



**U.S. MASTERS
SWIMMING**

**2016
Rule Book**

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2016
U.S. MASTERS SWIMMING
CODE OF REGULATIONS
AND
RULES OF COMPETITION

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usms.org/rules

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

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Cover Image: Rich Abrahams at the 2015 Nationwide USMS Spring National Championship in San Antonio, Texas. Photo by Mike Lewis/Ola Vista Photography.

Rule Book Dedication

In 2008, USMS's leadership set a plan in motion: Take the nearly 40-year-old, volunteer-run organization to the next level by hiring a professional staff to carry out strategic initiatives. The plan had been brewing for years, shepherded and supported by USMS's most respected leaders. After an exhaustive search, the Board of Directors hired Rob Butcher, a swimmer, Olympic Trials qualifier, and marketing professional from the world of car racing.

The new executive director's first tasks weren't for the faint of heart: Overhaul USMS's brand and logo, establish the first national headquarters, and hire a professional staff. With his unique blend of confidence, vision, and humor, and his ability to connect with people, Rob dived right in.

He started by talking with longtime volunteers, coaches, and swimmers across the country, soaking up organizational culture that had evolved from the early 1970s. Like all great leaders, he wanted to know where we came from in order to get an idea of where we were headed.

Over the next nearly eight years, Rob accomplished those early objectives and much more. Membership grew by more than 50 percent and revenue tripled. Existing membership benefits were dramatically improved and new benefits were added.

Understanding that many members' strongest connection to USMS was through their coaches, Rob helped drive the engine that created USMS's developing focus on coach support and education. He also saw opportunity in connecting USMS's charitable arm, the Swimming Saves Lives Foundation, with the staggering problem of adult drowning in the country, believing USMS uniquely qualified to be a national leader in adult learn-to-swim initiatives.

Rob's contributions to USMS are greatly appreciated, and the 2016 Rule Book is dedicated to him, with our very best wishes, as he embarks on a new journey with Swim Across America, a charitable organization that raises money for cancer research through swimming events.



Rob Butcher, USMS's executive director from 2008 to 2015, making friends on deck in San Antonio, at the 2015 Nationwide USMS Spring National Championship.

Mike Lewis/Ola Vista Photography

Previous Rule Book Dedications

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

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Vice President of Administration	Ed Tsuzuki
Vice President of Community Services	Frank “Skip” Thompson
Vice President of Local Operations	Chris Stevenson
Vice President of Programs	Chris McGiffin
Secretary	Chris Colburn
Treasurer	Ralph Davis
Past President	Nadine Day
Legal Counsel	Maria Elias-Williams

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Finance Assistant	Kathy Anderson

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Web Developer Nancy Kryka
Web Developer Jim Kryka

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Membership Manager Tracy Grilli

Professional Contractors

Education Coordinator Mel Goldstein
National Swims Coordinator Mary Beth Windrath
Open Water Compliance Coordinator Bill Roach

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

Vision Statement

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

Goals and Objectives

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

Core Objectives

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

Major Changes for 2016

Swimwear: At swim meets governed by Part 1, swimwear includes no more than two caps. (Article 102.12.1B)

Backstroke Ledge: Backstroke ledges may be used for backstroke starts in pools with water depth 4 feet or more at the starting end. The toes of both feet must be in contact with the end wall or face of the touchpad. (Articles 107.2.3A and 101.1.2B)

Video Confirmation of Disqualifications: Only video from cameras approved in writing prior to the competition by the chair of the USMS Officials Committee (and the USMS Championship Committee chair for national championship meets) may be used by officials to confirm or overturn a call made on the deck. (Article 102.13.15)

Freestyle in the IM and Medley Relay: A swimmer is not permitted to swim backstroke, butterfly, or breaststroke at any point after the feet leave the wall in the freestyle portion of the individual medley or the medley relay. A backstroke start is not permitted as an in-the-water start for the freestyle portion of the medley relay. (Article 101.5.2 interpretation to conform to FINA)

Pool One-Event Registration: One-event registration forms for pool events must include the statement “Times swum under one-event registration are not eligible for USMS Top 10 or records consideration.” (Article 201.1.3B)

Sanction/Recognition Fees: Beginning with competition in 2016, national sanctioning and recognition fees will be charged for both pool and open water/long distance events. LMSCs may continue to assess a local sanctioning/recognition fee. (Articles 202.1.1A[4], 202.2.1A, 203.3.2J)

Sanction Numbers: Sanction numbers are no longer required on paper entry forms; they may be included at an LMSC’s discretion. Entry forms may not be distributed and entries may not be accepted before an event has been sanctioned. (Articles 202.1.1A[2], 202.1.1B, 203.3.3B, 203.3.3D)

Transfer of Sanctioning Administration: If a club wishes to hold a pool meet outside the boundaries of the LMSC in which it is registered, the sanctioning LMSC (the LMSC within whose boundaries the meet will occur) may transfer its sanctioning administration to the hosting LMSC, provided both LMSCs agree to the transfer in writing. All fees and sanction obligations will be transferred to the hosting LMSC. (Article 202.1.1H)

Grievance Procedure: Denying a member the opportunity to host an event is now specified as grounds for a grievance. In addition, if an LMSC’s bylaws, rules, policies, or procedures preclude a USMS member from filing a grievance, the grievance may be filed directly with the National Board of Review. (Articles 401.2, 403.4.1D)

State of Incorporation: The state of incorporation for U.S. Masters Swimming has been changed from Ohio to Florida. (Articles 504.3.1, 506.4.2, 510.1)

Odd/Even Year Amendment Procedure: Amendments to all parts of the rule book may now be proposed every year and will be considered by the Rules, Legislation, Long Distance, or LMSC Development Committee, depending on jurisdiction. Previously, amendments to Parts 1 and 3 were considered only in even-numbered years and amendments to Parts 2, 4, 5, and 6, and Appendix D were considered only in odd-numbered years. (Article 601.4)

Glossary

- Administrative Referee**—an official certified as an administrative referee who supervises entries, seeding, determination of official times, results, and meet personnel assisting with these duties.
- Aggregate Time**—times achieved by four individuals in separate starts that are added together to arrive at a relay time for entry purposes.
- Anchored (Starting Platform)**—stable at all times without human aid.
- Arm**—that part of the body that extends from the shoulder to the wrist.
- Bulkhead**—moveable end wall of a course.
- Cable Swim**—a type of straightaway swim defined by a cable.
- Club**—an organization or group of permanent character that is a member of USMS, registered through an LMSC, and that actively promotes and/or participates in Masters Swimming.
- Corporation**—United States Masters Swimming Inc. (USMS).
- Course**—designated distance over which the competition is conducted.
- Long Course**—50 meters.
- Short Course**—25 yards or 25 meters.
- Deck-Entered**—all entries are accepted on the first or later day of that meet and subsequently seeded into events.
- Deck-Seeding**—with or without check-in, events seeded at the time of the event using entries received prior to or at the meet.
- Drafting**—in open water and long distance events, an individual swimming behind or next to a single swimmer or support craft for the purpose of taking advantage of the reduced water resistance.
- Dual Meet**—competition between two clubs.
- Electronic Timing Chip**—used to trigger the timing system and may not be used as an audible pacing device in swimming.
- End of the Course**—designated wall for racing turns or finishes.
- Escort Craft**—boats or paddle boards that accompany swimmers in an open water swim for safety and logistical support, including the person or people that staff them.
- Event**—any clinic, demonstration, series of races in a given stroke and distance, or meet: including pool, long distance, and open water.
- Event Director**—the person responsible for the administration and conduct of the event.
- Ex Officio Member**—a committee member, appointed by virtue of an office or position held, who has participatory rights of membership but no vote.
- FINA**—Fédération International de Natation (International Federation of Swimming).

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

Finish Point—the physical location where the race terminates.

Fitness Events—events designed to encourage and enhance fitness.

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

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

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

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

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

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

Horizontal—parallel to the level surface of the water.

IOC—International Olympic Committee.

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

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

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

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

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

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

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

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

LMSC—Local Masters Swimming Committee.

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

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

Mark—(take your) starting position.

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

May—permissive, not mandatory.

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

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

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

Must—mandatory.

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

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

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

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

Propulsive—having the power to propel.

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

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

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

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

Scissors Kick—use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick.

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

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

Session—any portion of a pool meet distinctly separated from other portions of the meet by locale, time, day, or type of competition; i.e., first day and

second day, morning and evening, etc., exclusive of a short break between events such as before the start of distance events or relays.

Shall—mandatory.

Should—recommended but not mandatory.

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

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

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

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

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

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

Touch—contact with the end of the course.

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

USA-S—USA Swimming Inc.

USAS—United States Aquatic Sports Inc.

USMS—United States Masters Swimming Inc.

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

Wall—the vertical portion of the pool, the contiguous surface of the deck and overflow gutters, the front portion of the starting block or platform, or the touchpad at the end of the course.

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

Wave—the second or subsequent start used if the start area cannot accommodate all contestants at the same time.

Will—consent to do, an expectation.

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

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

ARIANNA VANDERPOOL-WALLACE
2008, 2012 OLYMPIAN

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WELLNESS HAIR REMEDIES:

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- Repair Damaged Strands
- Improve Manageability
- Restore Body, Bounce & Shine
- Guarantee Hair Coloring Success
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PART 1: SWIMMING RULES

1

All provisions under *Part 1: Swimming Rules*, unless otherwise specified, are effective beginning January 1, 2016, 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 may take and maintain their positions with at least one foot at the front of the starting platform or the deck, or in the water. On the starter’s command, “Take your mark,” each swimmer shall immediately assume the starting position with at least one foot at the front of the starting platform or the deck. Each swimmer starting in the water must take the position on the wall with at least one hand in contact with the wall or starting platform and one foot in contact with the wall. A swimmer starting in the water may face any direction.

101.1.2 Backstroke Start

A Starting commands—At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear. At the referee’s first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall take their positions on the wall without undue delay.

B All courses—The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter before or after the start is prohibited. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

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

101.2 Breaststroke

101.2.1 Start—The forward start shall be used.

101.2.2 Stroke—After the start and after each turn when the swimmer leaves the wall, the shoulders must be at or past the vertical toward the breast. The swimmer is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn, and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start, and each turn.

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

101.2.3 Kick—After the start and after each turn, at any time prior to the first breast stroke kick, a single butterfly (dolphin) kick is permitted, following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements, or downward butterfly (dolphin) kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly (dolphin) kick.

101.2.4 Turns and Finish—At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish, an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

101.3 Butterfly

101.3.1 Start—The forward start shall be used.

101.3.2 Stroke—After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. (Note: After the start and after each turn, only one breaststroke kick is allowed prior to the arm pull that brings the swimmer to the surface.) It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.

101.3.3 Kick—All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. The breaststroke kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. Only one breaststroke kick is permitted per arm pull, except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull. A scissors kicking movement is not permitted.

101.3.4 Turns—At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

101.3.5 Finish—At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

101.4 Backstroke

101.4.1 Start—The backstroke start shall be used.

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

101.4.3 Turns—Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast, after which an immediate continuous single arm pull or an immediate continuous simultaneous double arm pull may be used to

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

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

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

101.5 Freestyle

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

101.5.2 Stroke—In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

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

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

101.6 Individual Medley

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

101.6.1 Start—The forward start shall be used.

101.6.2 Stroke—The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.

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 101.2.4. 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 rules for that stroke apply.

101.7.3 Rules Pertaining to Relays

A No swimmer shall swim more than one leg in any relay event.

B When automatic relay takeoff judging is used, all swimmers must touch the touchplate or pad in their respective lanes at the end of the course to have finished their legs of the relay.

C A swimmer other than the first swimmer shall not start until the previous swimmer's leg has been concluded.

D If a team member other than the swimmer designated to swim a particular leg jumps into or enters the pool in the area where the race is being conducted and before all swimmers of all teams have finished the race, both the offending swimmer and relay team shall be disqualified.

Note: An exception may be granted to a relay team member who wishes to enter the water to start from the water; this swimmer shall notify the starter and be careful not to disturb or interfere with another swimmer or the timing system pad when in use.

E All relay team members shall leave the water immediately upon finishing their legs, except for the last member.

Note: Swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may be allowed to hold on to the lane line until all relays have finished, allowing them to exit the pool more slowly or via the ladders at the conclusion of the race.

F The team of a swimmer whose feet have lost contact with the starting platform (ground, deck, or wall) before the preceding teammate touches the wall shall be disqualified.

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

101.7.4 See article 102.9 for additional relay rules.

ARTICLE 102: Swimming Competition

102.1 Eligibility

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

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

102.2 Age Determining Date

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

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

102.3 Age Groups

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

102.3.2 Relay Events

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

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

102.4 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 and backstroke starts 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 event conducted must be offered for all age groups and both genders. Any of the following events may be conducted.

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

Note: For nonconforming events, see article 202.1.1G(3). For open water and long distance events, see Part 3.

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) and shall compete not more than once in each individual event entered (unless 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 Entries

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

102.8 Scratch Procedures

It is the swimmer's responsibility to be informed of the meet starting time and to report to the proper meet authorities promptly upon call. Meet announcements and advance information shall specify check-in and scratch procedures for individual and relay events.

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

102.9 Relays

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

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

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

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

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

102.9.6 First and last names of eligible relay swimmers, their ages, and order of swimming shall be submitted to the clerk of course or to the head lane timer. Any changes in names of the competing swimmers or their order of swimming must be declared to the head lane timer prior to the start of the relay heat in which such relay team is entered. No changes will be permitted thereafter.

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

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

102.9.9 See article 101.7 for additional relay rules.

102.10 Lane Assignments—Seeding—Counters**102.10.1 Seeding Principles for Masters Competition**

A All short course meters events, long course meters events, and national championships shall be conducted on a timed-final basis. Other short course yards events may be conducted on a timed-final basis or other basis (e.g., trials/finals). In a trials/finals format, competitors shall be limited to three individual events per day.

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

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

102.10.2 Heat and Lane Assignments

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

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

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

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

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

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

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

Four Lanes: 2-3-1-4

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

102.10.3 Seeding of Events in a 50-Meter Course

- A Seeding of 50-meter events in a 50-meter course**—Fifty-meter events swum in a 50-meter course shall be seeded as provided above. If the event is started at the turning end of the course, no change in the lane numbering shall be made; i.e., the lanes shall be numbered the same on both ends of the course.
- B Starting heats from alternate ends of the course**—If only one course is available and the pool depth is adequate at both ends of the course, the meet director may choose to start heats from alternate ends of the course.

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

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

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

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

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

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

(2) Men's/women's events

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

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

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

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

(6) Lane etiquette

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

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

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

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

(1) Swimmers of similar speed in the same heat

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

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

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

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

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

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

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

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

102.10.6 Counters

A A swimmer in any individual event of 16 lengths or more, except the individual medley, may appoint one counter to call lengths or indicate lengths by visual sign.

- B** Verbal counters shall be limited to one per swimmer and shall be stationed at the end of the course opposite the starting end. They may use watches and signal intermediate times to the swimmer.
- C** If visual counters are used, they may be stationed at the end or either side of the pool beyond the halfway point toward the end of the course opposite the starting end. Visual counters may be lowered into the water at the end of the swimmer's lane, provided that, in the opinion of the referee, they neither physically aid the swimmer nor interfere with another competitor nor present any safety hazard.
- D** The count may be in ascending or descending order.
- E** In the event of official or counter error, it is the responsibility of the swimmer to complete the prescribed distance.

102.11 Change of Program and Postponement

102.11.1 The order of events, as stated in the meet announcement, shall not be changed. The announced arrangement of heats in any event shall not be added to or altered, except by the authority of the referee to the extent of consolidating the heats.

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

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

102.11.4 Postponement or Cancellation

- A.** If, prior to the start of a meet or event, unusual or severe weather or other conditions preclude the possibility of safely and effectively conducting a meet or event, the meet committee (article 103.5) may cancel or postpone it.
- B** Should a meet or event have actually commenced, and in the judgment of the referee cannot safely and effectively continue because of weather conditions or for some other compelling reason, the meet or event may be suspended at the referee's sole discretion until conditions warrant continuance. If circumstances do not warrant continuance, the referee may cancel the meet or event or postpone it to a future date or time, with the approval of the meet committee.
- C** A decision to cancel or postpone shall be final.
- D** Should an event have actually commenced but be terminated prior to an official finish and be postponed to another time or date, it shall then be conducted among the swimmers who were officially competing in the event at the time of termination.

- E Incomplete events will not be awarded or scored; however, times achieved in accordance with articles 103.17 and 103.18 up to the point of cancellation shall be considered official.
- F Entry fees for teams or swimmers may be refunded, in whole or part, at the discretion of the meet committee, upon cancellation of a meet or particular event. The decision of the meet committee on refunding may be appealed to the officers of the LMSC (local or regional meets) or the USMS Championship Committee (national championship meets).

102.12 Swimwear for Pool Competition

102.12.1 Design

- A The swimsuits worn for competition shall be nontransparent and conform to the current concept of the appropriate. The referee shall have authority to bar offenders from competition until they comply with this rule.
- B Swimwear shall include only a swimsuit, no more than two caps, and goggles (a nose clip and ear plugs are allowed). Armbands or legbands shall not be regarded as parts of the swimsuit and are not allowed.
- C In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder nor extend below the knees.
 - (1) Exemptions to the foregoing restrictions may be granted to a swimmer, on a case-by-case basis, by the chair of the Rules Committee or designee. Exemptions will be granted for conflicts due to the swimmer's verified religious beliefs, verified medical conditions, or other reasons as deemed appropriate by the chair of the Rules Committee.
 - (2) Procedures for applying for an exemption will be established by the Rules Committee and posted on the USMS website.
 - (3) No exemption to these restrictions will be granted for a swimsuit that will give the swimmer a competitive advantage.
 - (4) The decision of the Rules Committee chair may be appealed only to the entire Rules Committee, whose decision shall be final and binding on all parties.
- D Only swimsuits complying with FINA swimsuit specifications may be worn in any USMS sanctioned or recognized competition.
- E No swimmer is permitted to wear or use any device or substance to enhance speed, pace, buoyancy, or endurance during a race (such as webbed gloves, fins, power bands, adhesive substances, snorkels, neoprene caps, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the referee. Medical identification items may be worn. Any kind of tape on the body is not permitted unless approved by the referee.

102.12.2 Advertising—Products involving tobacco, alcohol, or pharmaceuticals containing substances banned under IOC or FINA rules may not be advertised, but the advertiser’s name only may be used. Offenders may be barred from competition until they comply with this rule.

102.13 Disqualifications

102.13.1 A disqualification can be made only by the official within whose jurisdiction the infraction has been committed. The referee, stroke, turn, or relay takeoff judge, upon observing an infraction, shall immediately raise one hand overhead. If the official does not do so, there shall be no disqualification. When there is dual confirmation of relay takeoffs (article 103.10.5B) or dual confirmation of false starts (article 103.8.6A–B), a disqualification is not signaled by raising one hand overhead.

102.13.2 The referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or the swimmer’s coach and inform one or both as to the reason for the disqualification. Failure to notify does not negate the disqualification.

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

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

102.13.5 Standing on the bottom during a freestyle race shall not disqualify a swimmer, but the swimmer must not leave the pool, walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification.

102.13.6 Obstructing another swimmer by swimming across the lane or otherwise interfering with the swimmer shall disqualify the offender, subject to the discretion of the referee.

102.13.7 Dipping goggles in the water or splashing water on the competitor’s face or body prior to the event shall not be considered as entering the pool unless the referee finds that such action is interfering with the competition.

102.13.8 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 committing the foul.

102.13.9 No swimmers are permitted to wear or use any device or substance to enhance speed, pace, buoyancy, or endurance during a race (such as webbed gloves, fins, power bands, adhesive substances, snorkels, neoprene caps, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the referee. Medical identification items may be worn. Any kind of tape on the body is not permitted unless approved by the referee.

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

102.13.11 For relay disqualifications, refer to article 101.7.3.

102.13.12 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 given prior to the decision to disqualify, they shall be returned and given to the proper recipient(s), and if points have been scored by those disqualified, the event shall be rescored.

- 102.13.13** Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.
- 102.13.14** 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.
- 102.13.15** Video replay footage from cameras approved in writing in advance of the competition by the chair of the USMS Officials Committee and, for a national championship meet, with the concurrence of the chair of the USMS Championship Committee, may be used to review stroke or turn infractions called on deck. The official(s) reviewing the video may only confirm the call made on deck, overrule the call, or advise the referee that the review proved inconclusive.

102.14 Protests

- 102.14.1** The official results of any protested race shall not be announced, the affected awards shall not be given, and points shall not be allocated until the protest is resolved or is withdrawn in writing.
- 102.14.2** Protests affecting the eligibility of any swimmer to compete or to represent an organization in any race shall be made in writing to the meet director or referee before the race is held, and if the meet committee deems it advisable, the swimmer may compete under protest and it shall be so announced before the race. The meet committee shall immediately refer such protest to the LMSC officers (local meets) or championship meet protest committee (national championship meets; see article 104.5.9B) having jurisdiction for adjudication at the earliest possible time.
- 102.14.3** Protests against judgment decisions of starters and stroke, turn and relay takeoff judges can only be considered by the referee, and the referee's decision shall be final.
- 102.14.4** Protests concerning interpretation of the rules in *Part 1: Swimming Rules* and the *Glossary* shall be submitted in writing (on paper or in an electronic file) within 10 days to the USMS Rules Committee chair, who shall issue a decision in writing (on paper or in an electronic file) within five days of the date of receipt of such protest, unless the USMS Rules Committee chair notifies the parties that the issue must come before the entire committee. The ruling shall be final and binding on all parties.
- 102.14.5** Any other protest arising from the competition itself shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester shall at that time file a written protest with the chair of the LMSC or the chair's representative having jurisdiction over the event. If the LMSC does not satisfactorily resolve the protest within 10 days, the protester may appeal in writing to the USMS Rules Committee chair within the next five days for final adjudication, whose decision shall then be binding on all parties.

102.15 Tobacco Products

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

**ARTICLE 103:
Meet Procedures****103.1 Meet Director**

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

103.2 Required Personnel

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

103.2.1 Officials

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

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

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

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

103.3 Qualification of Officials

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

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

103.4 Reporting of Officials and Meet Personnel

All officials 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.

103.5 Meet Committee

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

103.6 Referee**103.6.1** The referee:

- A** Shall have full authority over all officials.
- B** Shall assign and instruct all officials.
- C** Shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules.
- D** Can overrule any meet official on a point of rule interpretation or on a judgment decision pertaining to an action that the referee has personally observed.

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

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

103.6.4 The referee shall assign marshals with specific instructions.

103.6.5 The referee shall give a decision on any point where the opinions of the judges differ and shall have authority to intercede in a competition at any stage to ensure that the racing conditions are observed.

103.6.6 When the primary timing system is stopwatches, the referee may assign two additional timers per lane dedicated to recording initial distances for USMS Top 10 purposes or may assign three additional timers per lane to record initial distances for world records. The swimmer may request such additional timers for this purpose.

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

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

103.6.9 The referee may modify any rule for a swimmer who has a disability. Any such modification shall be in accordance with article 108, shall affect only the current meet, and shall not set precedent. It shall be the responsibility of the swimmer or a representative to notify the referee of the disability prior to competition.

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

103.6.11 Refer to article 102.14 concerning protests.

103.7 Administrative Official

103.7.1 The administrative official shall be responsible to the referee for the supervision of the following:

- A The entry and registration process.
- B Clerk of course.
- C Timing equipment operator.
- D Other administrative personnel.

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

- A The accurate processing of entries and scratches.
- B Accurate seeding of heats.
- C Determination and recording of official time:
 - (1) Receiving and reviewing the automatic and/or semiautomatic timing results from the timing equipment operator and comparing primary timing results with the backup timing results to determine their validity.
 - (2) Receiving the times recorded by the head lane timers from the chief timer and using that data to the extent needed to determine the official time for each swimmer.
 - (3) Unless otherwise directed, notifying the referee whenever a time obtained by the primary timing system cannot be used as the official time.
 - (4) Recording disqualifications approved by the referee.
- D Determination of the official results.
- E Publication and posting of results of each event by gender and age group and scores (scores optional).

