describe Accident _____

Person in Charge of the Activity _____
Address _____ Phone _____
City/St/Zip _____
Probable Nature of the Injury _____
Who Determined Nature of the Injury _____
What was Done On-Site for Injured _____
Where Taken for Treatment _____
Who Provided Treatment (name) _____

Name and Address of Three Witnesses:

1. _____
2. _____
3. _____

Additional Witnesses, List Names and Addresses on Reverse
Remarks _____

Report Submitted By _____ Date _____
Address _____ Phone _____
City/St/Zip _____

Please attach any additional accident reports (facility report, newspaper, witnesses' statements). Mail this report to:

RISK MANAGEMENT SERVICES, INC.
PO BOX 32712
PHOENIX, AZ 85064-2712
OR FAX TO 602-274-9138
E-MAIL sblumit@theriskpeople.com

You must report all occurrences immediately. Thank you for your time and cooperation.

APPENDIX C: NATIONAL AND INTERNATIONAL MASTERS SWIMMING SCHEDULE

USMS NATIONAL CONVENTIONS

2008 USMS Convention, Atlanta, Georgia, September 24-28. Contact: Meg Smath, 171 Creekwood Way, Nicholasville, KY 40356, (859) 885-9184, secretary@usms.org.

2009 USMS Convention, Chicago, IL, September 16-20. Contact: Meg Smath, 171 Creekwood Way, Nicholasville, KY 40356, (859) 885-9184, secretary@usms.org.

USMS NATIONAL CHAMPIONSHIP MEETS

2008 USMS Short Course Yards Championships, University of Texas, Austin, May 1-4. Contact: Charles Logan, 1900 Robert Dedman Dr., Austin, TX 78712, clogan@mail.utexas.edu.

2008 USMS Long Course Meters Championships, Mt Hood Community College, Gresham, Oregon. Contact: Dennis Baker, 26000 SE Stark St., Gresham, OR 97030, bakeswims@yahoo.com.

2009 USMS Short Course Yards Championships, Clovis, CA. Contact: John McGough, 1680 David E. Cook way, Clovis, CA 93611, (559) 327-9232, johnmcgough@cusd.com.

2009 USMS Long Course Meters Championships, IU Natatorium, Indianapolis, IN. Contact: Kris Houchens, 3721 Circle Blvd., Indianapolis, Indiana 46202, (317) 475-1823, krishouchens@hotmail.com.

USMS OPEN WATER LONG DISTANCE NATIONAL CHAMPIONSHIP MEETS

2008 USMS 1 Hour Postal Championships, YMCA Indy SwimFit, January 1-31. Contact: Mel Goldstein, 5735 Carrollton Ave., Indianapolis, IN 46220, 317-253-8289, goldstein@sbcglobal.net

2008 USMS 5 and 10 Kilometer Postal Championships (50 meter pools only), Central Oregon Masters, May 15-September 15. Contact: Bob Bruce, 61200 Parrell Rd., Bend, OR 97702, 541-317-4851, coachbob@bendbroadband.com

2008 USMS 3000/6000 Yard Postal Championships (25 yard pools only), Swim Louisville, September 15-November 15. Contact: Mark Gill, 8429A Easton Commons Dr., Louisville, KY 40242, 480-874-7112, mark.gill@usms.org

2008 USMS 1-Mile Open Water Championships, Connecticut Masters, June 28.

APPENDIX C

2008 USMS 1-3 Mile Open Water Championships, Wisconsin Masters, August 23. Contact: Dick Pitman, 2729 Commercial Ave., Madison, WI 53704, dickpitman@hotmail.com

2008 USMS 2-Mile Cable Championships, Virginia Masters, July 12. Contact: Dave Holland, 504 West Drive Circle, Richmond, VA 23229-6832, 804-282-6224, dholland@rmc.edu

2008 USMS 3-6 Mile Open Water, Central Oregon Masters, August 1-3. Contact: Bob Bruce, 61200 Parrell Rd., Bend, OR 97702, 541-317-4851, coach-bob@bendbroadband.com.

2008 USMS 6+ Mile Open Water, Clemson Aquatic Team, June 21. Contact: Jacqueline Grossman, P.O. Box 411, Clemson, SC 29633, 864-646-8836, jelg@innova.net.

2009 USMS 1 Hour Postal Championships, Ohana, Pacific Northwest LMSC, January 1-31, Jane Moore, 2102 N Vassault St, Tacoma, WA 98406, 253-759-4956, swimmoore@comcast.net, Janae McCullough, 6204 43rd Ave NW, Gig Harbor, WA 98335, 253-228-5947, u2jem@u2.com

2009 USMS 5 and 10 Kilometer Postal Championships, New England LMSC, May 15-September 15, Susan Sotir, 105 Lincoln Woods Road, Waltham, MA 02451, cell: 339-222-3165, home: 781-257-5102, spsotir@rcn.com, Rich Axtell, rich@minutemanmasters.com, Nate McBride, nate@minutemanmasters.com

2009 USMS 3000/6000 Yard Postal Championships (25 yard pools only), South Carolina LMSC, Sept 15-Nov 15, Jacqueline Grossman, 102 Exchange Street, Pendleton SC 29670, (864)646-8836, jelg@innova.net

2009 USMS 1 Mile Open Water Championships, Millerton Lake (Clovis), CA - Pacific LMSC, August 10 or 17, 2009, John McGough, 1680 David E. Cook Way, Clovis, CA 93611, 559-327-9232, JohnMcGough@clovisusd.k12.ca.us

2009 USMS 1-3 Mile Open Water Championships (1.76 miles), Canandaigua Lake, NY - Niagara LMSC, July 18, Vern Hecker, 3452 Gehan Road, Canandaigua, NY 14424, 585-394-4075, vhecker001@rochester.rr.com

2009 USMS 2-Mile Cable Championships, Lake Placid, NY, Adirondack LMSC, Date: TBA in August 1-2009, Ann Svenson, PO Box 425, Greenfield Center, NY 12833 518/893-1967 annb48@earthlink.net

2009 USMS 3-6 Mile Open Water Championships (5 miles), Big Shoulders, Chicago, IL - Illinois LMSC, September 12, Chris Sheean, 604 Clinton Ave., Oak Park, IL 60304, 708-275-3290, chris@bigshoulders.org

2009 USMS 6+ Mile Open Water Championships (10 km), Harbor Springs, Michigan, Michigan LMSC, August 2, 2009 (tentative) John & Marilyn Cowing 6212 Emmet Heights Road - Harbor Springs, MI 49740 231-330-8904 johnc.marilyn@gmail.com

APPENDIX D:

ZONE AND LMSC BOUNDARIES

ZONES

Breadbasket—Colorado, Iowa, Midwestern, Minnesota, Missouri Valley, North Dakota, Ozark, South Dakota, Wyoming.

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.

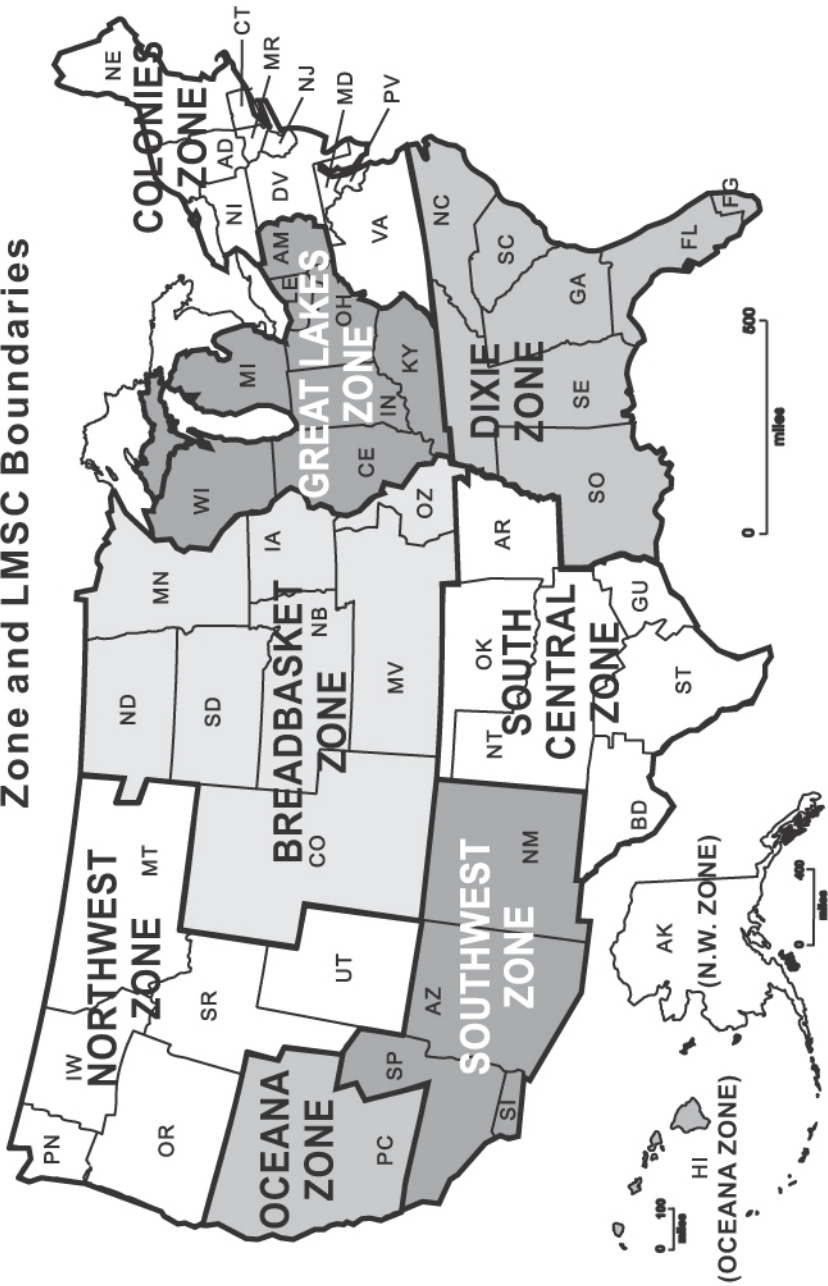
South Central—Arkansas, Border, Gulf, Oklahoma, North Texas, South Texas.