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

103.8 Starter

103.8.1 **Equipment**—The preferred starting device shall be a loudspeaker start system conforming to article 107.15, with or without an underwater recall device, and an electronic strobe signal visible to all manual timers and for forward and backstroke starts.

103.8.2 **Preparation**—The starter shall stand on the side of the pool within approximately 5 meters of the starting end of the pool and, upon signal from the referee, shall assume control of the swimmers until a fair start has been achieved.

103.8.3 **Optional Instructions**—The starter may:

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

103.8.4 **Starts** (see article 101.1)

103.8.5 Start Commands

- A At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions with at least one foot at the front of the starting platform or the deck and remain there. Swimmers starting in the water must take

their positions on the wall with at least one hand in contact with the wall or starting platform and one foot in contact with the wall. In backstroke and medley relay events, at the referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall take their positions on the wall without undue delay (article 101.1.2).

- B** When the swimmers and officials are ready, the referee shall signal with an outstretched arm to the starter that the swimmers are under the starter's control.
- C** On the starter's command, "Take your mark," each swimmer shall immediately assume a starting position that maintains at least one foot at the front of the starting platform or at the front of the pool deck. A swimmer starting in the water must have at least one foot on the wall and at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal.
- D** When a swimmer does not respond promptly to the command, "Take your mark," the starter shall immediately release all swimmers, upon which the swimmers may stand up, step off the blocks, or leave the wall.

103.8.6 False Starts

- A** Any swimmer starting before the starting signal is given shall be disqualified if the referee independently observes and confirms the starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "Stand up" command and may step off the blocks.
- B** If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the referee independently observes and confirms the starter's observation that a violation occurred, the swimmer(s) who have false started shall be disqualified upon completion of the race in accordance with article 102.13.2.
- 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** The starter shall report a swimmer to the referee for delaying the start, for willfully disobeying an order, or for any other misconduct taking

place at the start, but only the referee may disqualify a swimmer for such delay, willful disobedience, or misconduct.

- B** The referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of the heat.

103.9 Recall Rope Operator

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

103.10 Judges

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

103.10.1 Chief—An overall “chief judge” may assign and supervise the activities of all stroke, turn, and takeoff judges and may report their decisions. If desired, any judging category may have a designated “chief.” Any “chief” may act as liaison for the judges and may serve simultaneously in one of the judging positions, and shall assign those judges within the category.

103.10.2 Stroke Judges—Shall operate on both sides of the pool, preferably walking slightly behind the swimmers during all strokes except freestyle, during which events they may leave poolside, at the referee’s discretion; shall ensure that the rules relating to the style of swimming designated for the event are being observed; and shall report any violations to the referee on signed slips detailing the event, the heat number, the lane number, and the infraction observed.

103.10.3 Turn Judges—Shall operate on both ends of the pool; shall ensure that after the start and when turning or finishing, the swimmer complies with the rules applicable to the stroke used; and shall report any violations to the referee on signed slips detailing the event, the heat number, the lane number, and the infraction observed.

103.10.4 Jurisdiction of Stroke and Turn Judges—Before the competition begins, the referee shall determine the respective areas of stroke and turn responsibility and jurisdiction, which may include joint, concurrent and coordinated responsibility and jurisdiction. The referee shall ensure that all swimmers shall have fair, equitable, and uniform conditions of judging.

103.10.5 Relay Takeoff Judges

A Relay takeoff judges shall be assigned by the referee and shall stand so that they can clearly see both the feet of the departing swimmer(s) as they leave the starting platform and the touch of the incoming swimmer(s), and shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.

B If dual relay takeoff judging is used, the lane and side takeoff judges shall independently report infractions in writing without the use of the infraction hand signal. A relay shall be disqualified only if the lane takeoff judge has reported an infraction and the assigned side takeoff judge has confirmed the same infraction.

C When automatic relay exchange judging equipment is in use, the system printout will provide the information to judge relay exchanges. Integrated backup timing cameras may be reviewed by the referee to

confirm the automatic system's results. When backup timing cameras are not available, the referee will determine the confirmation process.

103.11 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. When overhead video cameras replace timers, this responsibility shall be assigned to other meet personnel.
- B Determine and record stopwatch times or the absence of a swimmer or the relay team seeded in that lane.
- C Assign one timer to take relay splits and initial distance times if requested by the chief timer.
- D Report and indicate on the timing recording form if the swimmer has delayed in touching or has missed the touchpad at the finish, or there is reason to believe the semiautomatic or manual times may be inaccurate. When overhead video cameras replace timers, this responsibility shall be assigned to other meet personnel.

103.11.3 Lane Timers—Officials assigned as lane timers may simultaneously operate two dissimilar devices (one watch and one button) but not two similar devices (two watches or two buttons). It is not within a lane timer's jurisdiction to judge if the swimmer's touch conforms to the applicable finish rules or if a relay takeoff infraction has occurred unless assigned concurrent responsibility as a lane timer and turn judge or relay takeoff judge. Each timer shall:

- A Be in position at the start to have an unobstructed view and shall start the watch at the instant of observing the visual starting signal. If the visual starting signal is not observed, the watch shall be started upon hearing the sound of the starting signal.
- B Stand directly over the assigned lane at the finish to observe a touch above, at, or below the surface of the water and stop the watch and/or push the semiautomatic system button when any part of the swimmer's body touches the wall. When overhead video cameras replace timers, this responsibility shall be assigned to other meet personnel.
- C Report the watch time to the head lane timer or the designated recorder; report if a late or missed pad touch is observed; and, if requested, present the watch for inspection. Lane timers shall not clear their watches until the command, "Clear watches," is given or the referee signals that the next heat is ready to start.

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

103.12 Clerk of Course

The clerk of course shall be provided with a list of the names of all swimmers in all events, including relay swimmers in the order in which they will swim.

103.13 Marshals

Marshals shall wear identifying attire and enforce warm-up procedures and maintain order in the swimming venue. The marshal shall have full authority to warn or order to cease and desist and, with the concurrence of the referee, to remove or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or those whose actions are disrupting the orderly conduct of the meet.

103.14 Announcer

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

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

103.15 Recorder of Records

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

103.16 Press Steward

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

103.17 Timing Equipment

103.17.1 Timing System Definitions—Every race in a swimming competition shall be timed with one or more of the following systems, listed in their preferred order of use.

- A Automatic**—A timing system whose start is activated by a starting device and stopped at the finish by the swimmer touching the touchpad.
- B Semiautomatic**—A timing system whose start is activated by a starting device and stopped by buttons pushed by timers at the finish touch of the swimmer.
- C Manual**—A timing system operated by individual lane timers, each of whom operates a stopwatch that is both started and stopped by the timer

as described in article 103.11.3. Only digital-readout-type, hand-held, battery-powered watches designed for timing purposes shall be used.

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

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

- (1) Automatic timing.
- (2) Semiautomatic, with three or two buttons per lane, each operated by a separate timer.
- (3) Manual, with three or two watches per lane, each operated by a separate timer.

B Secondary system—If manually operated watches are not the primary system, a secondary system of precedence equal to or lower than the primary system shall be used. The secondary system may be one of the following, listed in their preferred order of use:

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

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

103.17.3 Determination of Official Time

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

B Semiautomatic or manual timing—Whenever semiautomatic or manual timing is used, only valid times shall be used in calculating the official time. The times shall be determined as follows:

- (1) If two of the three button times or two of the three watch times agree, the time of the two buttons or two watches in agreement shall be the time for that timing system.
- (2) If three valid buttons or three watches disagree, the time of the intermediate button or intermediate watch shall be the time for that timing system.
- (3) If only two valid button or two valid watch times are available, the average of the two button times or the average of the two watch times shall be the time for that timing system. The digits representing thousandths of a second shall be dropped with no rounding.

- (4) If only one button or one watch time is available, the time of that button or watch shall be the time for that timing system provided it is supported by other information.
- C Primary timing system malfunction**—A primary timing system malfunction may have occurred if:
- (1) The difference between the time obtained by the primary system and the backup system(s) is approximately .30 second or greater; or
 - (2) It is reported the swimmer missed the touchpad or had a soft touch.
- D Fully integrated, overhead video system backup**—If the backup system is a fully integrated, stationary overhead video system, the video camera time shall be the official time without adjustment in the event of a primary timing system malfunction.
- E 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 results. The adjustment for timing system difference is determined by calculating the consistent average difference between the valid primary and backup systems used at that meet.
- F 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.
- G Adjustment for malfunction equally affecting an entire heat**—When, because of an early or late start, or other equipment or operator malfunction, the time of the automatic or semiautomatic primary timing system is equally incorrect for all lanes in a heat, but the order of finish and thus the absolute difference of time between the swimmers is accurate, the times of the primary system shall be adjusted by calculating the average difference between the primary times and the valid backup times and adding or subtracting when appropriate, that difference to the primary times of every lane in that heat.

Table 1—Example of 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, soft 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).

Table 2—Example of Heat Malfunction

Systems used:

Primary—Automatic (late manual start confirmed)

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

Tertiary—Manual, one watch (valid)

Lane	Primary Pad Time	Watch Time	Watch Time Less Pad Time	Heat Adjustment	Official Time
1	52.12	55.14	3.02	+3.06	55.18
2	51.56	54.61	3.05	+3.06	54.62
3	51.09	54.18	3.09	+3.06	54.15
4	50.12	53.18	3.06	+3.06	53.18
5	49.78	52.90	3.12	+3.06	52.84
6	49.06	52.06	3.00	+3.06	52.12
7	52.21	55.30	3.09	+3.06	55.27
8	52.92	55.99	3.07	+3.06	55.98

Adjustment calculation:

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

103.18 Official Time

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

- A** 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** When automatic timing is used, the swimmer's relay leadoff split shall not count if the second swimmer starts in the water.
- E** When the primary timing system is stopwatches, the referee may assign two additional timers per lane dedicated to recording initial distances for USMS Top 10 purposes or may assign three additional timers per lane to record initial distances for world records. The swimmer may request such additional timers for this purpose.

103.18.2 An official time for an event or stroke can be achieved only in that event or stroke, or in an initial distance of such event or stroke (e.g., backstroke time must be achieved in a backstroke event or a butterfly time can be achieved in an individual medley event). Regardless of the stroke(s) used, times achieved in freestyle events can be recorded only as freestyle times.

103.18.3 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.

103.18.4 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 records, and USMS Top 10 times • Initial splits for all purposes • Relay leadoff times for all purposes
Semiautomatic with three buttons or manual with three watches	<ul style="list-style-type: none"> • World records, USMS records, and USMS Top 10 times • Initial splits and relay leadoff times for world records and USMS Top 10 times
Semiautomatic with two buttons or manual with two watches	<ul style="list-style-type: none"> • USMS Top 10 times • Initial splits and relay leadoff times for USMS Top 10 times

103.18.5 Only those results from events conducted in pools officially certified for length in conformance with article 107.2.1 shall be acceptable for record applications or Top 10 submissions.

103.18.6 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 article 103.18.4.

103.18.7 A backup time adjusted for system timing errors in accordance with the methods described in articles 103.17.3C–G may be used as an official time equal to the level of the timing system to which it has been adjusted.

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

103.19 Scoring

The following is recommended for all Masters swimming competition.

103.19.1 Dual Meets

Individual events: 5-3-1-0

Relay events: 7-0

103.19.2 Triangular Meets

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

Relay events: 8-4-0

103.19.3 Other Meets

A Individual events:

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

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

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

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

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

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

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

Individual point values shall be doubled for relays.

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

103.19.4 Ties—Where two or more swimmers tie for any place in any event, the points credited to such place or places, if any, next in order shall be equally divided among the swimmers; i.e., if two tie for first place, the points to be credited to first and second place shall be added and divided by two. Each tying swimmer will receive half of the total points for first and second places. If three tie for first place, the points credited to first, second, and third places shall be added and divided by three, and so on for four or more tying for first place. The same is true for those tying for second place, third place, and whatever places there may be.

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

103.20 Awards

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

ARTICLE 104: National Championship Meets

(Recommended for all other championship meets when possible)

104.1 Meet Categories

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

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

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

104.2 Meet Name

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

104.3 Awarding of National Championship Meets

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

104.3.2 Eligible Bidders—Any club, LMSC, or organization may bid. The facility to be used must be in accordance with the facility standards (article 107). The Championship Committee shall strongly consider LMSC endorsement as a selection criteria.

- 104.3.3 Bid Information**—The Championship Committee shall provide a bidder with the appropriate bid documents, financial statements, meet contract, previous championships' meet reports, and all other information pertaining to the policies and procedures of running a national championship meet.
- 104.3.4 Bid Deadline**—All bids for a national championship meet shall be submitted to the chair of the Championship Committee no later than June 1 (or the next business day if June 1 falls on a Sunday). If no timely certifiable bid is received, the Championship Committee shall continue to solicit bids.
- 104.3.5 Certification of Bids**—Prior to the annual meeting of the House of Delegates, the Championship Committee shall certify each bid for compliance with its policies and procedures, including facilities standards (article 107).
- 104.3.6 Awarding of Bids**—National championship meets shall be awarded by the Championship Committee. The committee may award championships one to three years in advance of the national championship meet.
- 104.4 USMS Assistance and Agreements**
- 104.4.1 Contract**—Successful bidders of national championship meets shall sign a written contract with USMS specifying the responsibilities of the meet host and of USMS.
- 104.4.2 Payments**—Prior to the meet, USMS shall withhold from payments to the meet host an amount per entrant to be determined by the Championship Committee and stipulated in the contract. Upon compliance with the conditions set forth in the meet contract, an amount per entrant shall be returned to the meet host as stipulated in the contract. Noncompliance with said conditions, as determined by the meet evaluation committee, shall result in forfeiture of part or all of the final payment.
- 104.4.3 Assistance to Meet Host**—The Championship Committee shall provide such assistance and guidance necessary to provide uniformity in national championship meet production. Out-of-pocket expenses for services shall be reimbursed by USMS Inc.
- 104.4.4 Meet Evaluation Committee**—A five-member meet evaluation committee shall be composed of at least three Championship Committee members and two additional USMS members who are knowledgeable in championship procedures. No member of the protest committee, host club, or host LMSC shall serve on the meet evaluation committee. A written evaluation shall be submitted to the meet host.
- 104.4.5 Meet Report**—The meet director of each national championship meet shall submit a written report to the chair of the Championship Committee within 60 days of the end of competition. This report shall include a complete financial report, copies of meet information, entry forms, lessons learned, suggestions, 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 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 official meet 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 with the name, age, club, and time, by time or age group, except relays, shall be made available to all swimmers at the time of registration. If instead the host chooses to make heat sheets available for deck-seeded events, then the heat sheets for each day, except relays, shall be made available in the morning before those events are swum.

104.5.2 Schedule—A four-day or five-day schedule for national championship meets shall be used. The Championship Committee shall set the meet schedule for each national championship meet.

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

104.5.3 Event Limit

A Individual events—Competitors may enter and swim in a maximum of six individual events (or five individual events, if deemed necessary

by the Championship Committee), with a maximum of three individual events per day.

B Relays—Each competitor shall be allowed to swim in only one freestyle relay, one medley relay, one mixed freestyle relay, and one mixed medley relay of each distance, to a maximum number of relays for each competitor as determined by the Championship Committee.

C National qualifying times—There shall be qualifying times for national championship meets unless otherwise determined by the Championship Committee. The procedure for determining the qualification times shall be established by the Championship Committee with the approval of the House of Delegates.

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

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

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

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

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

104.5.4 Entry Procedures

A Eligibility/affiliation

- (1) **USMS membership**—USMS individual membership numbers and club names and abbreviations must be submitted on all entry forms together with entry times. “Pending” as a membership number shall not be permitted except for 18-year-olds as follows: A swimmer who will turn 18 by the day prior to the beginning of competition must enter the meet by the entry deadline as a 17-year-old, provided the swimmer registers with USMS no later than the day prior to competition. An 18-year-old may register for USMS membership at the championship venue on the day prior to the beginning of competition and must be 18 by that date.
- (2) **Foreign swimmers**—National championship meets shall include and welcome foreign swimmers, except that they may not qualify for USMS Top 10 and All-American awards nor set USMS records.
- (3) **Affiliation**—A swimmer’s affiliation as stated on the entry form shall apply throughout the meet. If the club on the entry form and the club listed in the USMS membership database do not match, the swimmer shall, prior to the first day of competition, submit a new USMS membership card showing the new affiliation. The swimmer shall notify the meet host of a valid club transfer prior to the first event in which that swimmer competes. If at any time there are any questions about club affiliation, the swimmer shall be switched to unattached status for the entire meet, regardless of actual affiliation. A swimmer may declare unattached status only prior to the first event in which that swimmer competes.

B Entry form

- (1) **Approval of entry form**—Entry forms (both individual and relay) and meet information shall be prepared following the direction 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**—All meet information shall be published in the official USMS magazine and on the USMS website at no cost to the meet host. National championship meet information shall be published according to the Championship Committee policy. The individual and relay entry forms and any Championship Committee–approved additional information the host desires shall be posted on the USMS website.
- (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 as per meet information. Participants therein must have entered the meet by the individual entry deadline.
- (3) **Entry Receipt Deadline**—The Championship Committee may establish an entry receipt deadline. All entries must be received by USMS by that deadline to be considered on time.

D Entry fees

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

104.5.5 Seeding

A General procedures for seeding (also see article 102.10)

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

The Championship Committee shall make all seeding decisions.

- (5) The last heat shall be composed of the swimmers with the fastest submitted times, the next to last heat composed of the next fastest swimmers, etc.

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

- (6) In any age group, if there are not enough swimmers for one complete heat, all swimmers in that age group shall be seeded in adjacent lanes for preseeded events.

- (7) After all full heats are seeded within each age group, the remaining swimmers may be seeded with any available age group of remaining swimmers.
- (8) In situations where all seeding rules cannot be simultaneously met, the seeding of these heats may diverge slightly from the general seeding procedures, with the concurrence of the Championship Committee 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 an event with a time significantly slower or faster than that swimmer's recorded time in the past two years, the meet director may, after a discussion with the swimmer, change the seeded time to a realistic time.

B Distance events

- (1) The 1000/1650 or 800/1500 freestyle shall be deck-seeded as in article 104.5.5A(4).
- (2) For any freestyle event 400 meters or longer, men and women may be seeded together at the discretion of the Championship Committee.
- (3) In the 800/1000 and 1500/1650 freestyle, all men and women swimming slower than a standard established by the Championship Committee 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 103.19.3.

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

- (1) **Regional clubs**—For competition at national championship meets, a regional club consists of a club made up of those swimmers who represent a club at nationals, but at competitions within their LMSC, they compete for an entity or subgroup (such as a workout group) that is different than the one they compete with at nationals.

- (2) **Local clubs**—For competition at national championship meets, a local club consists of a club that does not qualify as a regional club.
- (3) The Championship Committee shall publish a list of regional and local clubs no later than February 15 of each year. A club may contest its designation or the designation of another club by filing an appeal with the chair of the Championship Committee at least 45 days prior to the first day of competition at the national championship meet.

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

104.5.7 Awards

A Awards—All top finishers in each race will be given awards regardless of the nationality of the swimmer. Duplicate awards will NOT be given except in the case of ties. Appropriate awards as determined by the Championship Committee will be awarded for places one through 10.

B USMS championship award (i.e., patch or some similar award to be determined by the Championship Committee)—Each individual who wins a short course or long course individual or relay championship shall be awarded a USMS championship award. Swimmers winning more than one championship may purchase one additional award for each additional championship won.

C Club awards—The organization conducting the national championship meet shall provide awards as approved by the Championship Committee in accordance with the scoring method. Points scored for a club will be the sum of all points scored by members competing for that club in events for men, women, and relays.

104.5.8 Results

A Posting of meet results—Event results shall be posted and splits for each swimmer shall be made available in accordance with article 103.7.2E.

B Publication of meet results—Meet results in the appropriate format (see Appendix B, “Preparation of Meet Results”) and club scores shall be published within 30 days of the last day of the meet and posted on the USMS website. Electronic files shall be sent to the Championship Committee chair and the USMS Records and Tabulations Committee chair, and a hard copy shall be sent to the USMS Records and Tabulation Committee chair or designee.

104.5.9 Protest Procedure

A Protests against judgment decisions of starters, stroke and turn judges, and relay takeoff judges may only be considered by the referee of the meet.

B Protests affecting the eligibility of an individual, a relay team, or a club to compete, or protests arising from the competition itself, shall be handled by a panel of five persons. The panel shall be composed of one representative each from the Championship Committee and Rules Committee, if present, plus three other participants selected from other than the host club by the protest panel chair or Championship Committee

liaison. This panel shall be chaired by the representative from the Championship Committee. Protests shall be submitted in writing and heard by the panel. Both the party lodging the protest and the party charged shall be afforded a chance to be heard. Decisions shall be rendered no later than the last day of competition. The decision of the panel shall be final.

- C Any protests made following the close of competition shall be directed to the chair of the Championship Committee for resolution.

104.5.10 Personnel (also see article 103)

- A **Meet director**—The meet director shall follow the swimming rules of USMS Inc. and the policies and procedures established by the Championship Committee with regard to the planning and execution of the requirements for a national championship meet.
- B **Officials**—The meet host shall appoint a meet referee, an administrative referee, a head starter, and a chief judge, subject to qualification standards established by the USMS Officials Committee.

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

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

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

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

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

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

- C **Other personnel**—The minimum other personnel at each session of a USMS national championship meet shall include the following:
 - two timers per lane for each course, each using a backup button, and at least one timer using a stopwatch,
 - one recall rope operator for each course if a recall rope is used,
 - one safety marshal for each end of each pool in use for warmups.

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

that timers' duties in 103.11.2A and D and 103.11.3B are assigned to other meet personnel.

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

104.5.11 Facilities and Equipment (also see article 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.

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

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

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

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

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

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

105.1.4 Required Information—To be considered for USMS Top 10 times or for USMS records, eligibility for all individual times and relay leadoff times is based on current USMS membership. The results must contain the full name (as it appears on the USMS membership card) and age of each swimmer. All relay times must include the name of the club and the full name (as it appears on the USMS membership card), the age, and for mixed relays, the gender of each swimmer.

105.1.5 Acceptable Times—Only those results from events conducted in pools in conformance with article 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 FINA.

B Pool certification shall be reported on the USMS Pool Length Certification Form (see Appendix B). USA Swimming verification of pool length certification will be accepted if it meets the USMS requirements for pool measurement (105.1.7B).

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

105.1.7 Pool Measurement

A The length of the course must be measured for all lanes using a steel tape or other acceptable measuring device. The measurement must be attested to by the person performing the measurements. The measurement must be recorded:

- (1) In feet and inches and fractions of an inch or
- (2) In meters and centimeters.

B A statement of the conditions under which the course was measured must be included as stipulated on the USMS Pool Length Certification Form (Appendix B).

C If a moveable bulkhead is used and the initial pool length certification for all lanes is on file, the length of the course must be confirmed by measuring the two outside lanes and a middle lane prior to the start of the meet and at the conclusion of each session.

D If a moveable bulkhead is used and the initial pool length certification for all lanes is on file, the measurement rules and policies of FINA shall be the standard for events sanctioned by a FINA Masters member federation other than USMS.

E If a moveable bulkhead is used and the initial pool length certification for all lanes is on file, the measurement rules and policies of USA Swimming shall be the standard for Top 10 eligibility for events sanctioned or approved by USA-S. A bulkhead placement confirmation measurement is required for a USMS record set at events sanctioned or approved by USA-S. The measurement rules and policies of USMS shall apply for dual sanctioned events.

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

105.2 Top 10 Times

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

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

- A** The time meets the requirements for an official time,
- B** In an individual event other than backstroke, the request to have a split time recorded is brought to the attention of the meet referee in writing prior to the conclusion of the meet,
- C** In a relay event or an individual backstroke event, the request to have a split time recorded is brought to the attention of the meet referee in writing prior to the swim 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** For a relay leadoff split time, the second swimmer does not start in the water when automatic timing is used.
- F** In nonconforming individual or relay events, the initial distance corresponds to an event listed in article 102.5. The relay event itself and the individual event itself need not conform to article 102.5 as long as the distance and stroke are clearly defined.

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

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

105.3 USMS Records

105.3.1 The fastest official time by a USMS member in each event in a USMS-sanctioned or USMS-recognized competition, as verified in accordance with article 105.3.8, shall be designated as a USMS record. For open water and long distance records, see article 308.

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

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

105.3.4 A record can only be made in still water.

105.3.5 The official time for establishing records shall be achieved and determined in accordance with articles 103.11, 103.17, and 103.18. Records shall require automatic timing, semiautomatic timing with three buttons, or manual timing with three watches.

105.3.6 Split times shall be considered for USMS records if:

- A** They are recorded by fully automatic timing equipment.
- B** They meet the requirements of articles 105.2.2B–F.

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

105.3.7 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.

105.3.8 When a record is claimed, an official USMS record application form (Appendix B) shall be filled out, signed by the designated officials, and transmitted immediately following performance with all supporting data, including official meet results, the timing system printout, 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 or designee within 90 days of the end of the season as stated in article 105.1.2. Upon verification, the chair of the USMS Records and Tabulation Committee or designee shall promptly publish the new record on the USMS website. A record application shall not be accepted unless a copy of a birth certificate or passport accompanies it or is on file with USMS.

105.3.9 Records set outside the United States shall be submitted on official USMS record application forms (Appendix B) and are subject to all pertinent requirements.

105.4 All-American and All-Star

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

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

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

105.5 World Records

Applications and documentation for world records (25-meter and 50-meter courses only) shall be submitted to the USMS Records and Tabulation Committee chair or designee as detailed in Appendix B (see also articles 103.18.4 and 103.18.5).

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 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 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, otherwise to the top of the wall or pad) to 0.8 meter below the surface of the water is allowed. [M‡]

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

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

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;
 - (a) The swimmer must start in the water. [M]
 - (b) Backstroke starting ledges are not permitted. [M]
- (2) In pools with water depth 3 feet, 6 inches (1.07 meters) to less than 4 feet (1.22 meters) at the starting end, the swimmer must start from the deck or from in the water. Backstroke starting ledges are not permitted. [M]
- (3) In pools with water depth 4 feet (1.22 meters) or more at the starting end, platforms shall meet the height requirements of article 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 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 recommended 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-wide (25-centimeter) lines of a dark contrasting color (preferably black) shall be provided in the middle of each racing lane on the bottom of the pool. The lines should be uninterrupted the length of the course and shall end with a distinctive cross line 3 feet, 4 inches (1.0 meter) long and the same width as the bottom center marker. The line, including the cross line, shall terminate 6 feet, 7 inches (2.0 meters) from each end wall. [M*, NC]

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. If the event is started at the turning end of the course, no change in the lane numbering shall be made; i.e., the lanes shall be numbered the same on both ends of the course. Lane numbers shall clearly identify the lanes to officials stationed on each side of the course. [M]

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. [M]

107.6 Water Temperature

Water temperature from 25 to 28 degrees Celsius (77 to 82 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]

107.8.2 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 foot-candle illumination level is required at the water surface over the entire course. Overhead light fixtures shall be located to avoid the casting of shadows by the pool walls over the racing course. [M*, NC]

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 2 feet, 6 inches (.762 meter) 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 (20 inches by 20 inches) and shall slope not more than 10 degrees from the horizontal. It may have an adjustable-setting back plate. The entire surface of the platform shall be faced with permanent nonslip material. [M]

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 deck or bulkhead to remain stable at all times. [M]

107.12 Backstroke Ledge

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

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

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

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

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

107.13 Floating Lane Lines/Dividers

107.13.1 Installation—Floating lines dividing each lane shall extend the full length of the course and shall be attached at each end wall with recessed anchors so located that the center line of the cable securing the lane lines shall be on the surface of the water with the bottom half of the floats uniformly submerged for its entire length. They shall:

A Separate the racing lanes. [M]

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

107.13.2 Size, Color, and Safety—Dividers shall consist of contiguous floats having a minimum diameter of 5 centimeters (2 inches) to a maximum diameter of 15 centimeters (6 inches). The color of the floats extending from the walls the distance of 5 meters (16 feet, 6 inches) for long course and short course meters, and 15 feet for short course yards, shall be distinct from the rest of the floats. Distinctive colored floats, or markers extending around the full

circumference of the floats, shall be placed at 15 meters (49 feet, 2½ inches) from each end wall in both short course and long course pools. Damaged or broken floats shall be removed and/or replaced to the extent possible. [M]

107.13.3 Number of Lane Lines—A single lane line between racing lanes shall be used in long course and short course meters competition. Multiple lane lines may be installed for short course yards competition, provided the width of water between dividers is not reduced to less than 7 feet. [M*, NC]

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

107.14 Backstroke Flags and Lines

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

107.14.2 Location

A Long course and short course meters—5 meters (16 feet, 5 inches) from each end of the course, a minimum of 1.8 meters (5 feet, 11 inches) to a maximum of 2.5 meters (8 feet, 3 inches) above the water surface. [M]

B Short course yards—15 feet (4.57 meters) from each end of the course, 7 feet (2.13 meters) above the water surface. [M]

C Measurement—Height shall be measured to the horizontal line from which the pennants are suspended. [M]

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

107.15 Loudspeaker Starting System

An electronic sound-generating device shall be provided to give the starting and recall signal. Loudspeakers may be mounted underneath or on the side of each starting platform, between every two platforms, on each side of the racing course, or positioned behind the starting platforms in such a manner that equitable dispersion of sound to all lanes is assured. The device shall also activate a strobe light or similar visual signal located on the starter's side of the course approximately 15 feet forward from the starting end, to indicate the start to manual timers and deaf and hard of hearing swimmers (also see article 108.3). The starting system may include an underwater recall speaker and final-lap signal option. [NC]

107.16 Recall Device

A device to recall swimmers shall be provided. If a recall rope is used, it shall be placed at the midpoint of the course in long course facilities and at the turn end backstroke flags in short course facilities. The rope shall be attached to vertical stanchions with a quick-release mechanism and shall be suspended at least 4 feet (1.22 meters) above the water surface at the lowest point. [M*]

107.17 Pace Clocks

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

107.18 Automatic Timing Equipment

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

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

107.18.3 Touchpads

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

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

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

D Installation and safety—Panels shall be installed and firmly anchored in the center of each lane and shall have no sharp edges, corners, or other protrusions on any exposed surfaces. [NC]

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

107.18.5 Time Display Board (optional, except for national championships)—An automatic display board visible to all swimmers shall give a digital-time readout to two decimal places, displaying split times, final times, and places for all lanes. In the event of a tie, the place shall be displayed as a tie. A separate line of display for each lane meeting the above requirements shall be provided for national championship meets on two courses. A one-line board is the minimum requirement for a third course. [NC]

107.19 Electrical Safety

All permanent or temporary electrical connections to the electronic loudspeaker start system, automatic timing equipment, and other electrical or electronic devices operating on line voltages in the vicinity of the racing course shall be made only from ground-fault circuit interrupter (GFCI) protected convenience receptacles or circuits. In the event such receptacles or circuits are not available in the facility used for competition, portable UL-approved self-contained GFCI outlet fittings shall be provided (furnished and installed) at the nonprotected convenience receptacles by the meet management, meet director, or equipment operator(s), whenever such equipment is connected and in use. [M]

ARTICLE 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 103.6.9). Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities. This section contains guidelines and suggestions for making such modifications.

108.1.2 Responsibilities

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

B Referee—The referee's responsibilities include:

- (1) Determining if the requested modifications are appropriate and can be met.
- (2) Instructing the starter and stroke and turn officials as to the accommodations to be made for that swimmer.
- (3) **Modifications**—Aids to buoyancy or speed are not allowed (see articles 102.12.1E and 102.13.9). Some of the modifications that the referee may make to accommodate the swimmer with a disability are:
 - (a) A change in starting position.
 - (b) Reassignment of lanes within a heat (e.g., exchanging lanes two and seven).
 - (c) Allowing the swimmer to have a personal assistant(s).

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

108.2 Blind and Visually Impaired

108.2.1 Start—With an audible starting system, no modification is usually required for a swimmer who is blind or has vision loss. A swimmer may, however, require assistance getting to the chosen starting position.

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

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 Figures 1 and 2. A recall rope is required in the event of a recall, provided the meet host is notified by the entry deadline that a deaf or hard of hearing swimmer will be participating.



Figure 1A



Figure 1B



Figure 1C



Figure 1D

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

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

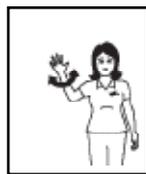


Figure 2A



Figure 2B



Figure 2C



Figure 2D



Figure 2E

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

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

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 Cognitively Disabled

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

108.5 Physical Disabilities

108.5.1 Start—Swimmers with physical disabilities:

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

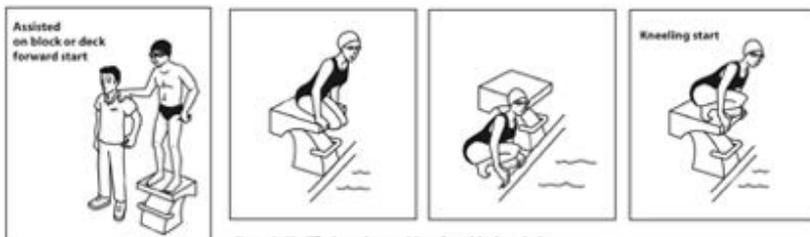


Figure 3. Modified starting positions from block or deck

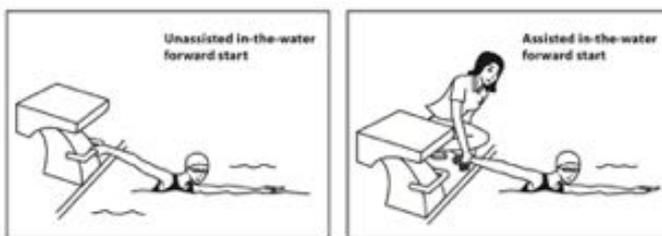


Figure 4. Modified starting positions from the pool

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 judged in accordance with the USMS rules.

Judgments should be made based on the actual rule—not on the swimmer’s technique. For example, the breaststroke swimmer with one arm or leg shorter than the other may have a nonsymmetrical stroke or kick, but as long as the arm or leg action is simultaneous, it would meet that portion of the rule.

108.5.3 Turns/Finishes

- A** Touches shall be judged in the same manner as strokes and kicks (i.e., on the basis of the arm[s] and/or hand[s] that the swimmer can use). In breaststroke and butterfly events, the competitor must reach forward as if attempting a simultaneous two-handed touch. When a swimmer has different arm lengths, only the longer arm must touch the wall, but both arms must be stretched forward simultaneously. Swimmers with no arms or with upper limbs too short to stretch above the head may touch the wall with any part of the upper body.
- B** At the turn and finish of the butterfly, an athlete with no leg function is permitted to perform a partial stroke with the arm(s) recovering forward under the surface of the water in order to touch the wall.

In Memoriam

1

Alaska

Sandra Mjolsnes

Arizona

John Grimm

Claire LeBlanc

Alan O'Brien

Sara Sachs

Jaring Timmerman

Max Von Isser

Colorado

Wayne Clegern

Scott Ellis

Mary Pudim

Hugh Richards

Janet Sachs

John Wrenn

Connecticut

Priscilla Bergethon

Vladimir Ouchakof

Delaware Valley

Robert Harris

Joan Rucker

Clarence Webb

Florida

Jean Allen

George Eliason

Dr. Konrad Euler

Mary Fulmer

Dan Malone

Marjorie Newman

Raymond Penn

Kay Schimpf

Sandy Steer

Florida Gold Coast

Gary Weisenthal

Georgia

Herb Mc Auley

Gulf

Tom Mulcihy

Renee Protopapas

Hawaii

Hiroshi Yamauchi

Illinois

Claribet De La Cruz

Fred Lehman

Jim Olson

Tom Randich

Patricia Rummer

Eric Youngquist

Indiana

Richard Mote

Bryan Rathke

Bob Terry

Inland Northwest

Jane Haase

Wayne Wilson

Iowa

Bob Naylor

Kentucky

James Goodwin

Mark Hinkel

Kathleen York

Lake Erie

Debra Dunkle

Edward Haban

Hildegard Huggins

Bob Lamb

Nancy Waite

Metropolitan

Betty Cummsiskey

Leon Katz

Robert Mosard

Stephen Tarpinian

Michigan

Thomas Allen

Ronald Alsobrook

Christopher Boyle

Edith Glusac

Mitchell Jacque

Henrietta Kryskalla

Bobbie Lawrence

Michael O'Connor

Lucy Stucky

Missouri Valley

Wilfred Arnold

William Calwell

New England

Kelton Burbank

Paul Cook

Barbara Hardy

Peter Mackintosh

Darwin White

New Jersey

Mary Bennett

Lainey Dooman

North Carolina

Brian Goldman

Donald Reynders

Kennon Woods

North Texas

Bud Dallmann

Eric McKeever

In Memoriam

Oklahoma

John Kopsky

Oregon

Arden Adams

Joyce Bahler

Erik Cardone

Fred Eckhardt

Eric Guest

Beverly L'Esperance

Milton Marks

Michael Popovich

Pacific

Aldo Da Rosa

Louise French

Asako Maningo

Barbara Owens

Patricia Thompson

Thomas Trauba

Ann Williams

Philip Arcuni

Ernest Glensk

Brook Heath

Dan (Pete) O'Neill

Daniel Osborne

John Richards

Jean Sanderson

Jen Simmons

Diane Smith

Robert Walthour

Pacific Northwest

Tom Foley

Gordon Gray

Evelyn Hoffman

Donna Phelan

Bernice Phillips

Potomac Valley

Betty Brey

Lucy Brown

Tom Calomeris

Alison Tobias

David Vurdelja

San Diego–Imperial

Ken Kimball

Peter Riddle

South Carolina

Edward Jerger

Geneva Kahrs

Dave McCarty

South Texas

Joe Gray

Henry Half

John Winkler

Southeastern

Joseph Green

Barbara LeVan

Mark List

Kyle Petroskey

Bob Turner

Southern

Margaret Brou

Southern Pacific

George Brinton

Peter Daland

Edward Kramer

Josef Luptowitz

Ed Nelson

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Tom Winslow

Utah

Biff Lowry

Virginia

Babs Carter

Betsy Chambers

George Fitch

Larry Hewes

John Shrum

Wisconsin

Rosemary Poetzel



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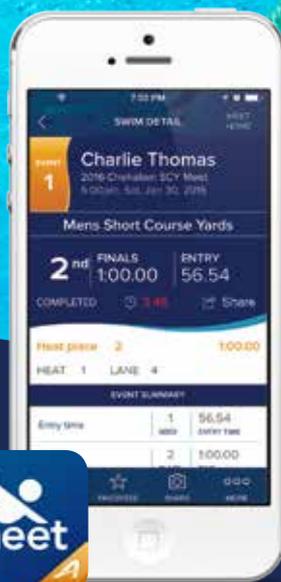
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PART 2: ADMINISTRATIVE REGULATIONS

ARTICLE 201: Membership and Representation

2

201.1 Membership of Individuals

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

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

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

201.1.3 One-Event Registration

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

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

201.1.4 Membership Application

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

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

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

A A national fee established by the Board of Directors or the House of Delegates.

B A local fee established by the LMSC.

201.2 Membership of Clubs

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

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

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

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

A A national fee established by the Board of Directors or the House of Delegates.

B A local fee established by the LMSC.

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

201.3 Representation

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

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

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

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

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

ARTICLE 202: Sanction/Recognition of Pool Events

202.1 Sanctions

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

- 202.1.1 Sanction Requirements**—Sanctions shall be issued, withheld, or withdrawn in accordance with the following:
- A** Applications for sanction shall be made to the LMSC within which the event is to be held. Sanction applications shall be accompanied by the entry form.
 - (1)** The entry forms shall contain the language of the liability release as stated in USMS policy (see USMS Guide to Operations, Sanctions section). All swimmers, before participating, shall have signed the liability release.
 - (2)** Event entry forms and programs must bear the statement “Sanctioned by (LMSC name) for USMS Inc. Event entry forms and programs may include the statement “Sanction number ____.”
 - (3)** Meet information shall include ONE of the following statements:
 - (a)** The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.
 - (b)** The length of the competition course has been measured and is NOT in compliance with USMS articles 105.1.7 and 107.2.1:

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

- (c) The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet (USMS articles 105.1.7 and 107.2.1).
 - (d) The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.
- (4) The sanction fee shall consist of a national fee established by the House of Delegates. Each LMSC may also establish a local fee.
- B** Entries shall not be accepted before the sanction has been granted. Paper forms shall not be distributed, online entry systems shall not be activated, and the event shall not be listed as sanctioned on the USMS Calendar of Events until the sanction has been granted.
 - C** Approval of sanctions shall be made by the LMSC's authorized representative, and a record thereof shall be retained for two years.
 - D** Sanctions issued to one organization cannot be transferred to another. Any sanctions so transferred shall be void for all purposes, and the LMSC may deny further sanctions to any organization violating this provision.
 - E** No sanction may be issued to any organization whose interest in sports and games is purely commercial, or where the event is to be promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from sanctioned events must be used for the further promotion of swimming, for an approved charity, or for the general welfare of the promoting organization as a whole.
 - F** No sanction of any event shall be granted with the word "Olympic" or any derivative thereof used in any manner in connection with said event unless consent is obtained from the USOC.
 - G** All sanctioned events are subject to the following conditions:

 - (1) The conduct of a sanctioned event shall be in strict compliance with applicable USMS swimming rules and administrative regulations, or when the sanctioned event is held simultaneously in conjunction with a USA Swimming sanctioned meet, with applicable USA Swimming rules and administrative regulations.
 - (2) In order to be in compliance with FINA rule C.7.3, an LMSC may grant exceptions to specific USMS swimming rules and administrative regulations when sanctioning a FINA Masters World Championship.
 - (3) Sanctioned events may include nonconforming swimming events so long as they are conducted in a safe manner. Nonconforming swimming events are events not defined in article 102.5, article

307.2.2G–J, or that would typically result in the disqualification of participants as defined in article 102.13. USMS records and Top 10 times shall not be maintained in nonconforming events except for initial distances and relay leadoff split times for distances that are also events defined in article 102.5.

- (4) Sanctioned events may be conducted in facilities not meeting the dimensional tolerance for required pool length, but the results of those events shall not count for USMS records and Top 10. It must be noted in the meet information that events conducted in these facilities are noncompliant.
- (5) All swimmers shall submit with their entries copies of their current membership cards or travel permits, or supply proof of current Masters membership acceptable to the LMSC; however, at the discretion of the meet director and exclusive of national championship meets, a swimmer may enter indicating “number pending,” as long as proof of membership is presented prior to the swimmer’s participation in the event.
- (6) A swimmer’s valid affiliation and age must be displayed after the name on the heat sheet or in the program.

H Pursuant to article 202.1.1A, after receiving a sanction application the sanctioning LMSC may transfer its sanctioning administration to another LMSC, provided both agree to the transfer in writing. All fees and sanction obligations under article 202.1.1 will be transferred to the accepting LMSC.

I A further sanction may be denied to any organization that has failed to conduct such event in accordance with applicable USMS swimming rules and administrative regulations, or as stated on the entry form.

202.2 Recognized Events

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

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

- A** Application for recognition of events within the jurisdiction of USMS shall be made to the LMSC within which the event is to be held, and

applications shall be accompanied by the recognition fee. The recognition fee shall consist of a national fee established by the House of Delegates. Each LMSC may also establish a local fee.

- B** Approval of recognitions shall be made by the LMSC's authorized representative, and a record thereof shall be retained for two years.
- C** Recognition issued to one organization cannot be transferred to another. Any recognition so transferred shall be void for all purposes, and the LMSC may deny further recognition to any organization violating this provision.
- D** No recognition may be issued to any organization whose interest in sports and games is purely commercial, or where the event is to be promoted solely for the profit or the advertising value to be derived therefrom. Any income derived from recognized events must be used for the further promotion of swimming, for an approved charity, or for the general welfare of the promoting organization as a whole.
- E** The conduct of a recognized event shall conform to relevant USMS swimming rules and administrative regulations, including but not limited to the following:
 - (1)** Article 101 or article 108 Starts, Strokes, and Relays (Swimmers With a Disability)
 - (2)** Article 102.12.1 Swimwear Restrictions
 - (3)** Article 103.18.3 Timing Resolution
 - (4)** Articles 103.18.1, 103.18.2, 103.18.4, 103.18.5, and 103.18.7 Official Time
 - (5)** Articles 105.1, 105.2.1, 105.2.2A, 105.3.2, 105.3.6A, and 105.3.8 Records and Top 10 Times
 - (6)** Articles 107.2.1, 107.2.3A, 107.3, 107.11.1, 107.11.2, and 107.14 Minimum Standards for Facilities
 - (7)** Relay leadoff split times that conform to articles 103.18.1 and 105.2.2A will be considered for events listed in article 102.5. USMS membership is not required for the other members of the relay team and the relay event itself need not conform to article 102.5.
- F** Further recognition may be denied to any organization that has failed to conduct said competition in accordance with applicable USMS swimming rules and regulations, or as stated on the entry form.
- G** Recognition for any meet held outside the jurisdiction of USMS, and not sanctioned by a FINA member federation, shall be obtained from the Executive Committee.

202.3 Fitness Events

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

ARTICLE 203: Sanction of Open Water Events

203.1 Sanctions

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

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

A Standard USMS Sanction—Open water events restricted to USMS members, one-event registrants, and Masters swimming members of a FINA member federation. All swimmers entered shall be considered part of the same event and shall swim under applicable USMS open water swimming rules and administrative regulations.

B Events Including Both USMS and USA Swimming Members—USMS sanctioned open water event held in conjunction with a USA Swimming sanctioned open water event. USMS members shall swim under applicable USMS open water swimming rules and administrative regulations and USA Swimming members shall swim under applicable USA Swimming rules and administrative regulations. USMS athletes and USA Swimming athletes may swim at the same time on the same course. Athletes holding both USMS and USA Swimming memberships must declare their affiliation, in writing, prior to the start of the event.

C Other Sanctions—The Board of Directors shall consider and may approve other sanction options recommended by the Long Distance Committee, with input from the Open Water Committee, that allow sanctioning of events that include USMS and non-USMS members.

203.2 Swimmer Verification

203.2.1 All swimmers entered in USMS sanctioned events as USMS members or Masters swimming members of a FINA member federation shall provide proof of current membership acceptable to the LMSC. All other swimmers entered shall provide proof of one-event open water registration.

203.2.2 All swimmers entered in USMS sanctioned events as members of non-FINA governing bodies shall have membership verification acceptable to their governing body.

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

203.3 Sanction Requirements

203.3.1 Jurisdiction—The LMSC in which the event originates shall have jurisdiction in issuing the sanction. If any events are to be swum in more than one LMSC, the other LMSC(s) may also issue a sanction for the event.

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

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

203.3.3 Entry Forms and Programs

- A** The entry forms shall contain the language of the liability release as stated in USMS policy (see USMS Guide to Operations, Sanctions section). All swimmers, before participating, shall have signed the liability release.
- B** Entry forms, programs, and results must bear the statement “Sanctioned by (LMSC name) for USMS Inc.”
- C** An event securing sanctions from more than one governing body shall identify all sanctioning bodies on entry forms, programs, and results.
- D** Entries shall not be accepted before the sanction has been granted. Paper forms shall not be distributed, online entry systems shall not be

activated, and the event shall not be listed as sanctioned on the USMS Calendar of Events until the sanction has been granted.

E For competitive open water events that calculate individual scoring for place and/or club scoring, a swimmer's valid club affiliation and age must be displayed after the name in the program, if a program is published.

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

203.4 Withdrawal or Denial of Sanctions

203.4.1 Sanction may be denied to any individual or organization that has failed to conduct previously sanctioned events in accordance with applicable USMS open water swimming rules and administrative regulations, or as stated on the entry form.

203.4.2 Sanction may be denied to any individual or organization that has failed to demonstrate the ability or willingness to conduct the sanctioned events in accordance with applicable USMS open water swimming rules and administrative regulations.

203.4.3 Sanction may be withdrawn from any individual or organization failing to conduct the sanctioned events in accordance with agreed upon USMS open water swimming rules and administrative regulations and other stated requirements on the entry form.