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
53	BD	Border	52	ND	North Dakota
32	CO	Colorado	26	NT	North Texas
5	CT	Connecticut	17	OH	Ohio
8	DV	Delaware Valley	27	OK	Oklahoma
14	FL	Florida	37	OR	Oregon
50	FG	Florida Gold Coast	22	OZ	Ozark
45	GA	Georgia	38	PC	Pacific
25	GU	Gulf	36	PN	Pacific Northwest
39	HI	Hawaii	10	PV	Potomac Valley
21	IL	Illinois	44	SI	San Diego–Imperial
16	IN	Indiana	59	SR	Snake River
35	IW	Inland Northwest	55	SC	South Carolina
40	IA	Iowa	54	SD	South Dakota
41	KY	Kentucky	43	ST	South Texas
18	LE	Lake Erie	15	SE	Southeastern
9	MD	Maryland	24	SO	Southern
6	MR	Metropolitan	33	SP	Southern Pacific
19	MI	Michigan	34	UT	Utah
29	MW	Midwestern	12	VA	Virginia
30	MN	Minnesota	20	WI	Wisconsin
28	MV	Missouri Valley	58	WY	Wyoming
31	MT	Montana			

Zone and LMSC Boundaries



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 Potter, Clinton, Center, Huntingdon and Bedford Counties. 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.

Arkansas—The state of Arkansas. In the state of Texas the county of Bowie.

Arizona—The state of Arizona.

Border—That part of the state of Texas west of but not including the counties of Val Verde, Sutton, Schleicher, Tom Green and Coke, and south of but not including the counties of Mitchell, Howard, Martin and Andrews.

Colorado—The state of Colorado.

Connecticut—The state of Connecticut.

Delaware Valley—The state of New Jersey south of Mercer and Ocean Counties. The state of Delaware. In the state of Maryland the county of Cecil. The commonwealth of Pennsylvania east of and including Potter, Clinton, Center, Huntingdon and Bedford Counties.

Florida—The state of Florida except the counties of Palm Beach, Broward, 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, 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 Robertson, Leon, Houston, Angelina, Nacogdoches and Shelby; on the east by the state of Louisiana; on the south by the Gulf of Mexico; and on the west by and including the counties of Fort Bend, Wharton, Colorado, Waller, Grimes, Robertson, Brazos and Matagorda.

Hawaii—The state of Hawaii.

Illinois—The state of Illinois except the counties of St. Clair, Calhoun, Greene, Jackson, Jersey, Monroe and Madison.

Indiana—The state of Indiana except the counties of Floyd and Clark.

Inland Northwest—In the state of Washington the counties of Okanogan, Chelan, Douglas, Ferry, Stevens, Spokane, Lincoln, Grant, Kittitas,

LMSC BOUNDARIES (cont'd)

Inland Northwest (con't)—Asotin, Columbia, Yakima, Franklin, Adams, Whitman, Walla Walla, Garfield, Benton, Pend Oreille and that portion of Klickitat County east of Highway 97 and including the city of Goldendale. In the state of Idaho the counties of Bonner, Kootenai, Shoshone, Benewah, Latah, Lewis, Nez Perce, Idaho, Clearwater and Boundary.

Iowa—The state of Iowa except the counties of Lyon, Osceola, Sioux, O'Brien, Plymouth, Cherokee, Woodbury, Ida, Monona, Crawford, Harrison, Shelby, Pottawattamie, Mills, Montgomery, Fremont and Page.

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 Tuscarawas, Seneca, Crawford, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Lake, Geauga, Portage, Stark, Ashtabula, Trumbull, Mahoning, Summit and Wayne.

Maryland—The state of Maryland except the counties of Cecil, Montgomery and Prince Georges.

Metropolitan—The state of New York south of and including Sullivan, Orange and Dutchess Counties.

Michigan—The state of Michigan.

Midwestern—The state of Nebraska. In the state of Iowa the counties of Lyon, Osceola, Sioux, O'Brien, Plymouth, Cherokee, Woodbury, Ida, Monona, Crawford, Harrison, Shelby, Pottawattamie, Mills, Montgomery, Fremont and Page.

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 including and bounded by 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.

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.

LMSC BOUNDARIES (cont'd)

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 state of Texas bounded on the south by but not including the counties of Winkler, Ector, Midland, Glasscock, Sterling, Coke, Runnels, Coleman, Brown, Mills, Lampasas, Bell, Milam, Robertson, Leon, Houston, Angelina, Nacogdoches and Shelby; on the west by the state of New Mexico; on the east by the state of Louisiana and the state of Arkansas; and on the north by the state of Oklahoma and the county of Bowie, Texas.

Ohio—The state of Ohio except the counties of Seneca, Crawford, Columbiana, Erie, Huron, Richland, Lorain, Ashland, Cuyahoga, Medina, Lake, Geauga, Portage, Stark, Ashtabula, Trumbull, Mahoning, Summit, Wayne, Belmont, Jefferson and Tuscarawas.

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, Jackson, Jersey, Madison, St. Clair and Monroe.

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 Humboldt, Washoe, Lyon, Storey, Mineral, Douglas, Churchill, Pershing, Lander and Carson City.

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, Skamania and Klickitat.

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 except the counties of Boundary, Bonner, Kootenai, Shoshone, Benewah, Latah, Clearwater, Nez Perce, Lewis and Idaho. In the state of Nevada the counties of Elko, White Pine and Eureka. In the state of Oregon the county of Malheur.

South Carolina—The state of South Carolina.

LMSC BOUNDARIES (cont'd)

South Dakota—The state of South Dakota.

South Texas—The state of Texas bounded on the east by and including the counties of Milam, Burleson, Washington, Austin, Fayette, Lavaca and Jackson; on the south by the Gulf of Mexico and the Republic of Mexico; on the west by and including the counties of Val Verde, Sutton, Schleicher, Tom Green and Coke; and on the north by and including the counties of Coke, Runnels, Coleman, Brown, Mills, Lampasas, Bell and Milam.

Southeastern—The state of Alabama. The state of 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, Ventura, Los Angeles, San Bernardino, Orange, Riverside and Santa Barbara. In the state of Nevada the counties of Clark, Esmeralda, Lincoln and Nye.

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.

Wisconsin—The state of Wisconsin except the counties of St. Croix, Dunn and Pierce.

Wyoming—The state of Wyoming.

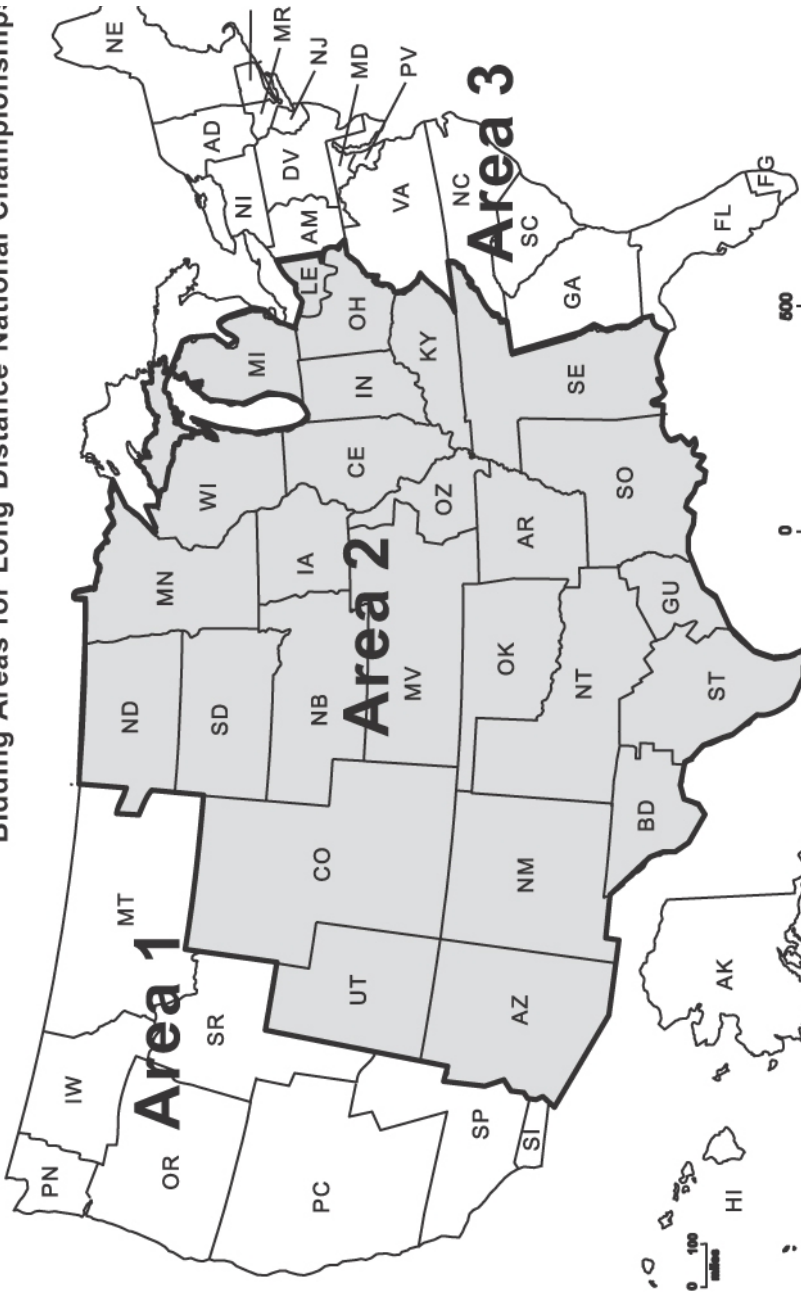
**BIDDING AREAS FOR LONG DISTANCE
NATIONAL CHAMPIONSHIP MEETS**

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, Southern Pacific and Wyoming.

Area 2—Area 2 shall be composed of the following LMSCs: Arizona, Arkansas, Border, Colorado, Gulf, Illinois, Indiana, Iowa, Kentucky, Lake Erie, Michigan, Midwestern, Minnesota, Missouri Valley, New Mexico, North Dakota, North Texas, Ohio, Oklahoma, Ozark, South Dakota, South Texas, Southeastern, Southern, Utah 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 Championship:



APPENDIX E:

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Webmaster/IT Director.....	Jim Matysek

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Iowa.....	Norman Bower
Minnesota.....	Tina Neill
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Nebraska.....	Erin Sullivan
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Ozark.....	Lori Payne
South Dakota.....	Phil Hurley

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Debbie Morrin-Nordlund—Chair

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Delaware Valley.....	Vibeke Swanson
Maryland.....	Mike Jacobson
Metropolitan.....	Steve Newman
New England.....	Bob Seltzer
New Jersey.....	Chris McGiffin
Niagara.....	Ken Koppenhaver
Potomac Valley.....	Debbie Morrin-Nordlund
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Dixie Zone

Debbie Cavanaugh—Chair

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Georgia.....	Lisa Watson
North Carolina.....	Jerry Clark
South Carolina.....	Pete Palmer
Southeastern.....	Nan DeStafney
Southern.....	Bill Cleveland

Great Lakes Zone

Mike Lemke—Chair

Allegheny Mountain.....	Joe Skoski
Illinois.....	Nadine Day
Indiana.....	Mel Goldstein
Kentucky.....	William Tingley
Lake Erie.....	Laura Kessler
Michigan.....	Fred Nelis
Ohio.....	Cody Rasmussen
Wisconsin.....	Dick Pitman

Northwest Zone

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Alaska	Shannon Titzel
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Utah.....	James Viney

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Pacific.....	Michael Moore

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Gulf	Nancy Crecelius
North Texas	Katie McClelland
Oklahoma.....	Janet Latham
South Texas	Ed Coates

Southwest Zone

Mary Hull—Chair

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Southern Pacific	Wayne McCauley

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Jack Groselle	Hugh Moore	Steve Newman
Barbara Protzman	Sandi Rousseau	C.J. Rushman
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Ed Nessel	Kerry O'Brien	Ahelee Sue Osborn
Dick Pitman	Galen Rinaldi	Rand Vaillancourt
Scott Williams	Robert Zeitner	

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Michael Moore	Ray Novitske	Pete Palmer
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Mary Hull	Mike Lemke	Jane A. Moore
Debbie Morrin-Nordlund		Anthony Thompson

USMS ENDOWMENT FUND BOARD OF GOVERNORS

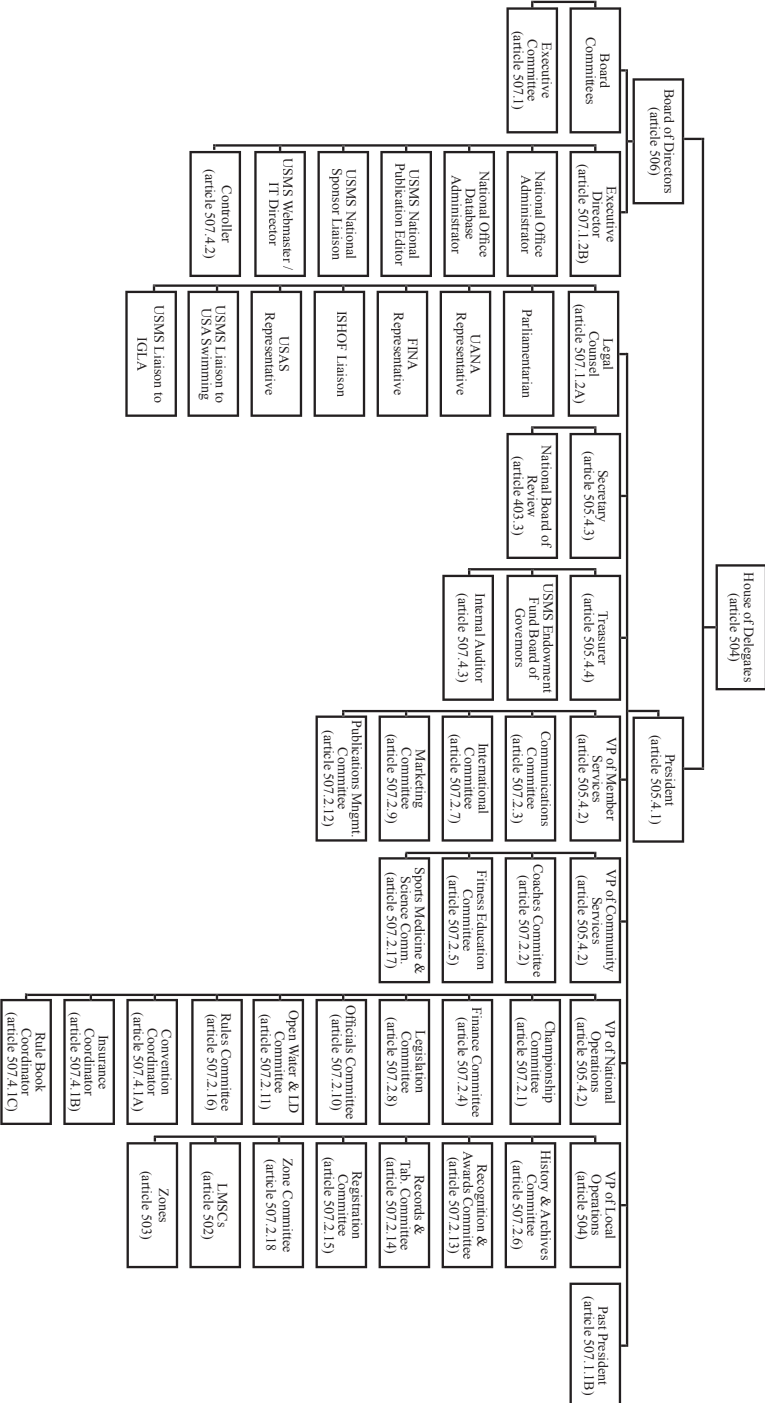
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Leo Letendre	June Krauser	Jim Miller, M.D.
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Rule Book Coordinator	Susan Ehringer
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USMS Graphic Designer	Doug Garcia
USMS Legal Counsel	Patty Miller
USMS Liaison to International Gay and Lesbian Aquatics	Jessica Seaton
USMS Liaison to USA Swimming	F.H. “Ted” Haartz



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APPENDIX F:

USMS HISTORY

RECIPIENTS OF THE RANSOM J. ARTHUR AWARD

This award is given in honor of Captain Ransom J. Arthur, M.D., who, by his sacrifice, perseverance and dedication to improving the health of adults through swimming, established the Masters swimming program in the United States. The award is given annually to the person who has done the most to further the objectives of Masters swimming.