ARTICLE 204: Liability Release

204.1 Release

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

204.1.1 The language of the entry release may only be modified by naming the sanctioning LMSC, sponsoring USMS clubs, and/or other additional insured(s) following "UNITED STATES MASTERS SWIMMING INC."

204.1.2 For open water events, the following statement shall be added to the end of the release:

"Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

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PART 3: OPEN WATER AND LONG DISTANCE SWIMMING RULES

ARTICLE 301: Administration

301.1 Organization

The conduct and organization of open water and long distance swimming for Masters shall be governed by USMS through its Long Distance Committee and LMSCs. The chair and committee members shall be appointed as provided in articles 507.1 and 507.1.7.

301.2 Guide to Operations

301.2.1 Open Water Guide to Operations—An *Open Water Guide to Operations* shall be developed and published for the use of USMS open water officials and event hosts. The manner of implementation, governing policies, and management of the rules applying to open water swims shall be contained in this guide.

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

301.3 Membership, Representation, and Sanctions

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

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

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

301.4 Liability Release

Entry forms shall contain the exact language of the liability release according to article 204.

301.5 Age Determining Date

301.5.1 In an open water swim, the eligibility of a swimmer shall be determined by the age of the swimmer as of the last day of the event, except for 18-year-olds, who must be 18 on the day that they swim.

- 301.5.2** In a postal swim, the eligibility of a swimmer shall be determined by the age of the swimmer as of the day of the swim.

ARTICLE 302: Open Water Events

302.1 Events

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

- 302.1.1** Open water events shall be comprised of individual and/or relay swims.
- 302.1.2** At the discretion of the event director, clinics or other swimming activities may be included as part of open water events.
- 302.1.3** At the discretion of the event director, open water events may be competitive and/or noncompetitive.

302.2 Open Water Courses

302.2.1 The Course

- A** The event director shall determine the course and type of start and finish.
- B** The course shall be measured and marked as accurately as feasible.
- C** Hazards on the course should be eliminated or marked wherever possible.

302.2.2 Water Conditions

A Water Temperature

- (1) A swim shall not begin if the water temperature is less than 60° F. (15.6° C.), unless heat-retaining swimwear is required of all swimmers or a USMS-approved thermal plan is in place.
- (2) A swim in which heat retaining swimwear is required of all swimmers shall not begin if the water temperature is less than 57° F. (13.9° C.) unless a USMS-approved thermal plan is in place.
- (3) A swim shall not begin if the water temperature exceeds 85° F (29.45° C.)

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

302.2.3 Starting Line

- A** The starting line shall be specifically designated and clearly defined.
- B** For swims starting from a platform or dock, the water depth shall be no less than 6 feet for the first 5 meters of the course. All swimmers in the pre-race safety meeting and before the start of each race/wave shall be advised of the depth of the water. Water depth markings on the starting platform or dock are recommended. The referee shall have this start area inspected for underwater hazards before the swim. The swim shall use an alternative method of starting if hazards cannot be eliminated.

302.2.4 Turns

- A** All turns shall be clearly indicated.

- B** Turns shall be directional, and passed on the right or left as stated in the pre-swim instructions.
- C** Guide buoys may be used between turns to help swimmers navigate. These buoys shall be non-directional and swimmers may pass these buoys on either side, except for floats on a straightaway swim course or when otherwise directed by the referee.

302.3.5 Finish Line

- A** The finish line shall be specifically designated and clearly defined.

302.3.5 Feeding Stations

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

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

302.4 Solo Swims—Solo open water swims, consisting of one or a select number of swimmers, may be sanctioned and shall conform to the rules stated under article 303.11.

302.5 Cumulative Relays

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

302.5.2 Time/Distance Basis—A specified number of swimmers on each relay shall be considered in the computations for club scoring. The relay whose specified number of swimmers has the lowest cumulative time or the greatest cumulative distance shall be declared the winner. A similar method shall be used to determine second, third and subsequent places. In the event of a tie, the relay with an individual member with the fastest or farthest swim shall be declared the winner or awarded the place.

302.5.3 Point Basis—Points are awarded on the basis of overall finishing position, with one point for first place, two points for second place, etc. The points of specified relay members are added, and the lowest cumulative score determines the winning relay; the second lowest score, the second place, etc. In the event that two or more relays score the same number of points, the relay with the individual member with the fastest or farthest swim shall be declared the winner or awarded the place.

302.6

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

302.6 Sequential Relays

302.6.1 Relays shall consist of two or more swimmers as specified on the entry form from the same USMS-registered club. The relay members shall rotate in the same order throughout the event. The time or distance each swimmer is re-quired to spend in the water shall be specified on the entry form. The changeover to the new swimmer shall be made within one minute after the completion of the previous swimmer's leg. In the exchange in open water relays, physical contact must be made between the two swimmers.

302.6.2 Mixed-gender sequential relays shall consist of at least one swimmer of each gender is represented, as follows:

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

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

Article 303: Conduct of Competitive and Solo Open Water Events

303.1 Scoring Divisions

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

303.1.1 Scoring divisions shall be subject to the following:

- A** Scoring divisions shall be the same for men and women.
- B** For competitive swims, separate scoring divisions may be contested at the same time, with results tabulated separately.
- C** If awards are given for competitive swims, they shall be of equal value for men and women.
- D** For the purposes of national championships, awards and recognition, only standard USMS scoring divisions—used singly and in combination—shall be eligible. Specific applications of scoring divisions are found in the applicable rules under articles 307.7.4 and 307.7.5.
- E** With the exception of National Championships, requirements defined in article 303.1.1D may be waived by the Long Distance Committee chair to facilitate the development of new or revised awards systems.

- 303.1.2** Standard USMS gender scoring divisions consist of:
- A Individual**—Open, women, and men.
 - B Relay**—Women, men, and mixed.
- 303.1.3** Standard USMS age group scoring divisions consist of:
- A Individual**—Open and 18-24, 25-29, 30-34 ... (five-year age groups as high as necessary).
 - B Relay**—Open and 18+, 25+, 35+... (10-year age groups as high as necessary), the age of the youngest relay member determining the age group.
- 303.1.4** Standard USMS swimwear scoring divisions consist of category I and category II swimwear as defined in article 303.7.

303.2 Safety

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

303.3 Escorted Swims

- 303.3.1** In any event for which it has been arranged that an escort craft will accompany each swimmer throughout the event, all swimmers shall be accompanied by such an escort craft. If the escort becomes disabled or cannot continue to accompany the swimmer, the swimmer may stay in the water near the disabled escort craft until a replacement arrives, join another escort craft that is accompanying only one other swimmer until another escort craft arrives or exit the water.
- 303.3.2** Swimmers may receive the following assistance from any escort craft:
- A** Food or drink may be passed from escort craft to swimmer as long as deliberate contact is not made between the two.
 - B** The escort craft may also assist the swimmer with navigation, including verbal and written communication.
- 303.3.3** Swimmers shall not receive the following assistance from any escort craft:
- A** Swimmers shall not receive flotation or propulsion from any escort craft nor make intentional contact with any craft.
 - B** Drafting directly behind the escort craft shall not be permitted when other open water is readily available.
 - C** Escort craft shall not obstruct other swimmers in the race.
- 303.3.4** If a swimmer's escort craft becomes disabled as per article 303.3.1, an escort craft for another swimmer may assume responsibility for the swimmer with the disabled escort craft, subject to the following conditions:
- A** Any one escort craft may escort no more than two swimmers.
 - B** The two swimmers must stay within 3 meters of each other. Failure to stay within 3 meters shall result in immediate disqualification of the second swimmer assigned to the escort craft and the immediate exit of that person from the water.

303.4

- 303.3.5** In any swim in which individual escorts are required and motorized escorts are allowed, receiving assistance by any drafting is prohibited. Swimmers must attempt to remain 3 meters or more from other swimmers, except when rounding buoys, when overtaking other swimmers when space is not readily available, when unescorted at the start and finish of the swim, and when the swimmer's escort craft becomes disabled as per articles 301.3.1 and 303.3.4. Incidental or accidental incursion into the 3-meter zone of another swimmer shall not be the basis for disqualification.
- 303.3.6** In any swim in which individual escorts are required and nonmotorized escorts are used, the event director may choose to allow drafting or prohibit drafting in accordance with article 303.3.5.

303.4 Starts

303.4.1 Types

- A Stationary**—Swimmers start from a platform or in the water behind the starting line.
- B Running**—Swimmers line up a short distance from the water behind a marked line. At the starting signal, the swimmers run into the water and swim the prescribed course.
- C Wave**—At the discretion of the event director, swims may be started in waves in which each wave is separated at the start from other waves by a time interval. Swimmers' times shall be adjusted by the starting time interval and their order of finish shall be determined on the basis of the adjusted time.

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

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

303.5 Seeding

- 303.5.1** When practical, swimmers shall be seeded by their 1500 meters/1650 yards times. The manner of seeding swimmers without times shall be at the discretion of the event director, as stated in the event entry sheet.
- 303.5.2** When wave starts are used in straightaway swims, the swimmers shall be seeded in order of time, with the fastest swimmers receiving the preferred positions in seeded order. If subsequent rows are needed, they shall be seeded in a similar method.
- 303.5.3** Events for different age groups and genders may be combined to allow the swimmers to compete at the same time.

303.6 Finishes

303.6.1 Types

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

B Out-of-Water—Swimmers shall leave the water, as defined by the course, and proceed to the finish line. If visual judging is used, order of finish shall be determined as the swimmer's chest crosses the finish line. If electronic chip timing is used, order of finish shall be determined when the timing chip is registered by the electronic timing system or when the independent backup timing system is activated..

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

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

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

303.7 Swimwear for Open Water Events

Swimwear allowed for open water events is defined below and is not impacted by decisions of FINA, USA Swimming or Part 1 of USMS rules. It is the swimmer's responsibility to understand the appropriate swimwear allowed at a particular event.

303.7.1 Rules for All Swimwear for Open Water Events

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

B Advertising—Products involving tobacco, alcohol or pharmaceuticals containing substances banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule.

303.7.2 Rules for Category I Swimwear for Open Water Events

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

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

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

- (1) Procedures for applying for an exemption will be published by the Long Distance Committee and posted on the U.S. Masters Swimming website.
- (2) No exemptions to these restrictions will be granted for swim wear that would give a swimmer a competitive advantage.

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

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

303.7.3 Rules for Category II Swimwear for Open Water Events

A Swimwear that does not meet the requirements for category I swimwear shall be considered category II swimwear. Swimwear may include a swimsuit or wetsuit, cap or caps, goggles, arm bands and rash guards. Nose clips, ear plugs, wristwatches and grease are also allowed.

B Wetsuits, neoprene caps, or any other heat-retaining swimwear may be allowed at the discretion of the event director when the water temperature is not greater than 78 degrees Fahrenheit.

C Swimmers are not permitted to wear or use any additional device or substance to help their speed, pace, navigation, buoyancy or endurance during a swim (such as webbed gloves, fins, snorkels, audio players, etc.), except in designated events where all swimmers may use similar devices or sub-stances. Medical identification items may be worn. Any kind of tape on the body is not permitted unless approved by the referee.

303.8 Officials

303.8.1 There shall be an event director, referee, and safety director. The position of safety director shall not be combined with the duties of any other official or staff member.

303.8.2 There shall be additional officials in numbers sufficient to operate the event in accordance with USMS open water rules and administrative regulations and may include scorer, announcer, clerk of course, starter, judges, inspectors, timers, safety and medical personnel.

303.8.3 Independent Safety Monitor

A An Independent Safety Monitor shall be approved by the LMSC sanctioning officer and shall be independent of the event organizing body.

B The Independent Safety Monitor shall be present at the event to assure that the approved safety plan is implemented and that adequate safety precautions are in place for existing conditions.

C The Independent Safety Monitor shall have the authority to revoke the sanction on the day of the swim if adequate safety precautions are not in place, and shall notify all participants of the revocation before the beginning of the swim if the event organizer proceeds with the swim.

303.9 Disqualifications

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

- 303.9.1** Or their personal escort intentionally delay the progress of another swimmer. Accidental contact, especially at the start, shall not be considered a disqualification. However, the flagrant disregard of another swimmer's rights shall result in disqualification.
- 303.9.2** Fail to complete the prescribed course.
- 303.9.3** Fail to complete the prescribed course within the preannounced time.
- 303.9.4** Fail to follow race rules.
- 303.9.5** Receive assistance by pulling, pushing, or resting on physical features on or near the course other than the bottom. Incidental contact shall not be a basis for disqualification.
- 303.9.6** Receive assistance by drafting in swims in which drafting is prohibited.
- 303.9.7** Violate rules on escorted swims as described in article 303.3.3 or receive similar assistance from any craft on the course.
- 303.9.8** Receive unauthorized assistance at the start or finish.
- 303.9.9** Violate swimwear rules.
- 303.9.10** Swim in a manner in which personal safety is jeopardized.
- 303.9.11** Act in an unsportsmanlike or unsafe manner within the swimming venue.

303.10 Swimmers with Disabilities

- 303.10.1** The event director may modify any rule or race management procedure for a swimmer who has a disability. Any such modification shall affect only the current event and does not set precedent.
- 303.10.2** **Definition**—Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities.

303.10.3 Responsibilities

- A Athlete**—The athlete (or the athlete's coach) is responsible for notifying the event director, prior to the competition, of any disability of the athlete and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment if required.
- B Event director**—The event director shall devise such modifications that allow the swimmer to participate as long as they conform to safety requirements. No modifications shall be granted that will give a swimmer a competitive advantage.

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

303.11 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 shall be duly certified and made a matter of record by the sanctioning LMSC. The certification shall include:

- 303.11.1** Each swimmer's name, age, gender and membership number.
- 303.11.2** Governing body sanctioning the event.
- 303.11.3** The course, including the name of the body of water, the starting and finishing points, and the measured distance.

303.12

303.11.4 Verification and documentation that all rules were observed and the swimmer(s) either completed or failed to complete the distance.

303.12 Incomplete Race

303.12.1 The referee or event director shall determine if the start of a race is to be post-poned or canceled, or if a race in progress is to be stopped.

303.12.2 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, article 303.9.2 may be waived and the order of finish of the swimmers on the course shall be determined by the referee.

303.13 Protests

303.13 .1 Any protest arising from a competition (other than National Championships—refer to article 307.7) shall be made to the event director within 30 minutes after the release of results for an open water event. If the protest is not resolved, the protester may appeal in writing within 10 days of the swim for adjudication to the LMSC officers. If the LMSC does not satisfactorily resolve the protest, the protestor may appeal in writing for adjudication to the USMS Long Distance Committee chair.

ARTICLE 304:

Conduct of Noncompetitive Open Water Events

304.1 Noncompetitive Events

Noncompetitive events are those that contain swims that are not scored for placement. At the discretion of the event director, the event may also include competitive swims.

304.1.1 Conduct of noncompetitive swims shall be at the discretion of the event director, as long as they conform to article 303.2.

304.1.2 Competitive swims included in a noncompetitive event shall be conducted according to the rules in article 303.

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

ARTICLE 305:

Long Distance Pool Events

305.1 Events

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

305.2 Definitions

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

305.3 Pool

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

- 305.3.1 Event Director**—The event director shall have the discretion to decide the time/distance of the swim(s) and, in the case of postal swim(s), the size(s) of the pools in which the event is to be swum.
- 305.3.2 Distance-Based Swims**—The object of a distance-based swim is to determine who can swim a specific distance in the shortest amount of time.
- 305.3.3 Time-Based Swims**—The object of a time-based swim is to determine who can swim the greatest distance in a given time period.
- 305.3.4 Postal**—A postal event is a competition in which swimmers participate at a place of their choosing and submit the time or distance achieved to a central location for tabulation.

305.4 Cumulative Relays

Cumulative relays are comprised of groups of swimmers entered in the individual swim. Cumulative relay swims may be contested on a total time/distance or point system basis.

305.5 Sequential Relays

Sequential relays shall consist of two or more swimmers 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 relay exchange is governed by articles 101.7.3C and 101.7.3F.

305.6 Age Groups

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

305.7 Awards

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

ARTICLE 306: Conduct of Postal Events

306.1 Rules

Long distance events conducted in pools must comply with all applicable pool event rules in Part 1 of the rule book, except as noted in article 306.

306.2 Pool Size

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

306.3 Officials

- 306.3.1** There shall be at least one adult acting as a referee and starter present at all times, having no additional responsibilities during the swim other than acting as a timer if necessary.
- 306.3.2** Each swimmer shall have a timer who shall time and count lengths by recording split times for every two lengths during the swim. A timer may also serve as referee and starter if necessary. One person may serve as timer for no more than two swimmers at the same time.

306.4

306.4 Multiple Swimmers per Lane

- 304.4.1** In pools that are less than 50 meters, no more than two swimmers shall share a lane.
- 306.4.2** Drafting shall not be permitted.
- 306.4.3** When two swimmers are sharing the same lane, they shall conform to articles 102.10.4A(6)(a)-(b).
- 306.4.4** 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.

306.5 Timing

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

306.6 Determining Distances in Time-Based Events

- 306.6.1** Distances shall be determined by multiplying the total lengths swum by the length of the pool and adding the last completed 5-yard/meter increment.
- 306.6.2** If the size of the pool is not designated, all distances shall be reported in yards.
- 306.6.3** If distances are to be reported in yards and the event is swum in a metric pool, the distances shall be determined to the last completed meter converted to yards by multiplying 1.0936 times the number of meters completed and rounding off the distance to the last completed 5-yard increment.

306.7 Determining Times in Short-Course Distance-Based Events

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

306.8 Split Times

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

306.9 Integrity of Results in Postal Events

- 306.9.1** Each entrant in a postal event shall be responsible for the validity of the split times and/or the time/distance submitted.
- 306.9.2** Event directors shall have the discretion to request additional verification of completion from any entrant and may request that the Long Distance Committee chair refuse to accept, or disqualify, any entry that appears to contain erroneous information.

306.10 Determination of Place

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

**ARTICLE 307:
Open Water and
Long Distance National Championships**

307.1 Rules

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

307.2 Open Water and Long Distance Championship Events

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

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

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

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

307.2.3 Rules Pertaining to Cumulative Relays

- A** Cumulative relay competitions shall be contested in postal championships and may be contested in other championships. Recognized relays shall be three-person women and men's relays and four-person mixed gender relays with two women and two men. Exceptions for open water national championships may be granted by the Long Distance Committee chair.
- B** Age groups for relay swims shall be the same as those listed in article 303.1.3B.
- C** All team members shall be from the same USMS-registered club.
- D** All relay members shall also be entered in the individual event. Exceptions for open water events only are at the discretion of the event director and with the approval of the Long Distance Committee Chair.
- E** Competitors shall be allowed to swim in only one same-gender and one mixed-gender relay event per event.
- F** The age of the youngest relay member determines the age group of the re-lay: 18+, 25+, 35+... 95+.
- G** A swimmer who ages up during the duration of an event and swims the individual event twice may swim on one same-gender and one mixed-gender relay in each age group.

307.3 Site Selection

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

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

National Championship Bid Rotation			
Year	Area 1 West	Area 2 Central	Area 3 East
2015	2 mile cable Open water ≥ 6 mile Festival	1 mile Open water $> 3/<6$ mile	Open water $> 1/\leq 3$ mile Open Water > 9 mile
2016	Open water $> 1/\leq 3$ mile Open Water > 9 mile	2 mile cable Open water ≥ 6 mile	1 mile Open water $> 3/<6$ mile Festival
2017	1 mile Open water $> 3/<6$ mile	Open water $> 1/\leq 3$ mile Open Water > 9 mile	2 mile cable Open water ≥ 6 mile
2018	2 mile cable Open water ≥ 6 mile Festival	1 mile Open water $> 3/<6$ mile	Open water $> 1/\leq 3$ mile Open Water > 9 mile

307.4 Contract

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

307.5 Financial

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

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

307.5.2 Complete financial statements shall be forwarded to the Long Distance Committee chair after completion of the event in accordance with the championship forms provided.

307.6 Entry Fee

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

307.7 Rules of Conduct

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

307.7.2 Entry Forms—Entry forms, including paper forms and forms used in the online entry system, shall be reviewed by a Long Distance Committee representative and the LMSC for content and sanctioning before distribution in accordance with the USMS contract.

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

A The Long Distance Committee shall appoint an event liaison to assist the event director in planning, to ensure that the event is conducted in accordance with the contract, to ensure that all rules are observed and to evaluate the event.

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

- (1) Be positioned 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.
- (3) Report such violation to the referee.

307.7.4 Individual Age Groups—Age groups in individual open water swims for men and women shall be 18–24, 25–29, 30–34 ... (five-year age groups as high as necessary).

307.7.5 Relay Age Groups—Age groups in relay open water swims for men, women and mixed relays shall be 18+, 25+... (10-year age groups as high as necessary), the age of the youngest relay member determining the age group.

307.7.6 Swimwear

A Only swimmers wearing category I swimwear as defined in articles 303.7.1 and 303.7.2 may compete in national championship swims.

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

307.7.7 Assistance During the Race

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

B Escort craft may be permitted by the event director under the conditions in article 303.3.

307.7.8 Protests— Any protest arising from a competition shall be made to the event 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 adjudication to the Long Distance Committee chair.

307.8 Results

Individual and relay results and records (when appropriate) shall be tabulated and distributed to the Long Distance Committee chair and all participants in the event. Date of birth shall not be included in published results or results distributed to participants.

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

- A Age group place.
- B Swimmer's name (as it appears on the USMS membership card)
- C Age
- D Club (official USMS club abbreviation)
- E USMS number
- F Official time/distance
- G Special information (USMS records, overall place, place among gender, etc.).

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

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

307.9 Club Scoring

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

307.9.1 Scoring

- A Club scoring for the one-hour swim shall be calculated based on total club yardage for individual swims.
- B Club point scoring for the 3000 and 6000-yard and 5 and 10-km postal national championships shall be calculated based on a predetermined formula, approved by the Long Distance Committee, to fit the age group USMS record times for each gender.
- C Club scoring for the other national championships shall be calculated based on point value for placing in individual swims. Points shall be scored to 10 places (11-9-8-7-6-5-4-3-2-1).

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

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

307.10 Awards

307.10.1 National championship medals or other appropriate awards approved by the Long Distance Committee chair shall be awarded at least to the first six place winners of individual championships in each age group. In national championship events with 1000 or more entrants, individual awards shall be awarded to at least the first ten place winners of individual championships in each age group.

307.10.2 National championship medals or other appropriate awards approved by the Long Distance Committee chair shall be awarded to the members of at least the first three place winners of relay championships in each age group. In national championship events with 1000 or more entrants, awards shall be awarded to the members of at least the first six place winners of relay championships in each age group.

307.10.3 A USMS championship patch shall be awarded to each individual champion and each scoring member of a championship relay. An individual champion shall receive only one patch per event.

307.10.4 Appropriate awards approved by the Long Distance Committee chair may be awarded to the first, second and third place club winners in each division if warranted by the size of the event entry. Club awards are not required.

307.11 All-American

307.11.1 The highest placing USMS member in each age group of each individual open water and long distance pool national championship event shall qualify as a USMS Long Distance All-American for the calendar year in which the event was conducted.

307.11.2 The members of the highest placing USMS team in each age group of each open water and long distance pool national championship event shall qualify as USMS Long Distance Relay All-Americans.

307.11.3 The event director shall submit the name, age, date of birth, club affiliation, time or distance, and USMS membership number for each competitor achieving All-American status to the Long Distance Committee chair in accordance with the USMS event contract.

307.12 All-Star Team

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

307.12.1 A swimmer shall earn points for a top 10 finish in each open water and long distance national championship event in the following manner: 1st: 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.

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- 307.12.2** 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.
- 307.12.3** If a swimmer participates in two age groups in the course of a year, the points earned shall be counted in the older age group. If a swimmer swims the same event in two different age groups, only the higher finish will be counted.
- 307.12.4** Ties shall be allowed.