1970s

1973	Ransom J. Arthur		
1974	June Krauser	1977	Paul Hutinger
1975	Hal Onusseit	1978	Mildred Anderson & Hamilton Anderson
1976	F.H. "Ted" Haartz	1979	Ray Taft & Zada Taft

1980s

1980	Enid Urich & Ed Reid Sr.	1985	Michael Laux
1981	Cindy Baxter	1986	Judge Robert Beach
1982	Harry Rawstrom	1987	Ross Wales
1983	Dorothy Donnelly	1988	John Spannuth
1984	Reg Richardson	1989	Dan Gruender & Edie Gruender

1990s

1990	Jack Geoghegan	1995	Mary Lee Watson
1991	Tom Boak	1996	Suzanne Rague
1992	Walt Reid	1997	Mel Goldstein
1993	Kathrine Casey & Gail Dummer	1998	William Tingley
1994	Nancy Ridout	1999	Jim Miller

2000s

2000	Joan Smith & Richard Smith	2005	Betsy Durrant
2001	Carolyn Boak	2006	Sally Ann Dillon
2002	Hugh Moore & Jane Moore	2007	Jeanne Ensigen
2003	Sandi Rousseau		
2004	Leo Letendre		

**2007 RECIPIENTS OF THE
DOROTHY DONNELLY USMS SERVICE AWARD**

This award commemorates the 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 there 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.

- Joan Campbell - Florida LMSC
- Cav Cavanaugh - Florida Gold Coast LMSC
- Nadine Day - Illinois LMSC
- Phil Dodson - Illinois LMSC
- James Donnelly - Florida LMSC
- Mark Gill - Kentucky LMSC
- Chuck Hutinger - Florida LMSC
- Steve Peterson - Pacific Northwest LMSC
- Joe Magiera - Illinois LMSC
- Arni Litt - Pacific Northwest LMSC
- Kerry O'Brien - Pacific LMSC
- Loree Watanabe - Pacific LMSC
- Mary Lee Watson - Southeastern LMSC

**USMS ATHLETES INDUCTED INTO THE
INTERNATIONAL SWIMMING HALL OF FAME**

Honor Swimmers

- 1995 Clara Walker and Gus Langer
- 1996 Ardeth Mueller and Ray Taft
- 1997 Gail Roper and Tim Garton
- 1998 Jayne Bruner and Graham Johnston
- 1999 Maxine Merlino
- 2000 Barbara Dunbar
- 2003 Laura Val

Honor Contributors

- 1990 Ransom Arthur
- 1994 June Krauser

USMS ATHLETES INDUCTED INTO THE INTERNATIONAL MASTERS SWIMMING HALL OF FAME

Honor Swimmers

- 2003 Clara Walker, Gus Langner, Jayne Bruner, Kelley Lemmon,
Ardeh Mueller, Tim Garton, Maxine Merlino, Ray Taft, Graham
Johnston, Barbara Dunbar, Gail Roper, June Krauser
- 2004 Paul Hutinger, Frank Piemme, Aldo da Rosa, Laura Val
- 2005 Burwell Jones, Tod Spieker, Sandy Neilson-Bell Betsy Jordan
- 2006 Drury Gallagher, Katherine Pelton, Walter Pfeiffer, Rita Simonto,
William Specht, Floyd Stauffer, Lavelle Stoinoff
- 2007 Woodrow Bowersock, Jean Durston, Sandy Galletly, Ronald John-
son, Karlyn Pipes-Neilson

Honor Open Water Swimmers

- 2007 Suzanne Heim-Bowen

Honor Contributors

- 2003 Ransom Arthur
- 2005 Phil Whitten

2007 RECIPIENT OF THE DAVID YORZYK MEMORIAL AWARD

David Yorzyk was an up and coming Individual Medley swimmer, and son of Olympian Bill Yorzyk, who tragically lost his life while he was still a young adult. This award is given to an individual with the most outstanding 400 Individual Medley Performance at a Short Course Nationals

Erik Scalise - Pacific LMSC - 3:52.43

RECIPIENTS OF THE USMS FITNESS AWARD

The U.S. Masters Swimming Fitness Committee annually presents the USMS Fitness Award to individuals and organizations demonstrating outstanding contribution to fitness activities within USMS.

- 1997 Scott Rabalais, Crawfish Masters
- 2000 Bill Volckening, Tualatin Hills Barracudas
- 2002 Bill Volckening, New England Masters
- 2003 Pam Himstreet, Oregon Masters
- 2004 Jody Welborn, Oregon Masters
- 2005 Doug and Marianne Brogan, O*H*I*O Masters
- 2007 Mary Sweat, Oregon LMSC

**RECIPIENTS OF THE SPEEDO/USMS
COACH OF THE YEAR AWARD**

This award is presented annually to the coach who has done the most to further the objectives of Masters swimming.

1980s

1986	Jim Miller	1988	Keith Bell
1987	Kerry O'Brien	1989	William Tingley

1990s

1990	Michael Collins	1995	Scott Rabalais
1991	Judy Bonning	1996	Mo Chambers
1992	Clay Evans & Gerry Rodrigues	1997	Bonnie Adair
1993	Emmett Hines	1998	Ed Nessel
1994	Todd Samland	1999	Ron Johnson

2000s

2000	Frank L. Thompson	2001	Mel Goldstein
2002	Jim Montgomery	2003	Bob Bruce
2004	Scott Williams	2005	Mark Moore
2006	Sue Welker	2007	Kris Houchens

RECIPIENTS OF THE USMS CLUB OF THE YEAR AWARD

This award recognizes clubs that embody the mission of USMS - Health, Competition, and Community. A club that embodies these attributes is recognized in the hopes that others may look to them as a benchmark on which to base all other clubs.

- 2006 YMCA Indy SwimFit
- 2007 Walnut Creek Masters

**RECIPIENTS OF THE JUNE KRAUSER USMS
COMMUNICATIONS AWARD**

This award is given in honor of June Krauser, the first national newsletter editor for United States Masters Swimming, who pioneered communications within USMS. This award is given annually by the USMS Communications Committee in recognition of outstanding contribution to communications within USMS.

- 2005 June Krauser
- 2006 Lynn Hazlewood
- 2007 Julie Heather

RECIPIENTS OF THE NEWSLETTER OF THE YEAR AWARD

This award is presented annually to the most outstanding LMSC or club newsletter.

1994	<i>Gulf Masters Newsletter</i>	Gulf LMSC	Sheila Baskett
1995	<i>Swimmer's Source</i>	Southern Pacific LMSC	Bonnie Adair & Clay Evans
1996	<i>NEM News</i>	New England Masters	Tom Lyndon
1997	<i>The Record Times</i>	Davis Aquatics	Nancy Ottom & Cathy Carr West
1998	<i>The Florida Newsletter</i>	Florida LMSC	Jim Donnelly
1999	<i>Barracuda Bulletin</i>	Tualatin Hills Barracudas	Bill Volckening
2000	<i>The WetSet</i>	Pacific Northwest LMSC	Sandy McNeel
2001	<i>West Hollywood Aquatics Newsletter</i>	West Hollywood Aquatics	Carl Anhalt
2002	<i>The Watershed</i>	Dynamo Swim Club	Maria Karanungen & David Shinn
2003	<i>Splash Master</i>	Inland Northwest LMSC	Doug Garcia
2004	<i>Aqua-Master</i>	Oregon LMSC	Dave Radcliff
2005	<i>The WetSet</i>	Pacific Northwest LMSC	Paul Freeman
2006	<i>WH2O</i>	West Hollywood Aquatics	Dan Adams
2007	<i>Aqua-Master</i>	Oregon LMSC	Dave Radcliff

**RECIPIENTS OF THE RALEIGH AREA MASTERS
NATIONAL CHAMPIONSHIP AWARD**

This award is presented annually to the person who has contributed the most to USMS national championship meets.

1993	Paul Windrath, Wayde Mulhern, June Krauser
1994	Gene Donner, George McVey, Betty Barry, Tom Boak
1995	John Zell, Mel Goldstein
1996	Ted Haartz
1997	Sandi Rousseau
1998	Stu Marvin
1999	Jim Matysek
2000	Anneliese Eggert & Walt Eggert
2001	Hugh Moore & Jane Moore
2002	Carolyn Boak
2003	Mark Gill
2004	Hill Carrow
2005	Tracy Grilli
2006	Michael Moore
2007	Helen Brown & Bob Brown

WORLD CHAMPIONSHIP MEETS

Year	Date	Location	Swimmers
1986	7/12-16	Tokyo, Japan	3400
1988	10/9-16	Brisbane, Australia	3594
1990	8/6-13	Rio de Janeiro, Brazil	1685
1992	6/25-7/5	Indianapolis, Ind., USA	2406
1994	6/4-10	Montreal, Canada	3474
1996	6/23-7/2	Sheffield, England	3837
1998	6/19-27	Casablanca, Morocco	1954
2000	7/27-8/9	Munich, Germany	6184
2002	3/21-4/3	Christchurch, New Zealand	2386
2004	6/3-31	Riccione, Italy	6306
2006	8/3-17	Stanford, Calif., USA	5535
2008	5/15-25	Perth, Australia	

USMS NATIONAL CHAMPIONSHIP MEETS

Short Course Championships				Long Course Championships		
Year	Date	Location	Swimmers	Date	Location	Swimmers
1970	5/2-3	Amarillo, Tex.	46			
1971	5/7-8	Amarillo, Tex.	108			
1972	5/19-21	San Mateo, Calif.	325	8/11-13	Bloomington, Ind.	188
1973	5/18-20	Santa Monica, Calif.	500	8/10-12	Chicago, Ill.	500
1974	5/17-19	Ft. Lauderdale, Fla.	561	9/6-8	Santa Clara, Calif.	584
1975	5/16-18	Ft. Lauderdale, Fla.	663	8/29-31	Knoxville, Tenn.	394
1976	5/14-16	Mission Viejo, Calif.	800	8/27-29	St. Louis, Mo.	514
1977	5/13-15	Ft. Lauderdale, Fla.	611	8/25-28	Spokane, Wash.	525
1978	5/19-21	San Antonio, Tex.	560	8/31-9/3	Providence, R.I.	540
1979	5/4-7	Mission Viejo, Calif.	1020	8/23-26	Dearborn, Mich.	689
1980	5/16-18	Ft. Lauderdale, Fla.	875	8/29-9/1	Santa Clara, Calif.	987
1981	5/23-26	Irvine, Calif.	1209	8/13-16	Canton, Ohio	741
1982	5/21-24	The Woodlands, Tex.	910	8/26-29	Portland, Ore.	915
1983	5/28-31	Ft. Lauderdale, Fla.	1208	8/25-28	Indianapolis, Ind.	908
1984	5/26-29	Industry Hills, Calif.	1227	8/23-26	Raleigh, N.C.	840
1985	5/10-13	Milwaukee, Wisc.	1021	8/17-20	Providence, R.I.	800
1986	5/15-18	Fort Pierce, Fla.	1231	8/21-24	Portland, Ore.	933
1987	5/15-18	Stanford Univ., Calif.	2328	8/21-24	The Woodlands, Tex.	872
1988	5/19-23	Austin, Tex.	1405	8/25-28	Buffalo, N.Y.	1071
1989	5/4-7	Boca Raton, Fla.	1755	8/17-20	Grand Forks, N.D.	586
1990	5/18-21	Los Angeles, Calif.	1592	8/17-20	The Woodlands, Tex.	829
1991	5/16-19	Nashville, Tenn.	1529	8/22-25	Elizabethtown, Ky.	720
1992	5/21-24	Chapel Hill, N.C.	1502	8/20-23	Federal Way, Wash.	1150
1993	5/20-23	Santa Clara, Calif.	2055	8/19-22	Minneapolis, Minn.	1085
1994	5/13-16	Tempe, Ariz.	1912	8/25-28	Buffalo, N.Y.	716
1995	5/18-21	Ft. Lauderdale, Fla.	1992	8/24-27	Gresham, Ore.	1010
1996	5/9-12	Cupertino, Calif.	2048	8/21-25	Ann Arbor, Mich.	1176
1997	5/15-18	Federal Way, Wash.	1438	8/14-17	Orlando, Fla.	881
1998	5/7-10	Indianapolis, Ind.	1738	8/20-23	Ft. Lauderdale, Fla.	922
1999	5/13-16	Santa Clara, Calif.	2060	8/19-23	Minneapolis, Minn.	949
2000	4/27-30	Indianapolis, Ind.	1390	8/17-20	Baltimore, Md.	1380
2001	5/17-20	Santa Clara, Calif.	1850	8/16-19	Federal Way, Wash.	959
2002	5/14-17	Honolulu, Hawaii	1103	8/16-19	Cleveland, Ohio	1022
2003	5/15-18	Tempe, Ariz.	1922	8/13-17	Rutgers, N.J.	871
2004	4/22-25	Indianapolis, Ind.	1564	8/12-15	Savannah, Ga.	1084
2005	5/19-22	Ft. Lauderdale, Fla.	1620	8/10-14	Mission Viejo, Calif.	1109
2006	5/4-7	Coral Springs, Fla.	1276	Not held - World Championships		
2007	5/17-20	Federal Way, Wash.	1456	8/10-13	The Woodlands, Tex.	911
2008	5/1-4	Austin, Tex.		8/14-17	Mount Hood, Ore.	
2009	5/7-10	Clovis, Calif.		8/6-10	Indianapolis, Ind.	

USMS ANNUAL MEETINGS AND NATIONAL 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, Tex.	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 Don- nelly S, Reg Richardson T, Bobbi Turcotte ZC
1983	Cincinnati, Ohio	Michael A. Laux P, Verne Scott VP, Dorothy Don- nelly S, Reg Richardson T, Gail Dummer ZC
1984	Indianapolis, Ind.	Michael A. Laux P, Verne Scott VP, Dorothy Don- nelly S, Reg Richardson T, Gail Dummer ZC
1985	Phoenix, Ariz.	Michael A. Laux P, Verne Scott VP, Dorothy Don- nelly S, Reg Richardson T, Dore Schwab ZC
1986	Fort Worth, Tex.	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
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, Tex.	Mel Goldstein P, Jim Miller, M.D. VP, Suzanne Rague S, Lucy Johnson T, Betsy Durrant ZC

USMS ANNUAL MEETINGS AND NATIONAL OFFICERS

(Continued)

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/Ft. Worth, Tex.	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 Copland P, Mark Gill VPMS, Michael Heather VPCS, Leo Letendre VPNO, Julie Heather VPLO, Meg Smath S, Tom Boak T.
2007	Anaheim, Calif.	Rob Copland P, Mark Gill VPMS, Michael Heather VPCS, Leo Letendre VPNO, Julie Heather VPLO, Meg Smath S, Tom Boak T.
2008	Atlanta, Ga.	
2009	Chicago, Ill.	
2010	Dallas, Tex.	
2011	Jacksonville, Fla.	
2012	Greensboro, N.C.	

INDEX

A

- Ad Hoc Committees 89
- Administrative referee 17
- Advertising 14
- Affiliate members 77
- Affiliation
 - LMSC 52
- Age
 - determining date 6, 58
 - eligibility 51
 - groups 6
 - open water long distance events 58
- Aggregate time x, 8
- Alcohol 14
- All-American 6, 38, 40
 - one-event registration 51, 57
 - open water long distance 69
- All-Star Team
 - open water long distance 70
- Allied members 77
- Alphabetical directory 161–172
- Altitude 135
- Amendments 93
 - adoption 94
 - action 94
 - emergency 95
 - FINA 95
 - legislation 94
 - open water long distance 94
 - rules 94
 - USA Swimming 95
 - effective date 95
 - jurisdiction 93
 - multiple committees 94
 - modification 94
 - submission 93
 - authorization 93
 - deadline 93
 - format 93
 - publication of 93

- summary 96
- Announcer 27
 - open water events 63
- Annual meeting
 - history 179–180
- Appeals 74
- Appointments 84
- At-Large Directors 83
- Automatic timing equipment 46
- Awards 12
 - Club of the Year 176
 - Coach of the Year 176
 - Communications 176
 - David Yorzyk Memorial 175
 - disqualifications 15
 - Fitness 175
 - June Krauser 176
 - national championships 36
 - Newsletter of the Year 177
 - open water long distance
 - national championships 69
 - open water long distance events 58
 - Raleigh Area National Championship 178
 - Ransom J. Arthur 173
 - ties 12
 - USMS History 173–182

B

- Backstroke 3
 - finish 4
 - flags 45
 - start 3
 - stroke 3
 - turns 3
- Blind swimmers 48
- Board of Directors 83, 153
 - election and term of office 83
 - meetings 84
 - membership 83

INDEX

- powers 84
- quorum 84
- vacancies 84
- voting privileges 84
- Body x
- Breaststroke 2
 - finish 2
 - kick 2
 - start 2
 - stroke 2
 - turns 2
- Bulkhead
 - pool length 42
- Butterfly 2
 - finish 3
 - kick 3
 - start 2
 - stroke 2
 - turns 3
- C**
- Calm x
- Canceled events 13
- Censure 74
- Certification
 - bodies 127
 - officials 16
- Championship Committee 85, 155
- Championships
 - World 178
- Clerk of course 26
 - open water events 63
- Club x
 - affiliation 8
- Club Members 52–53, 77
- Club of the Year award 176
- Coaches Committee 85, 156
- Coast Guard 60
- College Swimming Officials Association
 - certifying body 127
- Colonies Zone 154
- Committees 155
 - ad hoc 89
 - appointments 89
 - controller 89
 - coordinators 89
 - convention 89
 - insurance 89
 - rule book 89
 - internal auditor 89
 - legal counsel 90
 - liaisons 90
 - special assignments 90
- executive 84, 93
- standing 85
 - championship 85
 - coaches 85
 - communications 85
 - finance 86
 - fitness 86
 - history and archives 86
 - international 87
 - legal counsel 90
 - legislation 87, 93
 - marketing 87
 - officials 87
 - open water long distance 87, 93
 - publications management 86
 - recognition and awards 88
 - records and tabulation 88
 - registration 88
 - rules 88
 - sports medicine and science 88
 - zone 88
- Communications 176
- Communications Committee 85, 156
- Competition 6–50, 51
 - open xi
- Conduct
 - rules and regulations
 - compliance 74
 - enforcement 74
 - standards of 73
 - unsporting 74
- Contact
 - physical
 - nonconsensual 74
- Corporation x