ARTICLE 308: Records

308.1 Records

- 308.1.1** Individual USMS records will be maintained in quarter-mile straightaway swims (1-mile and 2-mile) and time/distance pool events (one-hour, 3000-yard, 6000-yard, and 5- and 10-kilometer postal). Relay USMS records shall be maintained in all of these quarter-mile straightaway swims and long-distance pool events.
- 308.1.2** To be considered for a USMS record, individual participants and relays must enter and complete the swim in a sanctioned event, with results routed through the event host to the Long Distance Committee chair.
- 308.1.3** With the exception of the quarter-mile straightaway swims specified in article 307.2.2, no USMS records will be maintained in open water events due to differences in courses, currents and other physical factors.
- 308.1.4** Open water and long distance records shall only be permitted from events conducted in compliance with articles 307.2.3, 307.7.3B and 307.7.6A of the USMS rule book.
- 308.1.5** 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.
- 308.1.6** Long distance USMS records for cable swims may not be established by using a swimmer's split time in an individual event.
- 308.1.7** Long distance USMS records for postal swims may be established by using a swimmer's split time in an individual event if:
- A** The split is swum as an initial distance within an event,
 - B** The swimmer completes the full distance of the event,
 - C** The intent to record a split time is brought to the attention, in writing, of the event director at the time of entry in the longer event, and
 - D** At least two dedicated handheld watches are used to record the record split.

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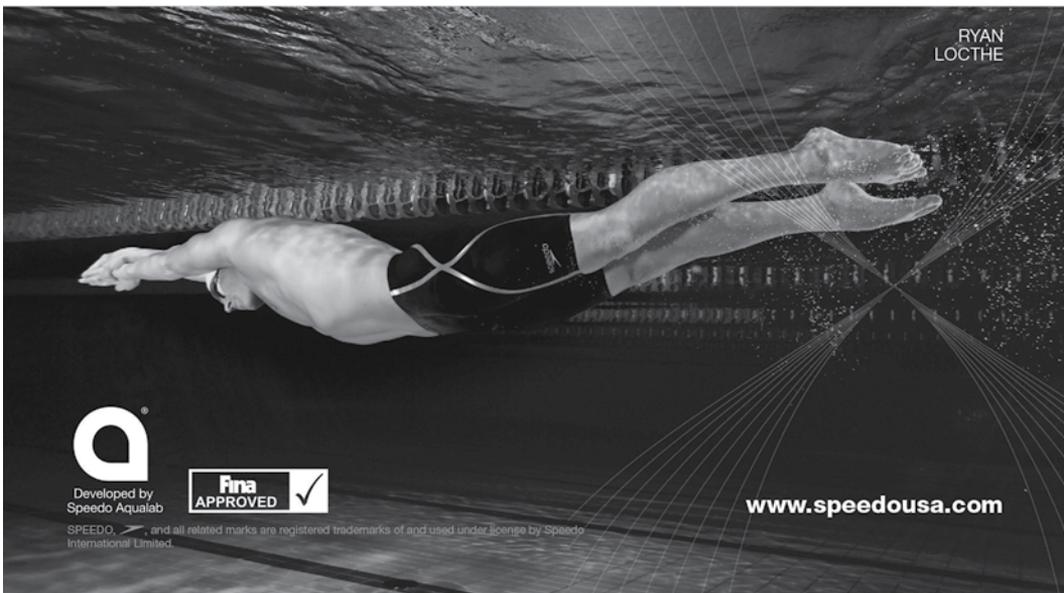
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PART 4: PARTICIPATION, CONDUCT, HEARINGS, AND APPEALS

ARTICLE 401: Participation

401.1 Protection

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

401.2 Participation

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

401.2.1 The individual's age.

401.2.2 Membership in the organization that is conducting the event.

401.2.3 Qualifying times.

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

ARTICLE 402: Conduct of Members

402.1 Standards of Conduct

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

402.2 Compliance With Rules and Regulations

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

402.3 Enforcement

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

402.4 Unsporting Conduct

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

- 402.4.1** Violation of the opportunity to participate, as set forth in article 401.
- 402.4.2** Discrimination in violation of article 501.3.
- 402.4.3** Any act of fraud, deception, or dishonesty in connection with any USMS-related activity.
- 402.4.4** Knowingly providing false information including name, date of birth, age, or gender on USMS membership applications or meet entries.
- 402.4.5** Any nonconsensual physical contact, obscene language or gesture, or other threatening language or conduct directed toward volunteers or staff in connection with a USMS event.
- 402.4.6** Any nonconsensual sexual conduct, pattern of unwelcome sexual advances, or other inappropriate sexually oriented behavior or action by a USMS member toward a member or any other person participating in any capacity whatsoever in the affairs or activities of USMS.
- 402.4.7** Any act, conduct, or omission that is detrimental to the image or reputation of USMS, an LMSC or the sport of swimming.
- 402.4.8** Causing a credible and material risk to the safety of USMS members or others who may be present during USMS activities. A lifetime ban, declaration of permanent ineligibility, or permanent resignation of membership from a member organization of United States Aquatic Sports may be considered as evidence of a violation of this article 402.4.8.
- 402.4.9** Aiding or abetting another to engage in any of the foregoing violations.

**ARTICLE 403:
Hearings and Appeals**

403.1 General Jurisdiction

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

403.2 Jurisdiction of the LMSC

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

403.3 National Board of Review

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

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

403.4 National Board of Review Procedures

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

- 403.4.1** Because certain disputes are most appropriately heard at the national level, the National Board of Review has original and exclusive jurisdiction to hear:
- A** Any complaint from members of USMS where more than one LMSC is involved.
 - B** Any complaint of violation of article 402.4.4, providing false information, or article 402.4.8, causing a credible and material risk to safety.
 - C** Any complaint initiated by USMS.
 - D** Any complaint in which LMSC bylaws, rules, policies, or procedures preclude filing of a grievance by a USMS member.
 - E** Upon a majority vote of the Executive Committee, the National Board of Review may be assigned exclusive and immediate jurisdiction at any stage of any matter within the purview of this article 403 to serve the best interests of Masters Swimming.
- 403.4.2** The National Board of Review has appellate jurisdiction to hear appeals of LMSC decisions.
- 403.4.3** Matters of jurisdiction to the National Board of Review shall be initiated by a written filing made in accordance with the National Board of Review procedures.
- 403.4.4** Requests to the National Board of Review for review of LMSC decisions shall be initiated by a written request for review filed in accordance with the National Board of Review procedures.

403.5 Authority of the National Board of Review

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

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

403.6

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

403.6 Authority of the National Board of Review Chair

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

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

403.7 Appeal of LMSC Decision to the National Board of Review

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

403.8 Hearing Panel Procedure

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

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

403.9 Appeal to the Board of Directors

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

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

403.10 Documentation

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

403.11 Filing Fee

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

403.12 Recognition and Enforcement

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

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

ARTICLE 501: Membership

501.1 Membership Categories

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

501.1.1 Club—Clubs that register with USMS through an LMSC.

501.1.2 Individual—Individuals who register with USMS through an LMSC.

501.1.3 Affiliate—Organizations that have an interest in Masters swimming. Organizations shall apply to the National Office for affiliate membership. Membership shall be granted or denied by the Board of Directors and shall be coincident with the individual membership year. Dues for affiliate members shall be established by the Board and entitle each affiliate member to one nonvoting delegate to the House of Delegates. Additional nonvoting delegates may be granted by a majority vote of the Board.

501.1.4 Allied—Organizations that have an interest in Masters swimming and also have a national swimming program, national competition that provides for athlete development, due process, a rule book, and an officials training program. Organizations shall apply to the National Office for allied membership. Membership shall be granted or denied by the Board of Directors and shall be coincident with the individual membership year. Dues for allied members shall be established by the Board and entitle each allied member to one nonvoting seat on the Board of Directors and one nonvoting delegate to the House of Delegates. Additional nonvoting delegates may be granted by a majority vote of the Board.

501.1.5 Other—Any organization that is interested in swimming on either the national or local level. The House of Delegates may establish classes for such membership.

501.2 Mandatory Memberships

All of the following shall hold individual memberships in USMS:

501.2.1 Members of the House of Delegates and Board of Directors.

501.2.2 Members of standing committees and ad hoc committees of USMS.

501.2.3 Members of the National Board of Review.

501.2.4 Appointees.

501.2.5 Officers and members of the board of directors of each LMSC.

501.3 Equal Opportunity

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

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

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

502.1 LMSC Membership

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

502.2 Bylaws

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

502.3 Annual Meeting

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

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

502.10 LMSC Standards

Each LMSC shall meet the required standards established by the USMS Board of Directors and published in the *USMS Policy Manual*.

**ARTICLE 503:
Zones****503.1 Zone Boundaries**

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

503.2 Zone Meetings

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

503.3 Zone Chairs

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

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

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

503.4 Zone Policies

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

503.5 Zone Championship Meets

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

503.6 Communications

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

ARTICLE 504: House of Delegates

504.1 Membership

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

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

504.1.2 All voting members of the Board of Directors.

504.1.3 All past presidents.

504.1.4 All zone chairs.

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

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

504.1.7 Nonvoting delegates from affiliate and allied members.

504.2 Powers

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

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

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

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

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

C To review and approve the annual budget.

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

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

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

504.2.6 To collect and expend the monies of USMS.

504.2.7 To create, modify, or disband standing committees.

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

504.2.9 To receive and approve all annual reports.

504.3 Meetings of the House of Delegates

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

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

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

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

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

ARTICLE 505: Officers

505.1 Positions

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

505.2 Elections and Term of Office

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

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

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

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

505.3 Duties of Officers

The duties of the officers shall be as follows:

505.3.1 The president shall:

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

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

505.3.2 The vice presidents shall:

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

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

505.3.3 The secretary shall make proper arrangements to:

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

505.3.4 The treasurer shall:

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

ARTICLE 506: Board Of Directors

506.1 Membership

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

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

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

506.2 Election and Term of Office of At-Large Directors

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

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

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

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

506.3 Powers

The powers of the Board of Directors shall be:

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

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

506.3.3 To adopt and amend policies of USMS.

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

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

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

506.3.7 To consider and make determinations regarding budget variance requests.

506.3.8 To employ, evaluate, and terminate an executive director, who shall report to the Board of Directors.

506.3.9 To oversee elections of officers and Board members, in accordance with election operating guidelines. Conduct of elections of officers and Board members shall be delegated to an ad hoc committee composed of at least three members of the House of Delegates, none of whom have conflicts of interest with such elections.

506.3.10 To exercise the emergency power to adopt or suspend any swimming rule (Part 1 or Part 3) or administrative regulations of competition (Part 2) provided that the Board, with the advice and consent of the Rules Committee for Part 1, Legislation Committee for Part 2, Long Distance Committee for Part 3, and legal counsel, determines that immediate action is required to serve the interests of USMS. An action taken under this emergency provision shall be effective until the next meeting of the House of Delegates. The president shall make a detailed report of the actions taken to the entire membership of the House of Delegates within 30 days of the action taken.

506.4 Meetings

506.4.1 A minimum of two meetings of the Board of Directors shall be held each year.

506.4.2 Meetings of the Board of Directors shall be held at any time or place, within or without the state of Florida, pursuant to (i) a resolution of the Board of Directors or (ii) a call signed by the president or any three directors. Two days' written notice of such meeting shall be given to each director. Notice of any meeting may be waived in writing before or after such meeting.

506.4.3 The Board of Directors may participate in any regular or special meeting by, or conduct the meeting through the use of, any means of communication, including telephone, by which all directors participating may simultaneously hear each other during the meeting. A director participating in a meeting by this means is deemed to be present in person at the meeting.

506.5 Quorum

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

506.6 Voting Privileges

Each voting member of the Board of Directors shall have one vote. The president may vote by ballot or when the vote could change the outcome. There shall be no voting by proxy.

506.7 Permanent Committees of the Board

There shall be permanent committees of the Board as set forth in this article. Unless otherwise stated in this article, the president, with the concurrence of the Board, shall appoint the committee chair and the members of each permanent committee. Committee members shall be chosen from the Board and shall also include at least one member of USMS not on the Board. The presence of a majority of the committee members with voting privileges shall constitute a quorum at any meeting of a permanent committee of the Board, except for scheduled meetings in conjunction with the annual meeting of the House of Delegates, where a quorum shall consist of those members of the committee present and voting.

506.7.1 Audit Committee—The Audit Committee shall assist the Board of Directors with its financial oversight responsibilities. The committee shall review and monitor the reliability and integrity of the financial statements of Masters Swimming; monitor compliance with tax, legal, and regulatory requirements; monitor and evaluate effectiveness of the organization's operating systems; and monitor the independence and performance of USMS's external auditors. In performing its duties, the committee shall confer directly with USMS management and external auditors and shall report its findings and recommendations in writing to the Board.

506.7.2 Compensation and Benefits Committee—The Compensation and Benefits Committee shall assist the Board of Directors in setting the compensation and performance goals of the executive director and shall make recommendations to the Board of Directors regarding compensation and benefit plans, policies, and programs for USMS.

506.7.3 Finance Committee—The Finance Committee shall:

- A Propose policies pertaining to the financial affairs of USMS for approval by the Board of Directors.
- B Receive and review the reports of the treasurer and National Office.
- C Cause to be prepared a summary of the above reports to be presented to the Board of Directors.
- D Annually receive and compile budget requests for the next fiscal year.
- E Assist in the preparation of the USMS annual budget for the next fiscal period and submit same to the Board of Directors for approval and then to the House of Delegates for ratification.

506.7.4 Governance Committee—The Governance Committee shall be responsible for ongoing review and recommendations to enhance the quality and future viability of the Board and the USMS governance structure, including committees and local and regional divisions of USMS. The committee shall be composed of Board and non-Board members with relevant involvement or expertise in governance and organizational development. The president shall appoint all committee members and a chair of the committee.

506.7.5 Investment Committee—The Investment Committee shall be responsible for developing and submitting written recommendations for Board of Directors' approval of investment objectives, asset allocation targets, and performance measurement standards that are consistent with the overall fund investment goals. The committee shall review and evaluate investment results at least quarterly and take whatever action is deemed prudent when the advisor or any selected investment fails to meet performance expectations. The committee shall be responsible for ensuring compliance with all relevant federal and state regulation.

506.8 Executive Committee

506.8.1 The Executive Committee shall be a committee of the Board of Directors.

506.8.2 The voting members of the Executive Committee shall consist of:

- A The officers of USMS.
- B The immediate past president.

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

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

506.8.4 The Executive Committee shall have the authority to:

- A Carry out policies established by the Board of Directors.
- B In an emergency, assume the policy-making responsibilities of the Board of Directors. An action taken under this emergency provision shall be effective until the next meeting of the Board of Directors. The president shall make a detailed report of the actions taken to the entire membership of the Board of Directors within 30 days of the action taken.

506.9 Removal of Board Members

A voting director, including an officer, may be removed by the Board for failing to attend more than half of the Board meetings during any 12-month period, unless there are demonstrable extenuating circumstances to excuse the absences. Lacking such

circumstances, the director shall be removed by a two-thirds vote of the Board. The director in question shall have no vote on such removal.

506.10 Vacancies

A vacancy in the position of a voting director, including an officer, may be filled for the remainder of the unexpired term by the Board of Directors. An appointed director/officer shall have full rights and responsibilities of the position/office.

ARTICLE 507: Committees and Appointments

507.1 Standing Committees

Standing committees shall be as listed in this article. Unless otherwise specified in this article, the president, with the concurrence of the Executive Committee, shall appoint the chair of each committee, and the president, with the concurrence of the committee chair, shall choose committee members from the individual membership of USMS. When practical, each committee shall have representation from each zone. Committee chairs and committee members shall serve at the pleasure of the president. Each standing committee shall report to an officer of the corporation, who shall be an ex officio member of that committee. Standing committees shall conduct business as necessary throughout the year and shall meet in conjunction with the annual meeting of the House of Delegates. Each committee member shall have one vote. The president may appoint associate members to committees that have reached their full membership. Associate members have participatory rights but no vote or automatic delegate status. The executive director or designee shall be an ex officio member of each standing committee. Associate and ex officio members shall have voice but no vote. The presence of a majority of the committee members with voting privileges shall constitute a quorum at any meeting of a standing committee, except for scheduled meetings held in conjunction with the annual meeting of the House of Delegates, where a quorum shall consist of those members of the committee present and voting.

507.1.1 Championship Committee—The Championship Committee shall serve in an advisory capacity to national championship hosts and make recommendations and decisions that enhance the quality of championship meets. The committee, with the assistance of the USMS National Office staff, shall solicit and receive bid proposals. The committee shall review bid proposals and select sites for national championship meets. The committee shall consist of the committee chair and sufficient members to execute the committee function, including at least three members who have had experience in overseeing a national championship meet and two members without such experience.

507.1.2 Coaches Committee—The Coaches Committee shall recruit, educate, and support coaches for USMS members. The committee shall consist of the committee chair and sufficient members to execute the committee function.

507.1.3 Fitness Education Committee—The Fitness Education Committee shall promote the fitness, health, and lifestyle benefits of Masters Swimming. The committee may also offer programs to members for this purpose. The committee shall consist of the committee chair and sufficient members to execute the committee function.

- 507.1.4 History and Archives Committee**—The History and Archives Committee shall record, collect, and preserve documents, stories, photos, exhibits, oral histories, and other memorabilia in an appropriate repository and in durable formats to ensure that the achievements of USMS and Masters swimmers will be maintained for posterity. The archived information shall be made available. The committee shall consist of the committee chair and sufficient members to execute the committee function.
- 507.1.5 Legislation Committee**— The Legislation Committee may initiate and shall receive, consider, and report proposed amendments with the committee’s recommendations at the annual meeting of the House of Delegates, in accordance with the provisions of Part 6, which includes proposed changes to: Code of Regulations, Organizing Principles, Glossary, Part 2: Administrative Regulations of Competition, Part 4: Participation, Conduct, Hearings, and Appeals, Part 5: United States Masters Swimming Inc.: Organization and Bylaws, and Part 6: Amendment Procedures. When necessary, the committee shall interpret and render opinions regarding any provision of the rules and regulations of USMS within the committee’s jurisdiction as defined in article 601.1. The committee shall consist of the committee chair and sufficient members to execute the committee function, with at least one member from each zone, not to exceed 16 additional members. The Rules Committee chair shall be an ex officio member of the committee.
- 507.1.6 LMSC Development Committee**—The LMSC Development Committee shall work to strengthen LMSC governance and operations by providing educational opportunities and mentoring for LMSC boards and officers. The committee shall provide support for LMSCs. The committee shall review and identify LMSCs that are not meeting LMSC standards as defined by the Board of Directors and assist them in achieving compliance. The committee may consult with other committees, coordinators, and special appointments as necessary for this purpose. The committee may initiate and shall receive, consider, and report proposed amendments to Appendix D: Zone and LMSC Boundaries, with the committee’s recommendations, at the annual meeting of the House of Delegates, in accordance with the provisions of Part 6. The committee shall consist of the committee chair and sufficient members to execute the committee function.
- 507.1.7 Long Distance Committee**—The Long Distance Committee shall oversee the rules and administration of open water and long distance events. The committee shall solicit and review bid proposals and select the sites for the long distance championship events. The committee shall work in a coordinating and advisory capacity with event hosts and make recommendations to enhance the quality of long distance championship events. The committee shall maintain records and select the Long Distance All-American and Long Distance All-Star Teams. The committee shall assure that the competitive rules in Part 3 of the USMS rules and regulations provide for fair and equitable competition in the best interests of all USMS members and that these members are informed of current rules, interpretations, and changes. The committee may initiate and shall accept, consider, and report proposed amendments, with the committee’s recommendations, at the annual meeting of the House of Delegates, in accordance with the provisions of Part 6. When necessary, the committee shall interpret and render opinions regarding any

provision of the rules and regulations of USMS within the committee's jurisdiction as defined in article 601.1. The committee shall consist of the committee chair and no more than 16 additional members. The Open Water Committee chair shall be an ex officio member of the committee.

507.1.8 Officials Committee—The Officials Committee shall be responsible for conducting training, education, and certification programs to ensure that the competitive program offered to USMS members is conducted with the highest standard of professional officiating and in full conformance with USMS rules and regulations. The committee shall consist of the committee chair and sufficient members to execute the committee function.

507.1.9 Open Water Committee—The Open Water Committee shall promote the development of and participation in open water swimming. The committee shall develop educational resources for open water participants and event directors. The committee, with input from the Long Distance Committee, shall prepare guidelines pertaining to the management of USMS open water swimming for approval by the Board of Directors. The committee shall increase awareness about open water swimming and identify opportunities to promote USMS. The committee shall consist of the committee chair and sufficient members to execute the committee function. The Long Distance Committee chair shall be an ex officio member of the committee.

507.1.10 Recognition and Awards Committee—The Recognition and Awards Committee shall promote recognition of service to USMS. The committee shall review and approve proposals for all official USMS service awards and ensure that a history of all service awards is maintained. The committee shall be involved in determining method of recognition and recipient selection when appropriate. The committee shall consist of the committee chair, at least four Ransom J. Arthur Award recipients, representatives from the Coaches, Long Distance, Records and Tabulation, and History and Archives Committees, and sufficient other members to execute the committee function.

507.1.11 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 and All-Star rosters, and USMS records annually for each course. The committee shall consist of the committee chair and sufficient members to execute the committee function.

507.1.12 Registration Committee—The Registration Committee shall develop effective procedures for registering members and advise the Board of Directors on registration policies. Committee members shall assist LMSC registrars and communicate current policies and procedures. The committee shall consist of the committee chair, one member from each zone, and one member-at-large.

507.1.13 Rules Committee—The Rules Committee shall ensure that the competitive rules in Part 1 of the USMS rules and regulations provide for fair and equitable competition in the best interests of all USMS members. The committee shall ensure that the USMS members are informed of current rules, interpretation, and changes. The committee may initiate and shall accept, consider, and report proposed amendments, with the committee's recommendations, at the annual meeting of the House of Delegates, in

accordance with the provisions of Part 6. When necessary, the committee shall interpret and render opinions regarding any provision of the rules and regulations of USMS within the committee's jurisdiction as defined in article 601.1. The committee shall consist of the committee chair, and sufficient members to execute the committee function, with at least one member from each zone, not to exceed 16 additional members. The Legislation Committee chair, the Officials Committee chair, and the USA Swimming Rules and Regulations Committee chair shall be ex officio members of the committee.

507.1.14 Sports Medicine and Science Committee—The Sports Medicine and Science Committee shall educate members and the public on topics of sports medicine and science. The committee shall stimulate and encourage research pertaining to Masters Swimming. The committee shall consist of the committee chair and sufficient members to execute the committee function.

507.2 Ad Hoc Committees

The president may establish other committees on an ad hoc basis that are deemed necessary to carry out the duties of the president. The president shall provide the Board of Directors a written description of the ad hoc committee's purpose.

507.3 Appointments

507.3.1 Coordinators—The president, with the concurrence of the Executive Committee, may appoint coordinators. The Board of Directors may grant a coordinator the same rights and responsibilities as the chairs of standing committees. A coordinator, with the concurrence of the president, may appoint a working group to assist the coordinator.

507.3.2 Legal counsel—The president shall appoint the legal counsel. The legal counsel shall be an ex officio member of the Board of Directors, Executive Committee, and Legislation Committee.

507.3.3 Special assignments—The president may make special assignments that are deemed necessary to carry out the duties of the president and shall provide a written description of duties to the Board of Directors.

507.3.4 Liaisons—The president may appoint liaisons to other organizations to further the interests of USMS. The president shall provide a written description of duties to the Board of Directors.

ARTICLE 508: Financial Policy

508.1 Fiscal Year

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

508.2 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 Board of Directors (or those not submitted to the Board of Directors) 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 Florida against any liability, cost, or expense incurred in the capacity as director, officer, or employee, or arising out of the status as a director, officer, or employee (including serving at the request of USMS as a director, trustee, officer, employee, or agent of another not-for-profit organization).