-
- Counters 8, 12
Course x
 long x
 short x
- D**
- David Yorzyk Memorial award 175
Deadline
 amendments 93
 filing protests 16
 national championships 28, 33
 records 38
 Top 10 times 38
Deaf swimmers 48
Deception 74
Deck
 entry x
 equipment 43
 seeding xi
 national championships 34
Dedication ii
Delay
 deliberate 15, 19
Denial
 membership 74
Directory 153
Disabled swimmers 47–50
Discrimination 74
Dishonesty 74
Display board 47
Disqualification 14
 false start 18
 jurisdiction 14
 notification 14
 open water events 63
 relays 5
 scoring 13
Dissolution 91
distance, long 57
Dixie Zone 154
Dorothy Donnelly USMS Service
 award 174
Drafting 64
 open water long distance 63
Drafting/Slipstreaming x
- Drugs 14
Dual meet x
- E**
- Effective date 1
 amendments 95
Eligibility
 age 6, 51
End x
Endowment fund board of govern-
 nors 159
Enforcement
 rules and regulations 127
Entry
 fees 7
 national championships 33
 form
 national championships 33
 open water long distance na-
 tional championships 67
Equal opportunity 78
Equipment
 national championships 37
Escorted swims 61
Events x, 7
 fitness x, 56
 limit 7
 national championships 31
 relays 5
 long course meters 7
 open water long distance 58
 distance-based 59
 national championships 65
 pool 58
 postal 59
 straightaway events 62
 time-based 59
 short course
 meters 7
 yards 7
Executive Committee 84
 amendments 93
 jurisdiction 93
 recognized events 56
Expellment 74
-

F

Facilities

- national championships 37
- standards 41

False start 18

Federation of High School Swimming Officials
certifying body 127

Fees 90

- entry 7
- national championships 33
- open water long distance national championships 67
- registration 51
- sanction 53
- transfer 53

Financial policy

- fiscal year 90

FINA x, 54, 74

- amendments affecting USMS rules 95
- difference between USMS rules and 133
- drugs 14

Finals

- timed 8

Finance Committee 86, 156

Finances

- open water long distance national championships 66

Financial policy 90

- budget requests 90
- fees 90

Fines 74

Finish

- backstroke 4
- blind swimmers 48
- breaststroke 2
- butterfly 3
- freestyle 4
- individual medley 5
- open water
 - in-the-water 62
 - out-of-the-water 62

straightaway 62

physically disabled swimmers 50

First day of meet x

Fiscal year 90

Fitness

Committee 56

events x, 56

Fitness award 175

Fitness Committee 86, 156

Food

- open water swim 61
- open water swims 68

Foreign swimmer x

Foreign swimmers 51, 53
national championships 32

Foul x

Fraud 74

Freestyle 4

- finish 4
- relay 5
- start 4
- stroke 4
- turns 4

G

Gesture

- obscene 74

Glossary x–xii

Goals and objectives viii

Great Lakes Zone 154

H

Hearings 74

Heat x

Heats

- assignments 9
- seeding
 - alternate ends 9
 - fast-to-slow 9
 - minimum swimmers 9
 - slow-to-fast 9
 - two-to-a-lane 10–11

History 173

History and Archives Committee
86, 157

Horizontal x

House of Delegates 80
meetings of 81
membership 80
powers 80, 84

I

Incomplete race
open water 64

Indemnification 90
coverage 90
insurance 91

Individual events
age groups 6
meet results 136

Individual medley 4
finish 5
start 4
stroke 4
transitions 4
turns 4

Individual members 51–52, 77
application form 51
liability release 51
membership fee 51
representation 52

Infraction signal 20

Initial distance x, 25

Insurance 91

Integrity of results
postal events 65

International 175

International Committee 87, 157

International Masters Swimming
Hall of Fame inductees 175

International Swimming Hall of
Fame inductees 174

IOC x, 14

J

Judge 14, 19
chief 19

open water events 63

relay takeoff 14, 20

stroke 16, 19

turn 16, 19

open water national champion-
ships 67

June Krauser USMS Communica-
tions award 176

Jurisdiction

LMSC 74

National Board of Review 75

officials 14

open water events 63

open water long distance
sanctions 57

stroke and turn judges 20

K

Kick

breaststroke 2
in butterfly 2

butterfly 3

dolphin 2

physically disabled swimmers 50

scissors xi

L

Ladders 43

Lane x

assignments 8, 9

lines x, 44

markers x

numbers 43

width 42

Language

obscene 74

threatening 74

Last day of meet x

Leg xi

Legislation 94

committee

amendments 93

Legislation Committee 87, 157

jurisdiction 93

INDEX

- Length xi
- Liability release 51, 56
 - statement for open water 57
- Liaisons 159
- Lighting 44
 - national championships 44
- LMSC xi, 78
 - abbreviations 146
 - annual meeting 78
 - boundaries 148–152
 - descriptions 78
 - bylaws 78
 - filing of 78
 - chairs 154
 - championship meets 78
 - changing affiliation 52
 - election of officers 78
 - financial controls 78
 - membership 78
 - numeric codes 146
 - records and record keeping 78
 - responsibility
 - records 38
 - Top 10 times 38
- Long course x
- Long course (50) meters 179
 - age determination 6
 - age groups
 - relays 6
 - events 6, 7
- Long distance
 - national championships
 - contact information 143
- Loudspeaker 17, 46
- M**
- Malfunction xi
- Mandatory membership 77
- Mark xi
- Marketing Committee 87, 157
- Marshals 26
- Masters xi
- May xi
- Medical
 - equipment 41
 - evacuations 60
 - examination 41
- Medley
 - relay 5
- Meet xi
 - committee 15, 16
 - director 16
 - national championships 37
 - open water long distance events 63
 - dual x
 - evaluator
 - open water long distance national championships 67
- Meet director
 - open water long distance 59
 - national championships 67
- Meet personnel 16–27
- Membership xi, 51–53, 77, 83
 - annual 51, 52
 - applications 51
 - categories 77
 - affiliate 77
 - allied 77
 - club 77
 - individual 77
 - other 77
 - clubs 52
 - equal opportunity 78
 - fee 51, 52
 - forms 52
 - individuals 51, 77
 - liability release 51
 - mandatory 77
 - one-event 51
 - representation 52
- Mentally impaired swimmers 49
- Mission statement viii
- Mixed relays 5
- Multiple swimmers per lane 64
- Must xi
- N**
- National Board of Review 74
 - authority 75

chair
 authority 76
National Championships 179
 affiliation 32
 alternative schedules 31
 awarding of 27
 categories 27
 contact information 143
 contract 28
 entry
 deadline 33
 fees 33
 form 33
 evaluation 28
 event limit 31
 foreign swimmers 32
 general meeting 29
 heat sheets 29
 long course 27
 long distance
 contact information 143
 officials 37
 open water long distance 65
 events 65
 payments 28
 personnel 37
 program 29
 protest 36
 qualifying times 31
 altitude adjustment 32
 report 28
 results 36
 rotation system 31
 schedule 143–144
 scoring 35
 short course 27
National Office 153
NCAA Swimming
 differences between USMS rules
 and 129
Newsletter of the Year award 177
Notification
 disqualification 14

O

Oceana Zone 155
Officers 81
 duties of 82
 elections and terms of office 82
 national
 history 180–181
 positions 81
 USMS
 history 180, 181
 vacancies 82
Officials 16
 certification of 16
 judges 16
 national championships 37
 open water events 63
 referee 16
 duties 17
 starter 16, 17
Officials Committee 87, 157
Official time 23, 25
Olympics 54
One-event registration 51, 57
Open water long distance 94
 committee
 amendments 93
 events 58
 open water 58
 governing bodies 57
 national championships 65
 bid rotation system 66
 bids 66
 rules 57–71
Open Water Long Distance Com-
 mittee 87, 158
 jurisdiction 93
Organizational chart 160
Organizing principles viii
Other members 77

P

Pace clock 46
Pacing device 14, 63
Paddlers

INDEX

- open water long distance national championships 68
 - Parliamentary authority 90
 - Participation 73
 - Personnel 16
 - national championships 37
 - Physically disabled swimmers 49
 - Places 11
 - open water long distance events 65
 - Pool xi
 - bottom lane markers 43
 - depth 42
 - end wall targets 43
 - length 42
 - long distance events 64
 - measurement 38
 - recirculation system 43
 - temperature 43
 - walls 42
 - Postponement 13
 - Pre-seeding xi
 - Preamble viii
 - Press steward 27
 - Primary timing system 22
 - Probation 74
 - Program
 - change 13
 - Propulsion xi
 - Propulsive xi
 - Protection 73
 - Protests 15
 - interpretation of rules 15
 - national championships 15, 36
 - open water long distance 68
 - Publications Management Committee 86, 158
- Q**
- Qualifying times 6, 31
 - altitude adjustment 32, 135
- R**
- Raleigh Area Masters National Championship award 178
 - Ransom J. Arthur award 173
 - Recall device 19, 46
 - Recall rope
 - operator 19
 - Recognition
 - denial 56
 - Recognition and Awards Committee 88, 158
 - Recognized events xi, 6, 16, 38, 54–56
 - Recorder 22
 - Recorder of records 27
 - Records 38, 97
 - application 136
 - corrections 97
 - discrepancies 97
 - effective dates 97
 - errata 97
 - men's 107–115
 - national 39
 - one-event registration 51, 57
 - open water long distance
 - individual 122–124
 - team 125–126
 - relay
 - men's 118–119
 - mixed 121–122
 - women's 116–117
 - women's 98–106
 - world 41
 - Records and Tabulation Committee 88, 158
 - Referee 14, 16
 - administrative 17
 - disabled swimmers 17, 48
 - duties 17
 - open water events 63
 - Registration xi
 - Registration Committee 88, 158
 - Relay 5, 8
 - age groups 6
 - long course meters 6
 - short course meters 6
 - short course yards 6