510.2 Insurance

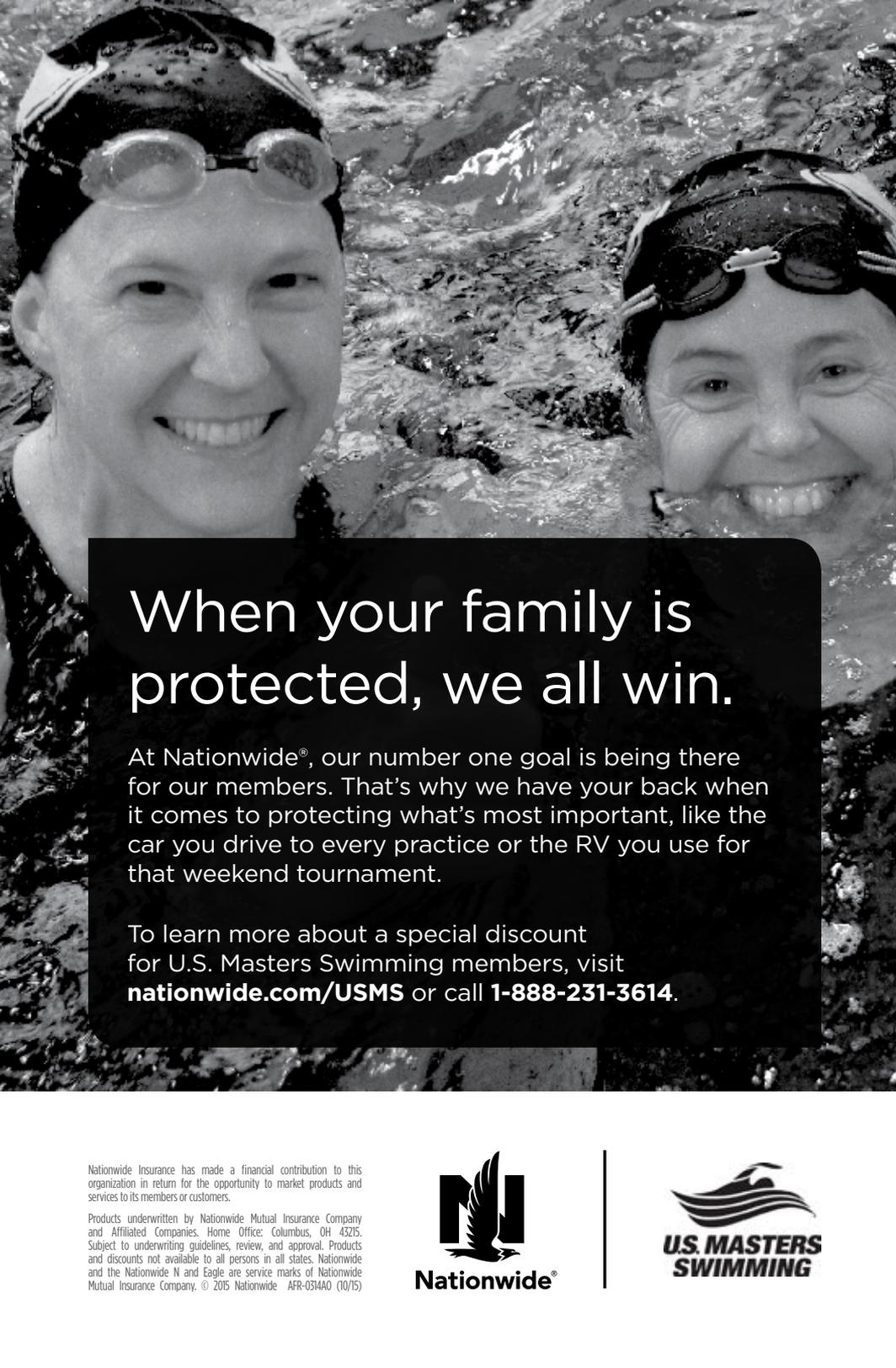
USMS may maintain insurance, at its expense, to protect itself and any such person against any such liability, cost, or expense. For the purpose of article 510, references to "USMS" include all constituents absorbed in a consolidation or merger as well as the resulting or surviving corporation.

**ARTICLE 511:
Dissolution**

If deemed advisable by the members, USMS may be dissolved pursuant to the applicable provision of the corporation laws of the state of Florida.

511.1 Dissolution

Upon the dissolution of USMS, the Board of Directors shall, after paying or making provision for the payment of all the liabilities of USMS, dispose of all the assets of USMS exclusively for the purposes of USMS or to such organization or organizations organized and operated exclusively for charitable, educational, religious, literary, or scientific purposes as shall qualify as exempt organizations under section 501(c)(3) of the Internal Revenue Code of 1986, as it may be amended.

A black and white photograph of two swimmers in the water, smiling at the camera. They are wearing swim caps and goggles. The water is splashing around them.

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PART 6: AMENDMENT PROCEDURES

ARTICLE 601: Amendments

601.1 Committee Jurisdiction

- 601.1.1 Legislation Committee**—Proposed changes to the Code of Regulations (Organizing Principles, Glossary, Part 2: Administrative Regulations of Competition, Part 4: Athletes' Rights, Hearings, and Appeals, Part 5: United States Masters Swimming Inc.: Organization and Bylaws, and Part 6: Amendment Procedures) shall be considered by the Legislation Committee for report and recommendation to the House of Delegates.
- 601.1.2 LMSC Development Committee**—Proposed changes to the Code of Regulations (Appendix D: Zone and LMSC Boundaries) shall be considered by the LMSC Development Committee for report and recommendation to the House of Delegates.
- 601.1.3 Long Distance Committee**—Proposed changes to Part 3: Open Water and Long Distance Swimming Rules and the Glossary shall be considered by the Long Distance Committee for report and recommendation to the House of Delegates.
- 601.1.4 Rules Committee**—Proposed changes to Part 1: Swimming Rules and the Glossary shall be considered by the Rules Committee for report and recommendation to the House of Delegates.
- 601.1.5 Executive Committee**—Proposed changes to all other sections of the *USMS Code of Regulations and Rules of Competition* shall be considered by the Executive Committee or committee designated by the president. Such proposals are not subject to the provisions of articles 601.1, 601.2, 601.3, and 601.4.

601.2 Submission of Proposed Amendments

- 601.2.1 Authorization**—Changes to the *USMS Code of Regulations and Rules of Competition* may be proposed only by an LMSC, a standing committee of the House of Delegates, the Board of Directors, or the Executive Committee.
- 601.2.2 Format**—Proposed changes shall be in such form as to show the section as it will read if adopted, with any changes in language underlined if new and lined out if deleted.
- 601.2.3 Submission Deadline**—The deadline for changes submitted by an LMSC to the chair of the LMSC Development Committee is February 1 to be considered as described in article 601.4.4. Proposed changes to the *USMS Code of Regulations and Rules of Competition* by an LMSC must be submitted to the chair of the Legislation, Long Distance, or Rules Committee not later than July 10 to be considered as described in articles 601.4.1, 601.4.2, and 601.4.3.

601.2.4 Submissions After the Deadline—The Board of Directors, Executive Committee, or standing committees of the House of Delegates may propose changes to the USMS code after July 10. Submissions after the deadline may be adopted in accordance with articles 601.4.1, 601.4.2, or 601.4.3 by a two-thirds vote of the committee of jurisdiction, provided the proposed amendment is made available to all members of the House of Delegates in advance of the annual meeting. All other submissions after the deadline shall be considered as emergency amendments and adopted in accordance with article 601.4.6.

601.2.5 Publication of Proposed Amendments—All proposed changes shall be published and distributed to each LMSC and each member of the House of Delegates not later than August 15.

601.3 Modification of Proposed Amendments

Proposed amendments may be modified in any manner by the Legislation, LMSC Development, Long Distance, or Rules Committees, or the House of Delegates, where appropriate, while under consideration by said body. Such modification must be germane to the subject matter and intent of the proposed change. Such modification by the Legislation, LMSC Development, Long Distance, or Rules Committees requires a majority vote. Such modification by the House of Delegates requires a two-thirds vote.

601.4 Adoption of Proposed Amendments

The *USMS Code of Regulations and Rules of Competition* may only be altered, amended, repealed, or otherwise changed at the annual meeting of the House of Delegates and only as follows:

601.4.1 Rules—Part 1 and the Glossary may be amended by a majority vote of the House of Delegates members present and voting if the proposed amendments are submitted to and recommended by the Rules Committee, or by a two-thirds vote of the House of Delegates members present and voting if the proposed amendments are submitted to and NOT recommended by the Rules Committee.

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

601.4.3 Legislation—The Organizing Principles, Glossary, Part 2, Part 4, Part 5, and Part 6 may be amended by a majority vote of the House of Delegates members present and voting if the proposed amendments are submitted to and recommended by the Legislation Committee, or by a two-thirds vote of the House of Delegates members present and voting if the proposed amendments are submitted to and NOT recommended by the Legislation Committee.

601.4.4 LMSC Development—Appendix D may be amended by a majority vote of the House of Delegates members present and voting if the proposed amendments are submitted to and recommended by the LMSC Development Committee, or by a two-thirds vote of the House of Delegates members present and voting if the proposed amendments are submitted to and NOT recommended by the LMSC Development Committee.

601.4.5 Proposed Amendments Requiring Action of More Than One Committee—In any year, proposed amendments to the *USMS Code of Regulations and Rules of Competition* that fall within more than one jurisdiction, as described in articles 601.4.1, 601.4.2, 601.4.3, and 601.4.4, may be submitted as an indivisible package to be considered by the House of Delegates, subject to the following:

A Each and every committee under whose jurisdiction the amendment proposals fall votes by a two-thirds majority to accept the proposed amendments as a package to be considered in the whole.

B If the conditions of article 601.4.5A are met, the indivisible package may be approved by a majority vote of the House of Delegates members present and voting if recommended by all committees with jurisdiction, or by a two-thirds vote of the House of Delegates members present and voting if the indivisible package fails to receive the recommendation of all committees with jurisdiction.

601.4.6 Emergency Amendments—Emergency amendments (amendments not submitted in conformity with articles 601.4.1, 601.4.2, and 601.4.3) may be passed by a nine-tenths vote of the House of Delegates members present and voting if they are properly submitted to, deemed an emergency by, and recommended by the appropriate governing committee as defined in article 601.1.

601.4.7 USA Swimming Amendments That Affect USMS Rules

A Amendments to USA Swimming articles 101, “Individual Strokes and Relays,” 102, “Conduct and Officiating of All Swimming Competition,” and 105, “Guidelines for Officiating Swimmers With a Disability in USA Swimming Meets,” shall automatically be adopted by USMS unless the USMS House of Delegates votes to reject those amendments. Amendments to USA Swimming article 103, “Facility Standards,” may be recommended by the Rules Committee for adoption by the House of Delegates.

B If amendments to USA Swimming articles 101 and 102 are adopted between the annual meetings of the House of Delegates, the corresponding portions of Part 1 shall automatically be adopted by USMS, except that such amendments may be altered, amended, repealed, or changed by a nine-tenths vote of the Rules Committee and a majority vote of the Executive Committee.

601.4.8 FINA Masters Swimming Amendments That Affect USMS Rules—If amendments to the FINA Masters Technical Rules are adopted between the annual meetings of the House of Delegates, the corresponding portions of Part 1 shall be automatically adopted by USMS, except that such amendments may be altered, amended, repealed, or changed by a nine-tenths vote of the Rules Committee and a majority vote of the Executive Committee.

601.5 Effective Date

Unless otherwise specified, all changes approved as prescribed shall become effective on January 1 of the year following their adoption.

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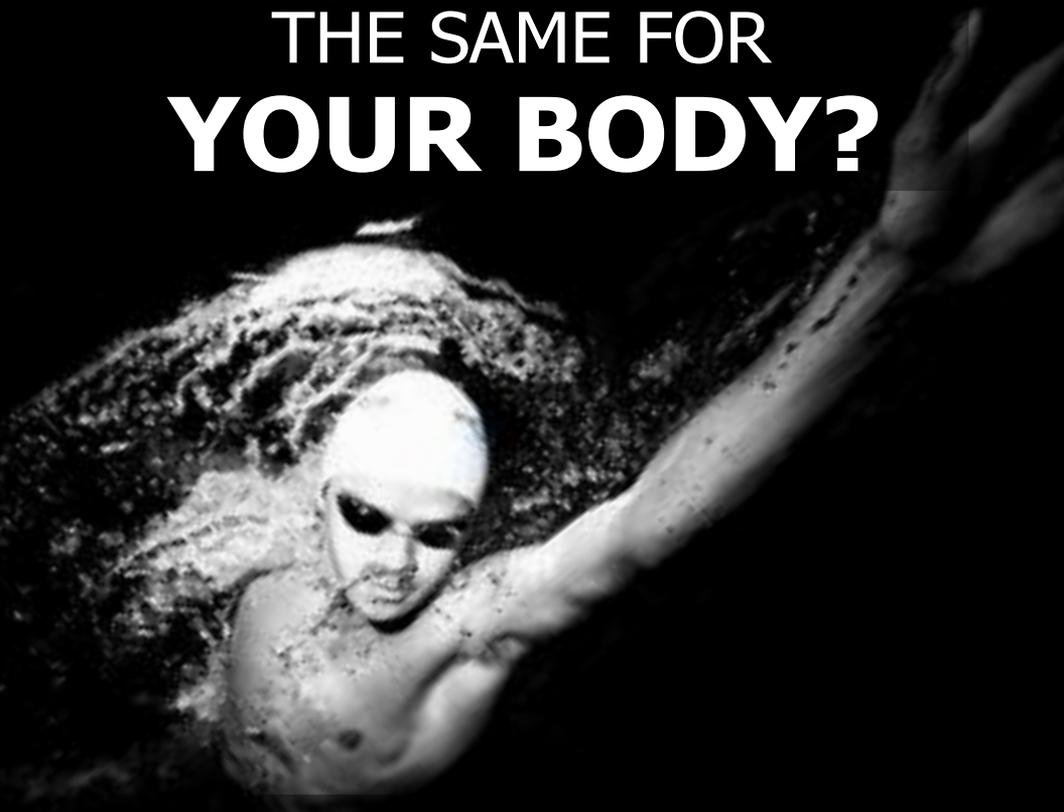
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APPENDIX A: RECORDS

Category	Current as of
USMS Short Course Yards	October 30, 2015
USMS Short Course Meters	October 30, 2015
USMS Long Course Meters	October 30, 2015
USMS Open Water	October 30, 2015
USMS Long Distance	October 30, 2015
World Short Course Meters	August 31, 2015
World Long Course Meters	August 31, 2015

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. For the most up-to-date and complete records listings, please check the USMS pool records database online at: www.usms.org/comp/usmsrecords.php.

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

Mary Beth Windrath
10235 SW Citation Dr
Beaverton, OR 97008
usmsrecords@usms.org

Open Water and Long Distance Records

Donn Livoni
323 Rummel Lane
Hamilton, MT 59840
longdistance@usms.org

Women 18-24											
	SC-Yards	USMS	Date	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	A. Vanderpool-Wallace	22:21	01-31-15	Jennifer K Beckberger	11-20-10	25:58	25.42	Kara J Denby	07-26-09	26:22	
100 Free	Katie Meili	48:18	12-06-14	Jennifer K Beckberger	11-21-10	55:86	55.78	Rachael E Burnett	08-14-14	57:90	
200 Free	Dana Vollmer	1:43:28	11-08-09	Alexandra K Lee	12-06-09	2:03:39	2:03.39	Jessica Foschi	08-17-03	2:03:06	
400/500 Free	Jessica Foschi	4:49:97	10-25-03	Marina Falcone	12-04-10	4:19:91	4:19.91	Julia Stowers	07-05-03	4:16:72	
800/1000 Free	Luane Rowe	10:12:42	03-31-12	Dawn Heckman	12-09-01	8:58:71	8:51.8	Luane Rowe	08-09-03	9:11:32	
1500/1650 Free	Karen B Burton	17:31:70	- -87	Dawn Heckman	11-11-01	17:15:23	17:15.23	Luane Rowe	07-05-12	17:22:39	
50 Back	Fiona O'Donnell-McCarthy	26:18	05-22-10	Paige E Francis	12-10-00	29:69	29.69	Emilie C Ewing	08-05-11	30:84	
100 Back	Emilie C Ewing	55:90	05-23-10	Petra Klesova	11-21-09	59:45	59.45	Jenny von Jouanne	07-20-12	1:04:67	
200 Back	Sara Schweitzer	1:59:22	04-30-00	Maria Nasciminto	10-25-14	2:18:11	2:18.11	Saraheth Schweitzer	08-20-00	2:19:70	
50 Breast	Katie Meili	27:76	12-05-14	Beata Kaszuba	12-10-95	32:09	32.09	Lauren R Greenberg	08-01-15	33:92	
100 Breast	Katie Meili	58:71	12-05-14	Beata Kaszuba	12-10-95	1:08:89	1:08.89	Breeja Larson	07-30-11	1:10:32	
200 Breast	Micah Lawrence	2:06:59	12-06-14	Micah Lawrence	10-25-14	2:32:80	2:32.80	Marissa L Ciapp	07-19-09	2:36:61	
50 Fly	Dana Vollmer	24:54	11-08-09	Meg B Gill	12-05-09	28:37	28.37	Meg B Gill	07-12-09	28:62	
100 Fly	Dana Vollmer	52:30	11-08-09	Katherine Mills	10-29-11	1:01:22	1:01.22	Laura M Davis	06-29-08	1:01:04	
200 Fly	Katherine Mills	1:54:62	04-28-12	Alexandra E Young	10-29-11	2:19:83	2:19.83	Laura M Davis	07-02-08	2:12:75	
100 IM	Katie Meili	53:02	12-21-14	Kara J Denby	12-06-09	1:01:74	1:01.74	Laura M Davis	07-01-08	2:16:06	
200 IM	Katie Meili	1:54:20	12-04-14	Kara J Denby	12-04-09	2:19:73	2:19.73	Jamie L Marks	08-10-10	5:08:00	
400 IM	Katherine Mills	4:21:82	01-28-12	Katherine Mills	10-29-11	4:50:84	4:50.84				
Women 25-29											
	SC-Yards	USMS	Date	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Madison Kennedy	22:62	01-25-14	Madison Kennedy	10-25-14	25:97	25.42	Madison Kennedy	08-10-14	24:83	25.42
100 Free	Kim Vandenberg	49:18	02-24-13	Sheila Taormina	03-31-96	56:30	55.28	Madison Kennedy	08-06-14	54:72	56.96
200 Free	Limin Liu	1:48:80	05-20-01	Sheila Taormina	03-31-96	1:59:78	1:59.78	Sheila Taormina	12-02-95	2:02:06	2:04:56
400/500 Free	Sheila Taormina	4:49:88	01-03-96	Sheila Taormina	03-31-96	4:24:18	4:15.74	Sheila Taormina	12-02-95	4:13:03	4:18:62
800/1000 Free	Lisa A Hazen	10:12:34	03-19-94	Sheila Taormina	03-31-96	8:51:18	8:51.18	Rachel Komisarz	07-19-01	8:47:44	8:45:89
1500/1650 Free	Karen B Burton	16:50:17	05-19-91	Sheila Taormina	03-31-96	16:36:07	16:36.07	Rachel Komisarz	07-19-01	16:39:77	16:34:89
50 Back	Tanica Jamison	25:22-10	05-22-10	Diana MacManus	03-03-12	28:92	27.88	Madison Kennedy	08-08-14	29:15	28.99
100 Back	Tanica Jamison	54:06	05-23-10	Lia Campbell	11-15-14	1:02:89	1:00.63	Kelly M Harrigan	07-31-11	1:06:44	1:03:26
200 Back	Federica Pellegrini	1:58:87	02-28-15	Lia Oberstar	11-17-01	2:14:77	2:12.84	Diane M Graner-Galles	08-20-89	2:19:97	2:17:30
50 Breast	Megan M Jendrick	27:14	02-21-10	Megan M Jendrick	11-21-10	31:87	30.50	Megan M Jendrick	07-10-10	31:60	31.60
100 Breast	Megan M Jendrick	59:58	02-06-10	Megan Jendrick	04-15-12	1:10:04	1:06.83	Justine L Mueller	06-28-13	1:09:10	1:10:56
200 Breast	Megan M Jendrick	2:09:05	02-06-10	Megan Jendrick	04-14-12	2:29:80	2:29.80	Justine L Mueller	06-26-13	2:29:90	2:35:46
50 Fly	Tanica Jamison	24:41	05-22-10	Erin R Campbell	11-16-14	28:08	27.08	Jennifer Brooks	08-03-03	28:19	27.10
100 Fly	Amanda M Sms	53:20	04-24-15	Sheila Taormina	03-31-96	1:01:33	1:00.18	Justine L Mueller	06-27-13	59:99	59.99
200 Fly	Limin Liu	1:57:84	05-20-01	Katie C Kastes	10-11-14	2:19:51	2:09.64	Sheila Taormina	12-17-95	2:17:51	2:17:56
100 IM	Megan M Jendrick	54:43	02-06-10	Megan Jendrick	01-23-11	1:03:41	1:02.29				
200 IM	Justine L Mueller	1:57:56	12-05-13	Wenke Hansen	12-12-98	2:21:79	2:17.17	Justine L Mueller	06-29-13	2:14:03	2:20:71
400 IM	Justine L Mueller	4:19:02	02-22-13	Wenke Hansen	12-13-98	5:02:54	4:52.13	Sara Shand	07-30-89	5:06:34	5:02:78