-
- disqualifications 5
 - event limits 5
 - freestyle 5
 - long distance 60
 - medley 5
 - mixed 5
 - open water 60
 - rules 5
 - Relay events
 - meet results 136
 - Required personnel 16
 - Results 8, 22, 38, 39, 40
 - national championships 36
 - open water long distance national championships 68
 - preparation of 136
 - Rules 94
 - Committee
 - amendments 93
 - Rules Committee 88, 159
 - jurisdiction 93
 - S**
 - Safety 1, 41
 - automatic timing equipment 46
 - coordinator
 - open water events 63
 - electrical 47
 - open water 60
 - Sanctioned events xi, 6
 - USMS and USA Swimming 57
 - Sanctions 53–54
 - denial 54
 - Schedule 143
 - international meets 143
 - national meets 143
 - SCN xi
 - Scorer
 - open water events 63
 - Scoring 12–13
 - disqualifications and 13, 15
 - divisions
 - open water long distance national championships 69
 - national championships 35
 - open water long distance national championships 68
 - ties 12
 - Scratch 8
 - penalties 8
 - procedures 8
 - Scratches xi
 - Secondary timing system 22
 - Seeding xi, 8
 - 50-meter course 9
 - alternate ends 9
 - fast-to-slow 9
 - national championships 34
 - open water 62
 - slow-to-fast 9
 - two-to-a-lane 10–11
 - Shall xii
 - Short Course 179
 - Short course x
 - Short course (25) meters
 - age determination 6
 - age groups
 - relays 6
 - events 6, 7
 - Short course (25) yards
 - age determination 6
 - age groups
 - relays 6
 - events 6, 7
 - Should xii
 - Signal
 - warning xii
 - Smoking 16, 44
 - Solo open water swims 58, 63
 - South Central Zone 155
 - Southwest Zone 155
 - Special appointments 159
 - Split time xii, 25
 - records 39, 40
 - Sports Medicine and Science Committee 88, 159
 - Standing Committees 85
 - Start 1–5
 - backstroke 1, 3
 - blind swimmers 48
-

INDEX

breaststroke 2
butterfly 2
commands 1
forward 1
freestyle 4
individual medley 4
manual xi
open water 61
 running 62
 stationary 61
physically disabled swimmers 49
Starter 16, 17
 open water events 63
Starting
 commands 1, 18
 loudspeaker system 46
 optional instructions 18
 platform x, 44
 signal 48
 open water 62
Straightaway events 58
Stroke
 backstroke 3
 breaststroke 2
 butterfly 2
 freestyle 4
 individual medley 4
 physically disabled swimmers 50
Submitted time xii
Suspension 74
Swimwear 14
 open water events 62
 open water long distance national
 championships 67

T

Tapper 48
Team xii
 open water long distance 59
 national championships 66
 point basis 59
 time/distance basis 59
Tertiary timing system 23
Time
 aggregate x, 8

 official 23, 25
Timed finals xii, 8
Timer 16
 chief 20
 head lane 20
 lane 21
 open water events 63
Timing
 accuracy 23
 adjustment 23
 heat malfunction 24
 lane malfunction 23
equipment 22
 automatic 22
 manual 22
 operator 21
 semi-automatic 22
judge 21
long distance
 pool events 65
 open water 65
timing device 63
Tobacco 14, 16
Tolerance
 pool length 42
Top 10 Times 6, 38, 39
 one-event registration 51
Touch xii
Touchpads 46
 pool length 42
Transfer 52
 recognition 55
 sanctions 53
Travel permits 53
Trials/finals format 7, 8, 128
Turns
 backstroke 3
 blind swimmers 48
 breaststroke 2
 butterfly 3
 freestyle 4
 individual medley 4
 physically disabled swimmers 50

U

- Unattached status xii, 8, 52
- Unsporting conduct 14, 63
- USAS xii
- USA Swimming
 - amendments affecting USMS
 - rules 95
 - certifying body 127
 - differences between USMS and 127
- USMS xii
 - annual meetings 143
 - certifying body 127
- USMS Fitness Award 175

W

- Wall xii
- Warm-up/warm-down 6
- Warning signal 19
- Water
 - still xii
- water, Open 57–71
- Wetsuits
 - open water long distance national championships 67
- Whistles 1
- World championships 178
- Wrist watch 63

Y

- YMCA
 - certifying body 127

Z

- Zone xii, 145–152
 - boundaries 79, 145
 - chairs 154
 - championship meets 79
 - committee 88, 159
 - communication 79
 - meetings 79
 - policies 79
 - representatives 79, 154–155

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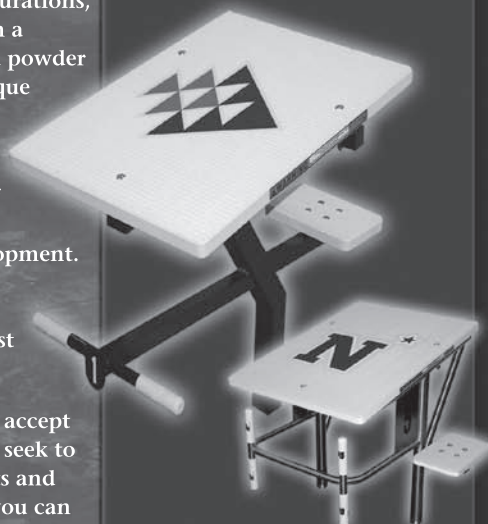


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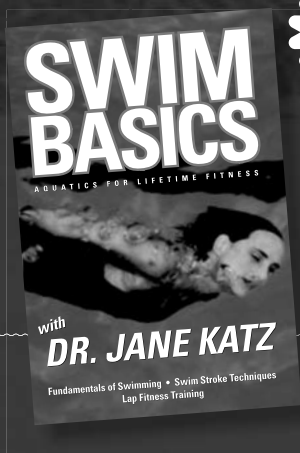


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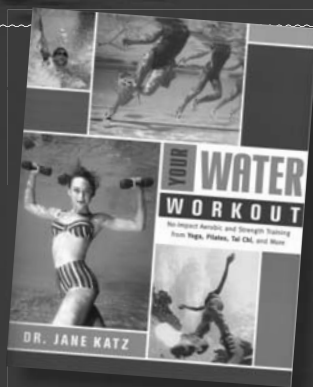
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Edith M Hendry
1911-2007

Edith Hendry, one of St. Louis Area Masters' oldest and most accomplished swimmers, holds six world records in the 95-99 age group. She last competed in July 2007, where she set world records in the 50, 100 and 200 long course meter backstroke events. Edith also demonstrated her endurance by participating twice in the USMS One Hour Postal Championships. She competed in many National Senior Games, USMS Nationals and every St. Louis Senior Games since the inaugural games 28 years ago.



She attributed much of her resiliency to her swimming. She was featured in a recent St Louis Post Dispatch newspaper article saying that years and problems slip away when she is in the water. "It's wonderful. I can kick my legs for all I'm worth; push off the wall and nothing ever hurts. It's the healthiest exercise there is for an older person. It's great for your bones, muscles and your mind."

Edith was an award-winning cook and a great dancer. Before her retirement, she was bookkeeper for the Hazelwood School District. If there was a puzzle to be solved, she could do it and she always remembered your name.

Edith was the eldest of six children and is survived by two brothers, two sons, five grandchildren and six great-grandchildren.

Paul Howell, Jr.
1944-2007

Paul lived life with a passion as an avid biker, swimmer and runner. Paul completed the Ironman Triathlon in Kona, Hawaii, four times. He was a top 10 finisher in his age group at one of the competitions. Paul was a member of the Noblesville Masters Swim Team (NASTI) and competed in various Masters swim meets.



In addition to his own personal sports interests, Paul coached Little League in Noblesville, Ind., during his sons' youth. Paul was committed to physical fitness and the competition of sports.

Paul is survived by his wife Janet, three sons, a granddaughter, two sisters and two brothers.

Jack Buchannan

1933 – 2007

Jack was a teacher and coach at Englewood High School in Englewood, Colo. Jack was founder of Colorado Masters Swimming as well as coaching two Masters teams in the early 70s. He hosted the first Colorado Masters State Meet in 1972, and he took a team to nearly all of the national meets since 1974. He served USMS on many committees throughout the years. In Colorado, he served many years developing and promoting Masters swimming as well as serving as registrar until 2004. He was also a mentor and coordinator for many COMSA activities throughout the years. He loved people and never knew a stranger.



Jack's warm heart, beaming smile, unwavering friendship and enthusiasm for life will be missed by all. A man who lived and breathed swimming for longer than most of us have been around left us this year. Jack Buchannan left for a much better pool. No chlorine, not too hot, not too cold and never more than two in a lane!

Jack is survived by his wife Peggy, two children, four stepchildren and a brother.