Women 30-34										
SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	11-29-12	22.48	Erika A Erndt	11-10-12	25.69	25.17	Erika A Erndt	08-08-09	25.57	25.74
100 Free	02-23-13	48.03	Erika A Erndt	10-13-12	54.75	54.75	Erika A Erndt	08-05-09	54.59	55.24
200 Free	11-30-12	1:43.46	Karlyn Pipes-Neilsen	12-15-96	2:04.64	2:02.60	Erika A Erndt	08-07-09	1:58.92	2:04.05
400/500 Free	04-14-12	4:48.92	Dawn M Heckman	12-04-11	4:17.82	4:17.82	Dawn M Heckman	08-03-10	4:17.52	4:18.63
800/1000 Free	04-15-12	9:51.93	Dawn M Heckman	12-04-11	8:38.58	8:38.58	Dawn M Heckman	05-30-10	8:46.22	8:46.47
1500/1650 Free	05-23-93	17:07.52	Dawn M Heckman	12-02-11	16:26.93	16:26.93	Dawn M Heckman	04-25-10	17:07.54	17:25.81
50 Back	05-01-11	24.96	Noriko Inada	11-21-09	27.61	27.43	Noriko Inada	07-08-12	28.57	28.57
100 Back	04-30-11	54.80	Noriko Inada	11-22-09	59.53	1:00.90	Noriko Inada	08-06-11	1:01.78	1:01.78
200 Back	02-19-96	1:59.93	L. Oberstar-Brown	11-22-08	2:12.47	2:11.86	Saraheth E Metzger	08-06-09	2:17.61	2:17.61
50 Breast	05-04-08	28.48	Hannah Caldas	12-04-11	32.17	31.71	Katie McClelland	08-15-08	33.20	32.22
100 Breast	05-04-08	1:02.08	Wenke K Hansen	12-10-00	1:06.98	1:10.00	Katie McClelland	08-16-08	1:13.29	1:10.10
200 Breast	01-20-13	2:15.99	Wenke K Hansen	12-10-00	2:30.65	2:26.96	Wenke Hansen	08-23-99	2:41.51	2:28.93
50 Fly	04-15-00	24.18	Noriko Inada	12-10-11	27.89	27.08	Martina Moravova	06-07-08	27.48	27.48
100 Fly	05-16-99	55.01	Erika A Erndt	10-13-12	1:00.34	1:00.11	Martina Moravova	06-07-08	58.81	58.81
200 Fly	05-12-96	2:03.46	Katrina Radtke	10-05-03	2:19.34	2:13.09	Martina Moravova	06-25-13	2:15.65	2:13.60
100 I.M.	04-15-00	57.01	Erika A Erndt	10-13-12	1:02.52	1:02.52	Kim Vandenberg	06-07-08	58.81	58.81
200 I.M.	03-11-09	1:58.80	Karlyn Pipes-Neilsen	12-07-96	2:18.79	2:13.41	Erika A Erndt	08-08-09	2:13.72	2:13.89
400 I.M.	01-20-13	4:14.84	Karlyn Pipes-Neilsen	12-15-96	4:53.85	4:45.07	Erika A Erndt	06-29-08	4:47.06	4:56.08
Women 35-39										
SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	02-25-07	22.34	Dara Torres	12-03-06	25.10	25.10	Erika A Erndt	06-29-13	25.52	25.98
100 Free	02-25-07	49.72	Dara Torres	12-03-06	54.95	54.95	Erika A Erndt	06-25-13	55.17	58.31
200 Free	05-03-97	1:51.55	Karlyn Pipes-Neilsen	12-14-97	2:03.56	2:03.12	Erika A Erndt	06-26-13	2:00.04	2:06.94
400/500 Free	05-03-97	4:56.09	Karlyn Pipes-Neilsen	12-12-99	4:22.56	4:22.56	Dawn M Heckman	06-01-12	4:16.19	4:26.17
800/1000 Free	11-15-14	10:11.23	Heldi S George	09-27-15	8:57.60	8:57.28	Dawn M Heckman	06-03-12	8:47.28	9:08.47
1500/1650 Free	11-15-14	16:46.85	Heldi S George	09-27-15	16:52.94	16:56.62	Heldi S George	08-06-15	17:17.22	17:17.22
50 Back	05-03-14	25.02	Noriko Inada	11-23-13	28.13	28.13	Noriko Inada	08-09-14	28.85	28.85
100 Back	05-04-14	54.83	Noriko Inada	11-24-13	1:00.60	1:00.60	Noriko Inada	08-08-14	1:02.69	1:02.69
200 Back	03-14-98	2:00.54	Karlyn Pipes-Neilsen	12-14-97	2:14.10	2:13.37	Karlyn Pipes-Neilsen	08-10-97	2:18.20	2:18.20
50 Breast	05-02-14	28.51	Katie Glenn	10-10-15	32.48	31.87	Katie Glenn	08-09-13	32.86	32.86
100 Breast	04-25-15	1:01.88	Cynthia J Lewis	12-06-14	1:09.20	1:09.20	Cynthia J Lewis	05-27-12	1:12.30	1:12.34
200 Breast	04-26-15	2:17.51	Cynthia J Lewis	11-23-14	2:33.73	2:30.63	Katie Glenn	08-10-13	2:39.78	2:35.40
50 Fly	04-26-15	25.05	Sheri L Hart	11-21-09	28.58	28.28	Noriko Inada	08-05-14	27.46	27.46
100 Fly	05-18-03	55.78	Karlyn Pipes-Neilsen	12-14-97	1:03.29	1:01.88	Erika A Erndt	06-27-13	59.52	1:02.44
200 Fly	05-22-05	2:03.48	Karlyn Pipes-Neilsen	12-14-97	2:18.41	2:16.67	Karlyn Pipes-Neilsen	08-10-97	2:20.21	2:20.21
100 I.M.	05-23-10	57.67	Sheri L Hart	11-22-09	1:04.61	1:03.17	Karlyn Pipes-Neilsen	07-19-97	2:22.42	2:21.47
200 I.M.	03-14-98	2:05.24	Karlyn Pipes-Neilsen	12-10-00	2:19.08	2:17.69	Karlyn Pipes-Neilsen	08-15-98	5:02.67	4:59.59
400 I.M.	03-14-98	4:24.18	Karlyn Pipes-Neilsen	12-14-97	4:52.85	4:52.85	Karlyn Pipes-Neilsen			



Women 40-44		SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free		Dana Torres	04-15-07	21.91	Erika L Braun	12-14-14	26.02	26.02	Dana G Torres	07-06-08	24.25	26.44
100 Free		Dana Torres	04-15-07	48.34	Erika L Braun	12-14-14	57.08	57.08	Dana G Torres	07-04-08	53.78	58.04
200 Free		Karlyn Pipes-Neilsen	12-22-02	1:51.06	Karlyn Pipes-Neilsen	12-14-03	2:05.26	2:05.26	Karlyn Pipes-Neilsen	05-25-03	2:09.00	2:09.28
400/500 Free		Karlyn Pipes-Neilsen	10-05-02	4:58.98	Karlyn Pipes-Neilsen	12-14-03	4:21.75	4:21.75	Janet B Evans	08-13-11	4:22.87	4:22.87
800/1000 Free		Karlyn Pipes-Neilsen	12-21-03	10:20.45	Karlyn Pipes-Neilsen	08-20-03	9:09.71	8:59.06	Janet B Evans	06-11-11	8:59.06	8:59.06
1500/1650 Free		Karlyn Pipes-Neilsen	12-07-02	17:15.20	Alison H Zamanian	01-16-10	17:35.49	17:01.66	Karlyn Pipes-Neilsen	08-11-03	17:56.52	17:31.51
50 Back		Sheri L Hart	05-01-11	26.12	Sheri L Hart	10-14-12	30.02	29.84	Erika L Braun	08-08-15	31.38	30.89
100 Back		Sheri L Hart	04-30-11	56.03	Sheri L Hart	10-29-11	1:03.48	1:03.48	Jody L Smith	08-07-09	1:07.21	1:07.06
200 Back		Kristin J Gary	04-24-10	2:04.43	Jody L Smith	12-04-09	2:19.06	2:19.06	Jody L Smith	06-06-09	2:23.18	2:23.18
50 Breast		Susan G Von Der Lippe	02-28-10	29.24	Susan G Von Der Lippe	11-22-09	32.29	32.20	Susan von der Lippe	07-23-06	33.25	33.09
100 Breast		Susan G Von Der Lippe	05-04-08	1:03.00	Susan G Von Der Lippe	12-02-07	1:10.55	1:10.55	Susan G Von Der Lippe	06-30-08	1:12.12	1:12.74
200 Breast		Susan von der Lippe	05-14-06	2:17.06	Susan G Von Der Lippe	11-16-08	2:32.37	2:32.37	Susan von der Lippe	08-09-06	2:38.44	2:38.44
50 Fly		Susan G Von Der Lippe	05-10-09	25.14	Erika L Braun	03-16-13	28.19	28.19	Erika L Braun	06-08-13	28.36	28.36
100 Fly		Susan G Von Der Lippe	05-10-09	54.83	Susan G Von Der Lippe	11-21-09	1:01.70	1:01.70	Susan G Von Der Lippe	06-29-08	1:02.47	1:03.36
200 Fly		Susan G Von Der Lippe	05-04-08	2:03.13	Susan G Von Der Lippe	11-19-06	2:20.66	2:20.66	Karlyn Pipes-Neilsen	06-17-03	2:24.77	2:24.78
100 IM		Erika L Braun	04-28-12	57.95	Lisa Blackburn	10-10-15	1:04.19	1:04.25				
200 IM		Susan G Von Der Lippe	05-04-08	2:04.85	Susan G Von Der Lippe	12-02-07	2:19.21	2:19.21	Susan von der Lippe	06-05-07	2:25.03	2:25.03
400 IM		Susan G Von Der Lippe	05-04-08	4:28.43	Karlyn Pipes-Neilsen	11-24-02	5:00.82	5:00.82	Karlyn Pipes-Neilsen	06-01-04	5:09.83	5:09.83
Women 45-49		SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free		Susan Walsh	05-04-08	24.00	Fall Willeboordse	12-08-13	26.59	26.37	Melene Thomas	08-07-15	27.09	26.59
100 Free		Karlyn Pipes-Neilsen	12-16-07	52.23	Karlyn Pipes-Neilsen	12-02-07	58.61	58.43	Melene Thomas	08-08-15	57.40	57.40
200 Free		Karlyn Pipes-Neilsen	12-16-07	1:53.28	Karlyn Pipes-Neilsen	12-02-07	2:05.94	2:05.94	Karlyn Pipes-Neilsen	06-13-09	2:10.09	2:10.09
400/500 Free		Karlyn Pipes-Neilsen	04-11-09	5:04.13	Karlyn Pipes-Neilsen	05-16-09	4:25.34	4:25.34	Karlyn Pipes-Neilsen	09-06-08	4:35.84	4:35.84
800/1000 Free		Karlyn Pipes-Neilsen	04-19-09	10:32.91	Karlyn Pipes-Neilsen	05-15-09	9:11.37	9:11.37	Karlyn Pipes-Neilsen	08-05-07	9:24.11	9:24.11
1500/1650 Free		Karlyn Pipes-Neilsen	04-22-07	17:49.73	Alison H Zamanian	06-24-15	17:22.01	17:22.01	Suzanne Heim-Bowen	08-17-03	17:55.83	17:55.83
50 Back		Karlyn Pipes-Neilsen	12-21-08	27.35	Karlyn Pipes-Neilsen	12-02-07	30.58	30.25	Ellen M Reynolds	07-07-12	31.71	31.35
100 Back		Ellen M Reynolds	05-23-10	57.83	Karlyn Pipes-Neilsen	05-16-09	1:04.79	1:04.46	Karlyn Pipes-Neilsen	05-24-09	1:08.11	1:08.11
200 Back		Karlyn Pipes-Neilsen	04-19-09	2:04.65	Karlyn Pipes-Neilsen	05-15-09	2:18.95	2:18.15	Karlyn Pipes-Neilsen	05-22-09	2:26.06	2:26.06
50 Breast		Caroline Krattli	05-20-07	30.17	Susan G Von Der Lippe	10-10-10	33.82	33.81	Susan G Von Der Lippe	07-17-10	33.66	33.66
100 Breast		Susan G Von Der Lippe	03-27-11	1:05.85	Susan G Von Der Lippe	10-10-10	1:13.30	1:12.64	Susan G Von Der Lippe	07-17-10	1:14.41	1:13.49
200 Breast		Susan G Von Der Lippe	05-01-11	2:22.76	Susan G Von Der Lippe	11-21-10	2:38.00	2:38.00	Caroline Krattli	08-05-07	2:45.20	2:43.73
50 Fly		Susan O Williams	04-21-13	25.96	Susan G Von Der Lippe	10-10-10	28.84	28.84	Wenke K Seider	08-05-14	29.04	28.97
100 Fly		Karlyn Pipes-Neilsen	05-01-11	56.97	Susan G Von Der Lippe	11-20-10	1:03.47	1:03.47	Wenke K Seider	08-06-14	1:04.96	1:04.96
200 Fly		Karlyn Pipes-Neilsen	12-26-08	2:07.39	Karlyn Pipes-Neilsen	12-13-09	2:23.18	2:23.18	Karlyn Pipes-Neilsen	06-20-09	2:24.34	2:24.34
100 IM		Fall Willeboordse	04-28-12	59.39	Karlyn Pipes-Neilsen	12-12-09	1:05.61	1:05.61	Karlyn Pipes-Neilsen	08-16-08	2:27.57	2:27.57
200 IM		Karlyn Pipes-Neilsen	12-16-07	2:07.26	Karlyn Pipes-Neilsen	05-17-09	2:21.55	2:21.55	Karlyn Pipes-Neilsen	09-05-08	5:13.85	5:13.85
400 IM		Karlyn Pipes-Neilsen	12-26-09	4:32.87	Karlyn Pipes-Neilsen	12-12-09	5:05.04	5:00.29	Karlyn Pipes-Neilsen			

Women 50-54		SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Sue Walsh	03-29-14	24.60	Sue Walsh	03-15-14	27.67	26.27	27.79	Laura B Val	08-18-01	28.22	27.79
100 Free	Laura B Val	05-17-02	54.38	Ellen M Reynolds	09-27-14	1:01.41	58.60	1:01.13	Laura B Val	08-19-01	1:01.13	1:01.13
200 Free	Jill S Hernandez	05-04-14	1:58.43	Suzanne M Heim-Bowen	12-06-09	2:10.72	2:10.72	2:13.18	Jill S Hernandez	08-08-13	2:13.18	2:13.18
400/500 Free	Jill S Hernandez	05-12-13	5:14.56	Suzanne M Heim-Bowen	12-05-09	4:35.54	4:34.81	4:40.66	Jill S Hernandez	08-11-13	4:40.66	4:40.66
800/1000 Free	Jill S Hernandez	04-23-15	10:58.56	Suzanne M Heim-Bowen	12-04-09	9:29.62	9:23.45	9:38.04	Suzanne M Heim-Bowen	04-18-08	9:48.81	9:38.04
1500/1650 Free	Charlita Petersen	04-23-15	18:16.49	Suzanne M Heim-Bowen	12-04-09	17:51.33	17:49.23	18:29.28	Suzanne M Heim-Bowen	04-18-08	18:32.76	18:29.28
50 Back	Leslie C Livingston	05-10-13	27.04	Leslie C Livingston	03-19-11	30.58	30.58	32.41	Leslie C Livingston	06-22-13	32.41	32.41
100 Back	Ellen M Reynolds	11-23-14	59.72	Ellen M Reynolds	03-08-14	1:05.89	1:05.89	1:09.28	Ellen M Reynolds	08-08-14	1:09.28	1:09.28
200 Back	Ellen M Reynolds	11-22-14	2:07.51	Ellen M Reynolds	03-08-14	2:22.37	2:22.37	2:26.64	Ellen M Reynolds	08-04-14	2:26.64	2:26.64
50 Breast	Brigitte C Heuer	05-21-10	32.37	Corrin C Popp	05-18-14	36.46	33.96	37.31	Caroline Krattli	07-26-15	37.31	34.18
100 Breast	Caroline Krattli	02-18-12	1:09.21	Corrin C Popp	05-18-14	1:19.23	1:15.02	1:15.02	Corrin C Popp	08-04-14	1:22.23	1:15.02
200 Breast	Caroline Krattli	02-20-12	2:29.92	Corrin C Popp	05-19-14	2:52.57	2:48.69	2:50.92	Corrin C Popp	08-08-14	2:58.60	2:50.92
50 Fly	Leslie C Livingston	05-11-13	25.70	Leslie C Livingston	03-16-13	29.25	29.25	30.24	Leslie C Livingston	06-23-13	30.29	30.24
100 Fly	Jill S Hernandez	05-12-13	1:00.17	Karlyn A Pipes	11-08-14	1:07.82	1:06.92	1:07.80	Jill S Hernandez	08-13-11	1:07.80	1:07.80
200 Fly	Laura B Val	05-17-02	2:15.18	Karlyn Pipes	12-09-12	2:32.29	2:28.08	2:31.55	Laura B Val	08-18-01	2:31.55	2:31.55
100 IM	Karlyn Pipes-Nelisen	04-28-12	1:02.18	Karlyn Pipes	02-18-12	1:09.68	1:08.28	1:08.80	Ellen M Reynolds	08-06-14	2:31.81	2:31.81
200 IM	Ellen M Reynolds	05-10-15	2:13.16	Ellen M Reynolds	09-28-14	2:28.64	2:28.64	2:30.68	Ellen M Reynolds	08-05-14	2:30.68	2:30.68
400 IM	Jill S Hernandez	05-02-14	4:44.38	Ellen M Reynolds	09-26-14	5:10.96	5:10.96	5:20.68	Ellen M Reynolds	08-05-14	5:20.68	5:20.68
Women 55-59		SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Laura B Val	05-10-09	25.29	Laura B Val	12-05-09	28.49	27.91	28.69	Laura B Val	08-17-08	28.69	28.69
100 Free	Laura B Val	05-04-08	54.72	Laura B Val	12-04-09	1:01.33	1:01.33	1:02.02	Laura B Val	08-16-08	1:02.02	1:02.02
200 Free	Laura B Val	05-10-09	1:59.02	Laura B Val	11-21-09	2:14.45	2:14.45	2:16.28	Laura B Val	08-06-09	2:16.28	2:16.28
400/500 Free	Laura B Val	01-25-09	5:27.33	Laura B Val	10-04-09	4:42.97	4:42.97	4:46.69	Jill S Hernandez	07-26-15	4:46.69	4:46.69
800/1000 Free	Laura B Val	03-13-10	11:20.53	Laura B Val	10-17-09	9:51.35	9:51.35	9:56.56	Jill S Hernandez	07-26-15	9:56.56	9:56.56
1500/1650 Free	Laura B Val	04-16-10	18:56.04	Laura B Val	01-16-10	18:43.73	18:43.73	19:14.70	Laura B Val	07-08-07	19:14.70	19:14.70
50 Back	Laura B Val	03-28-10	28.88	Laura B Val	10-24-09	32.62	32.62	33.75	Laura B Val	08-12-10	33.75	33.75
100 Back	Laura B Val	05-23-10	1:04.65	Laura B Val	11-16-08	1:12.23	1:12.23	1:14.41	Laura B Val	08-17-08	1:14.41	1:14.41
200 Back	Bonnie M Blich	05-02-14	2:19.94	Laura B Val	10-12-08	2:40.05	2:38.05	2:41.50	Bonnie M Blich	06-28-14	2:41.50	2:41.50
50 Breast	Lisa A Bennett	05-14-11	33.76	Chris Wenzel	12-14-14	38.30	36.29	37.04	Colette M Crabbe	08-09-13	38.55	37.04
100 Breast	Chris Wenzel	04-25-15	1:13.76	Chris Wenzel	12-13-14	1:23.22	1:18.45	1:23.16	Lo D Knapp	08-06-09	1:25.19	1:23.16
200 Breast	Catherine K Kohn	05-10-09	2:40.19	Catherine K Kohn	10-31-09	3:02.37	2:55.48	3:02.67	Lo D Knapp	08-09-09	3:04.32	3:02.67
50 Fly	Traci S Granger	05-11-13	27.45	Traci S Granger	12-07-13	31.13	31.13	30.97	Traci S Granger	08-09-09	30.97	30.97
100 Fly	Laura B Val	05-10-09	1:01.31	Laura B Val	12-06-09	1:09.23	1:09.23	1:09.47	Laura B Val	08-09-09	1:09.47	1:09.47
200 Fly	Laura B Val	05-10-09	2:16.28	Laura B Val	09-14-08	2:31.13	2:31.13	2:41.51	Laura B Val	07-08-07	2:41.51	2:41.51
100 IM	Laura B Val	05-20-07	1:05.21	Laura B Val	10-11-09	1:12.90	1:10.66	1:10.66	Jill S Hernandez	07-26-15	2:38.74	2:38.74
200 IM	Laura B Val	05-22-10	2:21.91	Laura B Val	12-04-09	2:36.98	2:36.98	2:36.98	Jill S Hernandez	07-26-15	2:38.74	2:38.74
400 IM	Laura B Val	05-07-10	5:03.92	Laura B Val	11-21-09	5:39.30	5:39.30	5:49.40	Laura B Val	07-10-09	5:49.40	5:49.40



Women 60-64	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Laura B Val	03-09-14	26.48	Laura B Val	12-07-13	29.23	29.23	Laura B Val	08-06-11	29.31	29.31
100 Free	Laura B Val	04-29-12	56.45	Laura B Val	12-05-14	1:03.48	1:03.48	Laura B Val	08-05-11	1:03.83	1:03.83
200 Free	Laura B Val	04-10-15	2:05.95	Laura B Val	12-04-11	2:20.16	2:20.16	Laura B Val	06-12-12	2:21.48	2:21.48
400/500 Free	Laura B Val	01-26-14	5:39.00	Laura B Val	08-24-13	4:53.24	4:53.24	Laura B Val	08-12-12	4:59.82	4:59.82
800/1000 Free	Laura B Val	03-30-12	11:41.77	Laura B Val	01-15-11	10:21.68	10:21.68	Laura B Val	07-08-11	10:27.71	10:27.71
1500/1650 Free	Laura B Val	03-30-12	19:43.99	Laura B Val	01-15-11	19:38.63	19:38.63	Laura B Val	07-08-11	19:52.85	19:52.85
50 Back	Laura B Val	04-26-15	29.58	Laura B Val	12-08-13	33.01	33.01	Laura B Val	08-09-15	33.86	33.86
100 Back	Laura B Val	05-12-13	1:03.72	Laura B Val	12-07-13	1:12.72	1:12.72	Laura B Val	08-09-15	1:14.76	1:14.76
200 Back	Laura B Val	05-11-13	2:21.44	Laura B Val	11-30-12	2:41.71	2:41.71	Laura B Val	07-13-13	2:44.38	2:44.38
50 Breast	Melinda S Wolff	05-10-13	35.09	Deb W Walker	11-12-11	39.60	39.60	Dot Mungler	08-14-14	40.80	38.48
100 Breast	Lo D Knapp	04-25-15	1:16.80	Deb W Walker	11-13-11	1:26.43	1:26.43	Lo D Knapp	06-28-14	1:27.95	1:27.95
200 Breast	Lo D Knapp	04-26-15	2:44.73	Deb W Walker	11-12-11	3:13.55	3:06.48	Lo D Knapp	06-29-14	3:08.07	3:08.07
50 Fly	Charlote M Davis	05-11-13	28.14	Laura B Val	10-06-13	32.42	32.42	Laura B Val	07-08-12	32.27	32.27
100 Fly	Laura B Val	04-27-12	1:04.27	Laura B Val	12-08-13	1:11.47	1:11.47	Laura B Val	08-04-11	1:12.06	1:12.06
200 Fly	Laura B Val	05-10-13	2:24.30	Laura B Val	12-03-11	2:41.25	2:41.25	Laura B Val	08-06-11	2:41.03	2:41.03
100 IM	Laura B Val	05-17-15	1:07.08	Laura B Val	10-06-13	1:15.07	1:15.07	Laura B Val	07-14-13	2:47.99	2:47.99
200 IM	Laura B Val	03-04-12	2:25.40	Laura B Val	12-06-13	2:41.53	2:41.53	Laura B Val	07-08-11	5:56.27	5:56.27
400 IM	Laura B Val	03-15-14	5:16.18	Laura B Val	09-25-11	5:51.81	5:51.81	Laura B Val			

Women 65-69	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Diann B Ustual	05-12-13	28.94	Diann B Ustual	12-10-11	32.06	31.64	Charlotte M Davis	08-07-15	30.88	30.72
100 Free	Stella Preissler	04-26-15	1:05.01	Charlotte M Davis	10-10-15	1:08.31	1:10.76	Charlotte M Davis	01-31-15	1:09.52	1:09.23
200 Free	Celeste Miller	04-24-15	2:23.44	Charlotte M Davis	02-15-15	2:29.35	2:29.35	Charlotte M Davis	08-09-15	2:35.36	2:35.36
400/500 Free	Barbara G Dunbar	04-12-14	6:20.15	Charlotte M Davis	10-11-15	5:23.19	5:35.53	Charlotte M Davis	01-31-15	5:27.79	5:27.79
800/1000 Free	Celeste Miller	04-23-15	12:55.01	Charlotte M Davis	10-10-15	11:09.87	11:24.13	Charlotte M Davis	08-06-15	11:31.53	11:31.53
1500/1650 Free	Barbara G Dunbar	04-12-14	21:50.50	Barbara G Dunbar	06-29-14	21:49.37	21:43.60	Barbara G Dunbar	08-22-14	22:28.69	22:28.69
50 Back	Cecilia D McCloskey	04-12-15	32.49	Diann B Ustual	03-19-11	35.58	35.58	Cecilia D McCloskey	08-08-15	36.79	36.79
100 Back	Cecilia D McCloskey	04-11-15	1:10.15	Diann B Ustual	12-11-11	1:17.95	1:17.95	Cecilia D McCloskey	08-09-15	1:20.95	1:20.95
200 Back	Cecilia D McCloskey	02-14-15	2:34.30	Diann B Ustual	12-04-11	2:53.36	2:53.36	Cecilia D McCloskey	07-12-15	2:57.78	2:57.78
50 Breast	Joann Leitch	04-25-04	37.74	Diann B Ustual	11-12-11	42.02	40.90	Diann B Ustual	08-04-11	42.97	41.52
100 Breast	Joann Leitch	04-25-04	1:23.95	Joann Leitch	03-20-04	1:32.37	1:28.73	Joann Leitch	08-13-07	1:36.29	1:32.66
200 Breast	Joann Leitch	04-04-04	3:01.50	Joann Leitch	03-20-04	3:17.44	3:10.75	Joann Leitch	08-28-05	3:26.98	3:21.27
50 Fly	Diann B Ustual	03-21-14	31.19	Charlotte M Davis	02-15-15	33.82	33.82	Diann B Ustual	08-17-14	34.09	34.09
100 Fly	Cecilia D McCloskey	02-15-15	1:11.55	Charlotte M Davis	10-11-15	1:18.80	1:23.41	Charlotte M Davis	01-31-15	1:20.09	1:20.09
200 Fly	Barbara G Dunbar	03-23-14	2:55.91	Carolyn Boak	12-10-12	3:15.63	3:15.63	Carolyn Boak	08-12-10	3:21.42	3:21.42
100 IM	Cecilia D McCloskey	04-12-15	1:12.22	Charlotte M Davis	02-15-15	1:19.10	1:19.10	Charlotte M Davis	08-09-15	2:55.88	2:55.88
200 IM	Cecilia D McCloskey	04-11-15	2:37.07	Charlotte M Davis	02-15-15	2:53.33	2:53.33	Charlotte M Davis	07-23-10	6:37.45	6:37.45
400 IM	Carolyn Boak	04-29-11	5:49.24	Charlotte M Davis	10-09-15	6:28.11	6:31.71	Carolyn Boak			