Dave Parcels

1958-2007

David Parcels was an accomplished athlete. After completing the 1989 Hawaii Ironman and sustaining multiple knee surgeries, he focused his athletic skills on open water swimming. Dave was the first amateur to compete in the 15-mile cross Long Island Sound in 2000. Later that month he completed his first solo crossing of the English Channel. Two years later he made a successful double crossing of the channel, with a time of 21 hours, 30 minutes.



While pushing his body to the next limit, David always combined his athletic skills with a special personality to raise funds for charity. The charity closest to Dave's heart was the St. Vincent's Medical Center in Bridgeport, Conn. Through the years, David raised over \$140,000 for the charity and touched just as many hearts with his infectious personality.

Dave Parcels was blessed with the skill to involve so many people he came in touch with: He brought anyone interested in open water swimming into the sport at their level and helped them strive toward their next level. David continued to the end to focus on pushing his body to the next comfort zone and was a role model to all ages.

Dave is survived by a son and daughter.

Barbara Thomas **1959-2007**

Barbara Thomas loved working with Pacific Masters. She served on the USMS Finance Committee and was the vice president of administration for Pacific Masters. In 2006 she was also the treasurer of the XI FINA World Masters Championships. She was instrumental in making the relay day at the championships a success. She spent many hours trying to guess how many swimmers would swim and which events they would swim.

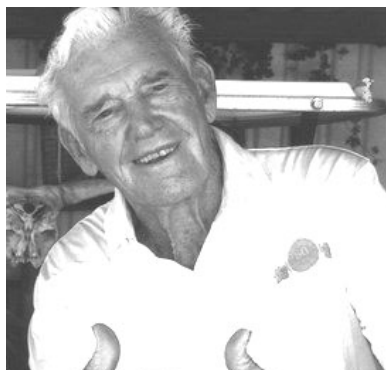


Barbara worked at Crosslink Capital, from 2000 to 2007, and recently started a new job at Saints VC. She enjoyed life to the fullest, especially when she played golf, and was thrilled to get an eagle in front of her son. She also enjoyed her referee "calls" with Mustang soccer in Danville, and her "extra" time with the East Bay Astronomical Society.

Barbara died after a short battle with lung cancer. She is survived by her husband William, a son, her mother, a brother and sister.

Julian William **"Tex" Robertson** **1909-2007**

Tex was a member of the 1932 U.S. Olympic Team, and while at Michigan, won Big 10 and NCAA championships. In 2003, he was inducted into the International Swimming Hall of Fame. As the first men's swimming and diving coach at the University of Texas, he led the Longhorns to Southwest Conference Championships during each of his 13 seasons in Austin.



Among his pupils were Adolph Kiefer, Ralph Flanagan, Skippy Browning and Eddie Gilbert. Notably, the International Swimming Hall of Fame credited Robertson for developing the "flip turn" in his training of Kiefer in preparation for the 1936 Summer Olympics.

Robertson was known for his tireless devotion to the sport, which perhaps was best reflected in his creation of "Camp Longhorn." The camp was interrupted in 1941, when Robertson enlisted in the navy at the outset of World War II and transferred to San Diego, Calif., to teach survival swimming skills to new recruits. He trained "frogmen," a forerunner to today's Navy Seals, in underwater demolition tactics.

He remained an active swimmer and competed in the U.S. Masters swimming program until just a few years ago.

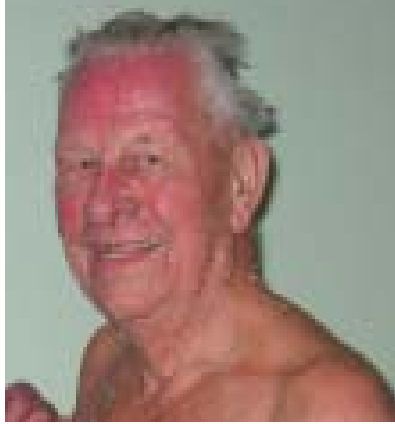
He is survived by his wife, Pat, their five children, 18 grandchildren and four great-grandchildren.

Eugene (Gene) Crossett **1913 – 2007**

Gene will be remembered for his swimming at the University of Washington from 1932-1935, starting when the program was just a year old. He didn't break into the Masters record books until 1980 and since that time achieved 26 world Top 10 and 155 USMS Top 10 places. He achieved All-American status four times, most recently in 2005. He currently holds 38 PNA records spanning 15 years and four age groups.

Even in his 90s, Gene always executed a perfect dive, quietly showing us that age need not be a barrier to fitness and sport. According to his daughter, Gene was still working out just seven days before his death. Gene was youthfully excited prior to meets and retained that excitement afterward. He always thanked officials and volunteers for their efforts. He chattered to and from a meet about swimmers, events and times and about how well he had been treated at the meet.

Every day for nearly 30 years, Gene did his 1000-yard workout with snorkel and pull buoy indoors at Meadowbrook Pool in the winter and outdoors at View Ridge Pool in the summer. His teammates relate that they could set their watches by his arrival time.



Kevin Nash **1964 - 2007**

Kevin joined the Broomfield Breakers workout group in September 2003. He soon became the coach and the force behind the name "Bee Gees." He had a tremendous impact on the Colorado swimming community as an active COMSA member and advocate for youth swimming. As a Masters swimmer, Kevin was a SCY State Championship high point winner, member of the Colorado National Championship Team in 2005 and was a USMS Top 10 swimmer. Kevin was on the board of COMSA.



His love of swimming started as a young child growing up in Long Island and California. He was a high school All-American and was an NCAA and U.S. National Champion at University of California-Berkeley. Kevin was also a very successful businessman and attorney. He graduated from Golden Gate University School of Law. He also started his own business, Nash Business Partners, LLC.

One fellow Bee Gees swimmer said, "I probably spent less than 20 hours of my life with Kevin, yet he had a great effect on me and my family. I believe that Kevin had more fun and joy in his short 43 years than most of us will ever have."

Jewel Cooke **1908-2007**

Jewel started swimming with USMS in 1980 at the age of 72 after she retired from teaching and coaching. In 21 years of Masters swimming, Jewel set 47 national records and 24 world records in four different age groups. She was a 10-time All-American and three-time All Star. She achieved 74 number one swims in the USMS Top 10 and 33 number one swims in the world Top 10. She was the first woman to complete a 200 fly and 400 IM in the 90-94 age group.

Her granddaughter said, "It has always brought great pleasure in typing 'Jewel Cooke' on Google and have my grandma fill in the first entire page of her accomplishments."

She was the Michigan AAU Coach of the Year three times (1967, 68, 71), was honored by the American Red Cross for 75 years of volunteer work and a nominee for the United Foundation Sports Women-of-the-Year Award. When she retired from age group coaching in 1976, she received a letter of commendation and congratulations from President Gerald Ford.

She will be remembered for her teaching of swimming, water exercise, and water safety, past AAU swimmers for her fantastic coaching, and Michigan Masters swimming for her record of accomplishments.



Anita Hazen **1926-2007**

Anita was a character and a big booster for competitive swimming, whether as an age-group mom, sitting through endless swim meets with her daughters Karen and Lisa (who swam for Arden Hills), or as a Masters swimmer in her own right (who was so well regarded for her help in putting on the races in past years that the 2007 Maui Channel Swim was named in her honor).

For many years, she made sure that the Senior Games in Sacramento were run according to USMS rules, so that participants' times would count for the USMS records. Anita had 69 USMS Top 10 rankings, at the same time her daughter Lisa was also earning Top 10 rankings — an unusual mother-daughter pair of champions!

Outside of swimming, she was also a community activist, working on Loaves and Fishes, meals for the homeless and needy. She played banjo with the Sacramento Banjo Band. She kept her nursing license current and was a member of the Sacramento Medical Auxiliary.

She always said what she thought, knew everyone and everyone knew her. She was a pepper!

Anita died after a short battle with pulmonary fibrosis. She is survived by her husband Andy, two daughters and a son.

Parry O'Brien

1932-2007

Parry joined USMS in 1987 and swam for teams from North Dakota to California. From 1995-2002, the Olympic shotputter swam with the San Diego Swim Masters. Most recently he represented the Southwest Masters in the SPMA LMSC. Parry turned in countless numbers of Top 10 swim performances over the past 20 years. Many of those performances were in butterfly events. He was an All-American long distance swimmer.

During the span of his track and field career, Parry was a world record holder and won a gold medal at the 1952 and 1956 Olympics. The "O'Brien Glide," a new 180 degree spin technique for throwing (putting) the shot, drastically changed the shot put event forever. O'Brien was inducted into USA Track and Field's Hall of Fame in 1974, the U.S. Olympic Hall of Fame in 1984 and USC's Athletic Hall of Fame in 1994.

He is survived by his wife, two daughters, two stepsons and seven grandchildren.

In Memoriam

Jeannette Eppley (Illinois)

William Kirar (Wisconsin)

Doreen Morris (Oregon)

John O'Keefe (Florida Gold Coast)

Ed Fulmer (Florida)

Jim Pinkerton (Missouri Valley)

George Bauman (Niagara)

Jon Steiner (Pacific)

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Amanda Weir
2-Time American Record Holder

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