Women 70-74		SC-Yards	USMS	Date	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Gail Roper	04-30-00	31.05	11-07-99	Gail Roper	04-30-00	35.37	33.34	Beth Schreiner	08-06-11	35.22	33.57
100 Free	Gail Roper	04-30-00	1:09.79	12-05-99	Gail Roper	04-30-00	1:18.67	1:18.67	Carolyn Boak	07-11-15	1:19.45	1:14.28
200 Free	Gail Roper	04-30-00	2:35.85	05-15-00	Gail Roper	04-30-00	2:58.06	2:44.70	Carolyn Boak	07-12-15	2:53.32	2:48.03
400/500 Free	Lavelle Stoinoff	04-25-04	6:46.78	01-19-13	Jackie M Marr	04-25-04	6:14.34	5:50.41	Carolyn Boak	07-11-15	6:09.66	5:54.97
800/1000 Free	Lavelle Stoinoff	04-25-04	13:58.55	01-19-13	Jackie M Marr	04-25-04	12:39.45	12:32.86	Lavelle Stoinoff	08-15-03	12:35.14	12:13.07
1500/1650 Free	Lavelle Stoinoff	03-28-04	23:45.69	01-19-13	Jackie M Marr	03-28-04	23:58.11	23:54.74	Lavelle Stoinoff	07-13-03	24:24.13	24:06.48
50 Back	Betsy Jordan	05-20-07	36.91	04-15-12	Joy Ward	05-20-07	40.58	37.50	Joy Ward	07-07-12	42.08	39.31
100 Back	Joy Ward	04-13-13	1:21.68	04-14-12	Joy Ward	04-13-13	1:29.64	1:22.15	Joy Ward	07-08-12	1:32.68	1:25.20
200 Back	Joy Ward	04-14-13	2:57.22	04-01-12	Joy Ward	04-14-13	3:05.43	3:05.43	Joy Ward	07-06-12	3:18.02	3:11.54
50 Breast	Joann Leilich	01-24-09	39.89	11-13-11	Joann Leilich	01-24-09	44.22	42.80	Joann Leilich	08-07-09	45.67	41.67
100 Breast	Joann Leilich	04-29-11	1:26.77	03-21-09	Joann Leilich	04-29-11	1:33.92	1:37.20	Joann Leilich	07-18-09	1:38.78	1:37.39
200 Breast	Joann Leilich	02-02-09	3:07.28	03-21-09	Joann Leilich	02-02-09	3:25.76	3:25.76	Joann Leilich	08-20-11	3:34.49	3:30.66
50 Fly	Gail Roper	04-30-00	35.06	04-15-12	Barbara Frid	04-30-00	39.81	36.10	Barbara Frid	07-08-12	40.81	36.36
100 Fly	Gail Roper	10-02-99	1:27.74	10-10-99	Gail Roper	10-02-99	1:37.56	1:24.10	June Krauser	06-28-96	1:40.85	1:24.55
200 Fly	June Krauser	02-16-97	3:16.51	10-13-96	June Krauser	02-16-97	3:38.39	3:34.59	June Krauser	06-28-96	3:39.91	3:39.91
100 IM	Gail Roper	04-30-00	1:21.97	05-15-00	Gail Roper	04-30-00	1:32.23	1:24.88	Gail Roper	08-08-99	3:32.94	3:13.19
200 IM	Deniela Bamea	05-18-14	3:06.16	04-15-12	Joy Ward	05-18-14	3:28.17	3:09.90	June Krauser	06-28-96	7:30.91	6:54.93
400 IM	Nancy Brown	04-09-06	6:40.92	10-13-96	June Krauser	04-09-06	7:24.32	6:51.30	June Krauser	06-28-96	7:30.91	6:54.93
Women 75-79		SC-Yards	USMS	Date	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Gail Roper	04-03-05	33.87	12-12-04	Gail Roper	04-03-05	37.24	34.58	Gail Roper	08-15-05	36.87	34.85
100 Free	Gail Roper	04-24-05	1:16.23	10-15-05	Gail Roper	04-24-05	1:24.31	1:18.59	Gail Roper	07-31-05	1:26.36	1:19.71
200 Free	Ronnie Kamphausen	03-08-09	2:53.05	11-20-05	Gail Roper	03-08-09	3:07.58	2:51.65	Gail Roper	07-31-05	3:13.24	2:54.26
400/500 Free	Ronnie Kamphausen	05-16-09	7:32.58	12-08-02	Gail Roper	05-16-09	6:44.09	6:08.74	Jean Troy	08-11-02	6:55.62	6:12.25
800/1000 Free	Ronnie Kamphausen	03-18-09	15:47.72	11-03-02	Jean Troy	03-18-09	13:59.01	12:25.61	June Krauser	09-09-01	14:10.50	12:58.94
1500/1650 Free	Ronnie Kamphausen	05-16-09	26:53.24	12-04-05	Gail Roper	05-16-09	26:37.02	24:04.75	Jean Troy	08-17-03	27:09.75	24:41.76
50 Back	Doris Steadman	04-30-00	40.25	01-07-99	Doris E Steadman	04-30-00	44.76	43.46	Doris Steadman	08-23-99	44.43	42.06
100 Back	Nancy Brown	04-15-11	1:27.70	03-19-11	Nancy Brown	04-15-11	1:36.90	1:33.68	Doris Steadman	08-23-99	1:39.06	1:35.14
200 Back	Nancy Brown	04-15-11	3:15.04	03-19-11	Nancy Brown	04-15-11	3:34.09	3:22.68	Doris Steadman	08-23-99	3:39.41	3:28.42
50 Breast	Joann Leilich	04-13-14	41.53	03-15-14	Joann Leilich	04-13-14	46.20	43.79	Joann Leilich	07-19-14	47.10	43.95
100 Breast	Joann Leilich	04-11-14	1:29.24	03-15-14	Joann Leilich	04-11-14	1:40.82	1:36.48	Joann Leilich	08-15-14	1:42.18	1:38.81
200 Breast	Joann Leilich	04-05-14	3:16.31	03-15-14	Joann Leilich	04-05-14	3:36.56	3:33.03	Joann Leilich	07-19-14	3:40.84	3:40.84
50 Fly	Mary Ann Case	04-26-15	38.05	12-12-04	Gail Roper	04-26-15	44.18	40.71	Gail Roper	08-01-04	44.95	40.06
100 Fly	Mary Ann Case	04-24-15	1:35.55	12-04-05	Gail Roper	04-24-15	1:49.36	1:44.35	Mary Ann Case	08-06-14	1:52.12	1:47.40
200 Fly	Lois Kivi Nochtman	04-30-00	3:41.89	05-17-99	Lois Kivi Nochtman	04-30-00	4:08.39	3:57.33	June Krauser	06-24-01	4:10.69	4:03.55
100 IM	Gail Roper	04-24-05	1:27.31	12-12-04	Gail Roper	04-24-05	1:38.11	1:31.38	Joann Leilich	06-22-14	3:48.34	3:32.94
200 IM	Gail Roper	04-24-05	3:18.40	12-11-05	Gail Roper	04-24-05	3:37.24	3:22.23	Joann Leilich	06-10-01	7:51.71	7:39.96
400 IM	Gail Roper	04-10-05	7:03.61	10-07-01	June Krauser	04-10-05	7:52.71	7:11.33	June Krauser			



Women 80-84	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Florence Cair	03-12-06	36.85	Gail P Roper	01-25-09	38.03	37.67	Gail P Roper	03-07-09	38.64	37.61
100 Free	Margery Meyer	05-18-03	1:24.09	Gail P Roper	01-25-09	1:26.23	1:24.44	Gail P Roper	03-07-09	1:27.55	1:24.18
200 Free	Jean Troy	02-17-08	3:08.99	Gail P Roper	01-25-09	3:18.57	3:01.61	Jean Troy	06-10-07	3:27.26	3:07.40
400/500 Free	Jean Troy	03-30-08	8:26.37	Jean Troy	11-11-07	7:20.96	6:34.92	Jean Troy	06-10-07	7:24.53	6:39.90
800/1000 Free	Jean Troy	03-30-08	17:20.18	Jean Troy	11-18-07	15:12.35	12:49.43	Jean Troy	07-15-07	15:12.94	13:51.21
1500/1650 Free	Betty S Lorenzi	04-19-09	28:35.79	Jean Troy	11-18-07	28:55.37	25:45.37	Jean Troy	07-15-07	29:04.81	29:35.03
50 Back	Betty S Lorenzi	04-19-09	43.57	Margery Meyer	10-13-02	50.03	46.10	Bunny Cederlund	03-29-02	46.39	46.39
100 Back	Betty S Lorenzi	04-19-09	1:32.37	Betty Lorenzi	12-01-07	1:50.61	1:44.88	Betty S Lorenzi	08-07-09	1:47.29	1:46.11
200 Back	Betty S Lorenzi	04-19-09	3:26.72	Nancy Kinney	11-22-09	3:59.15	3:42.88	Betty S Lorenzi	03-13-10	3:53.12	3:47.96
50 Breast	Ann M Hirsch	02-12-11	48.29	Johnnie Detnick	03-21-15	52.20	46.48	Ann M Hirsch	08-04-11	53.40	47.59
100 Breast	Ann M Hirsch	03-12-11	1:46.69	Ann M Hirsch	08-20-11	1:57.31	1:46.58	Ann M Hirsch	08-05-11	1:57.17	1:45.71
200 Breast	Ann M Hirsch	02-15-11	3:49.67	Ann M Hirsch	09-25-11	4:16.16	3:58.38	Ann M Hirsch	07-10-11	4:17.64	3:59.60
50 Fly	Lois Kivi Nochman	04-15-07	50.10	Gail P Roper	05-16-09	48.85	45.57	Gail P Roper	03-07-09	47.37	46.21
100 Fly	Lois Kivi Nochman	04-22-07	1:54.16	Gail P Roper	11-21-09	1:58.02	1:50.08	Lois Nochman	05-21-04	2:06.55	1:54.93
200 Fly	Lois Kivi Nochman	04-24-05	4:05.12	Lois Kivi Nochman	10-28-07	4:35.51	4:10.18	Lois Nochman	05-22-04	4:34.86	4:15.19
100 I.M.	Nan Bohl	04-19-09	1:44.34	Gail P Roper	05-16-09	1:44.95	1:41.14				
200 I.M.	Ann M Hirsch	02-12-11	3:53.17	Gail P Roper	06-17-09	3:55.51	3:43.73	Ann M Hirsch	07-10-11	4:18.27	3:54.07
400 I.M.	Jean Troy	02-17-08	8:16.02	Gail P Roper	10-31-09	8:39.68	8:04.67	Jean Troy	06-10-07	9:32.43	8:21.88
Women 85-89	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Betty J Russ	03-09-13	41.21	Nan Bohl	12-06-14	46.01	44.68	Jean D Troy	07-15-12	44.97	44.70
100 Free	Nan Bohl	04-12-14	1:31.20	Jean D Troy	10-13-12	1:43.97	1:43.97	Jean D Troy	06-09-12	1:43.68	1:43.68
200 Free	Jean D Troy	03-23-13	3:26.89	Jean D Troy	11-10-12	3:49.35	3:49.35	Jean D Troy	07-14-12	3:49.67	3:49.67
400/500 Free	Betty S Lorenzi	04-13-13	9:07.55	Margery Meyer	09-14-08	7:58.41	7:58.41	Jean D Troy	07-15-12	8:06.04	8:06.04
800/1000 Free	Betty S Lorenzi	04-11-13	18:40.21	Betty S Lorenzi	10-12-12	16:25.24	16:23.22	Nan Bohl	07-19-14	16:48.12	16:45.59
1500/1650 Free	Betty S Lorenzi	04-11-13	30:52.20	Betty S Lorenzi	10-12-12	30:50.51	30:50.51	Margery Meyer	07-10-09	32:11.49	32:11.49
50 Back	Betty S Lorenzi	02-09-13	46.77	Betty S Lorenzi	10-13-12	51.75	53.70	Betty S Lorenzi	07-07-12	51.81	51.81
100 Back	Betty S Lorenzi	02-10-13	1:40.00	Betty S Lorenzi	10-14-12	1:52.21	1:52.21	Betty S Lorenzi	03-10-12	1:53.28	1:54.22
200 Back	Betty S Lorenzi	02-09-13	3:34.09	Betty S Lorenzi	10-12-14	4:05.00	4:05.00	Betty S Lorenzi	03-09-13	4:01.09	4:11.77
50 Breast	Nan Bohl	04-13-14	56.22	Sylvia Eisele	11-08-14	1:00.96	58.52	Nan Bohl	07-19-14	1:01.45	57.24
100 Breast	Nan Bohl	04-11-14	2:05.01	Nan Bohl	10-09-14	2:18.81	2:11.80	Nan Bohl	07-12-14	2:20.49	2:09.75
200 Breast	Nan Bohl	11-15-14	4:31.33	Nan Bohl	10-08-14	5:08.52	5:09.65	Nan Bohl	07-12-14	5:14.41	4:43.93
50 Fly	Lois Kivi Nochman	03-27-10	57.02	Lois Kivi Nochman	03-15-09	1:02.04	1:02.04	Lois Kivi Nochman	06-07-09	1:01.94	1:01.94
100 Fly	Betty J Russ	07-27-12	2:12.10	Lois Kivi Nochman	05-15-09	2:21.77	2:21.77	Lois Kivi Nochman	06-07-09	2:23.89	2:23.89
200 Fly	Lois Kivi Nochman	03-07-10	4:42.19	Lois Kivi Nochman	02-08-09	4:59.50	4:59.50	Lois Kivi Nochman	07-25-09	5:07.64	5:07.64
100 I.M.	Jean D Troy	04-12-14	1:52.95	Jean D Troy	11-11-12	2:08.06	2:08.06				
200 I.M.	Jean D Troy	02-10-13	4:17.15	Jean D Troy	11-10-12	4:48.96	4:48.96	Jean D Troy	06-14-14	5:01.26	5:01.26
400 I.M.	Jean D Troy	02-10-13	9:04.46	Jean D Troy	10-12-12	10:13.73	10:13.73	Betty J Russ	06-30-12	10:41.24	10:45.77

Women 90-94		SC-Yards	USMS	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Alleen Soule	49:68	05-12-96	Rita Simonton	96:55	12-06-08	50:72	55:46	49:68	Maurine E Kornfield	08-13-11	55:46	49:68
100 Free	Rita Simonton	1:50:37	04-26-09	Rita Simonton	2:07:65	10-18-08	1:58:28	2:03:52	1:58:86	Rita Simonton	08-03-08	2:03:52	1:58:86
200 Free	Rita Simonton	3:59:22	05-10-09	Rita Simonton	4:24:90	11-08-08	4:24:90	4:19:80	4:19:80	Rita Simonton	07-20-08	4:19:80	4:19:80
400/500 Free	Rita Simonton	10:22:61	05-10-09	Rita Simonton	9:01:89	11-08-08	9:01:89	9:04:93	9:04:93	Rita Simonton	08-03-08	9:04:93	9:04:93
800/1000 Free	Rita Simonton	21:20:93	04-26-09	Maurine E Kornfield	18:38:69	12-04-11	18:38:69	18:53:58	18:53:58	Rita Simonton	08-14-08	18:53:58	18:53:58
1500/1650 Free	Rita Simonton	35:22:28	02-22-09	Rita Simonton	35:40:38	10-05-08	35:40:38	36:02:20	36:02:20	Rita Simonton	06-01-08	36:02:20	36:02:20
50 Back	Maurine E Kornfield	1:01:20	05-10-13	Maurine E Kornfield	1:12:15	10-23-11	1:05:70	1:03:49	1:03:49	Alleen Soule	08-25-96	1:03:49	1:03:49
100 Back	Alleen Soule	2:14:66	05-12-96	Rita Simonton	2:32:24	12-04-10	2:24:46	2:23:23	2:23:23	Alleen Soule	06-25-96	2:23:23	2:23:23
200 Back	Alleen Soule	4:42:55	05-12-96	Maurine E Kornfield	5:24:31	12-05-14	4:57:77	5:17:36	5:17:36	Alleen Soule	06-29-97	5:29:07	5:17:36
50 Breast	Marjorie Stone	1:05:50	11-30-14	Rita Simonton	1:36:78	06-08-08	1:02:33	1:03:72	1:03:72	Marjorie Stone	08-07-14	1:16:17	1:03:72
100 Breast	Marjorie Stone	2:32:13	12-13-14	Maranna Berkley	3:41:00	11-04-12	2:25:58	2:27:19	2:27:19	Marjorie Stone	05-11-13	2:55:27	2:27:19
200 Breast	Marjorie Stone	5:45:96	02-08-15	Charlotte E Sanddal	7:56:76	10-10-12	5:15:24	6:34:01	6:34:01	Marjorie Stone	08-08-15	6:34:01	6:34:01
50 Fly	Rita Simonton	1:16:23	04-26-09	Charlotte E Sanddal	1:21:95	10-11-12	1:21:95	1:29:40	1:22:05	Charlotte E Sanddal	06-08-13	1:29:40	1:22:05
100 Fly	Jewel Cooke	3:26:50	04-11-99	Jewel Cooke	4:06:32	02-21-99	3:21:00	3:39:01	3:39:01				3:39:01
200 Fly	Jewel Cooke	7:12:95	11-08-98				9:17:02	8:52:22	8:52:22				8:52:22
100 I.M.	Rita Simonton	2:37:23	03-29-09	Rita Simonton	2:51:20	06-08-08	2:22:96	6:30:12	6:30:12				6:30:12
200 I.M.	Rita Simonton	5:40:28	03-29-09	Rita Simonton	5:58:46	11-11-08	5:58:46	6:30:12	6:30:12	Rita Simonton	08-16-08	6:30:12	6:30:12
400 I.M.	Jewel Cooke	13:06:38	11-07-98	Jewel Cooke	14:55:37	02-21-99	13:55:37	14:12:52	14:12:52				14:12:52
Women 95-99		SC-Yards	USMS	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Rita Simonton	1:02:80	09-22-13	Mary Lathram	1:43:00	1-13-87	1:43:00	1:04:52	1:04:52	Rita Simonton	06-23-13	1:04:52	1:04:52
100 Free	Rita Simonton	2:14:55	09-22-13	Marie K Kelleher	3:10:36	05-17-08	2:59:01	2:23:86	2:23:86	Rita Simonton	08-08-13	2:23:86	2:23:86
200 Free	Rita Simonton	4:45:26	02-08-14	Rita Simonton	5:25:74	10-06-13	5:25:74	5:04:08	5:04:08	Rita Simonton	08-08-13	5:04:08	5:04:08
400/500 Free	Rita Simonton	12:28:16	09-22-13	Anne A Dunivin	21:39:84	11-06-11	13:05:10	10:47:07	10:47:07	Rita Simonton	08-09-13	10:47:07	10:47:07
800/1000 Free	Anne A Dunivin	50:44:12	04-26-12				27:58:70	21:53:69	21:53:69	Rita Simonton	08-09-13	21:53:69	21:53:69
1500/1650 Free							42:34:14	41:39:68	41:39:68	Rita Simonton	06-02-13	41:39:68	41:39:68
50 Back	Rita Simonton	1:08:87	02-08-14	Edith Hendry	1:27:92	10-06-13	1:20:28	1:14:31	1:14:31	Rita Simonton	08-10-13	1:14:31	1:14:31
100 Back	Rita Simonton	2:37:92	09-22-13	Rita Simonton	2:59:71	12-06-14	2:55:44	2:42:67	2:42:67	Rita Simonton	08-08-13	2:42:67	2:42:67
200 Back	Rita Simonton	5:24:59	09-22-13	Edith Hendry	7:36:62	12-03-06	6:24:50	6:17:46	6:17:46	Rita Simonton	06-01-14	6:17:46	6:17:46
50 Breast	Marie K Kelleher	1:55:41	02-15-09				1:50:07	8:00:98	8:00:98				8:00:98
200 Breast													
50 Fly	Doris B Russell	1:52:23	05-09-15										
100 Fly													
200 Fly	Marie Kelleher	3:28:34	02-10-08	Marie K Kelleher	3:54:89	05-17-08							
100 I.M.													
200 I.M.													
400 I.M.													



Women 100-104	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Marie K Kelleher	02-10-13	1:55.08	Marie K Kelleher	05-12-12	1:44.10	1:34.12				1:41.88
100 Free				Marie K Kelleher	05-12-12	3:40.00	3:30.49				3:45.85
200 Free				Marie K Kelleher			7:27.89				7:48.76
400/500 Free							16:40.10				16:36.80
800/1000 Free							36:51.23				38:04.30
1500/1650 Free							1:15:54.39				1:14:08.73
50 Back							1:38.71				1:33.89
100 Back							3:42.81				3:39.81
200 Back							7:40.01				8:05.64
50 Breast											
100 Breast											
200 Breast											
50 Fly											
100 Fly											
200 Fly											
100 I.M.											
200 I.M.											
400 I.M.											
Men 18-24	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Josh Schneider	04-28-12	19.36	Nick Brunelli	12-11-05	21.38		Josh Schneider	07-01-12	21.78	
100 Free	Eugene Godsoe	12-01-12	42.59	Nick Brunelli	12-11-05	48.00		Josh Schneider	06-28-12	49.37	
200 Free	Andy Grant	11-08-09	1:35.02	Nick Brunelli	12-11-05	1:47.32		Joe P Tristan	08-16-98	1:52.74	
400/500 Free	Andy Grant	01-24-10	4:24.81	Dion C Dreesens	10-26-14	3:55.20		Hyun Seung Lee	08-13-07	4:04.68	
800/1000 Free	JP Arnold	02-13-10	9:01.26	Eric T Nilsson	12-09-11	8:16.50		Ryan Rosenbaum	08-06-15	8:44.80	
1500/1650 Free	Andrew R Mueller	03-27-10	15:48.70	Andrew I Gyenis	01-24-15	16:04.59		Jacob J Jezak	08-07-13	16:58.37	
50 Back	Andrew Elliott	05-10-13	22.33	Josh Hafkin	03-17-12	25.38		Dave Rollins	08-15-05	26.91	
100 Back	Eugene Godsoe	11-30-12	45.36	Eugene Godsoe	10-29-11	51.91		Eugene Godsoe	06-27-12	53.61	
200 Back	Andrew Elliott	05-11-13	1:44.18	Louis D Veyo	12-04-09	2:01.17		Vicente E Andrade	08-11-10	2:08.63	
50 Breast	Rostyslav Fedyna	02-01-15	24.53	Gregor Plevelj	11-21-09	27.83		Dave Rollins	08-15-05	28.87	
100 Breast	Colin B Babcock	04-25-15	54.07	Greg Owen	12-11-05	1:01.75		Elliot Keefer	06-25-12	1:01.41	
200 Breast	Elliot Keefer	05-12-13	1:57.33	Tyler Harris	10-08-11	2:15.74		Elliot Keefer	06-29-12	2:11.10	
50 Fly	Henrik C Lindau	04-26-15	21.13	Tony Cox	12-06-14	24.33		Thomas A Shields	08-08-14	24.20	
100 Fly	Eugene Godsoe	11-30-12	46.65	Eugene Godsoe	10-29-11	52.25		Thomas A Shields	08-08-14	51.29	
200 Fly	Russell Payne	02-14-10	1:49.39	Eric T Nilsson	12-10-11	2:03.41		Thomas A Shields	08-06-14	1:55.09	
100 I.M.	Colin B Babcock	04-25-15	49.52	Eugene Godsoe	10-29-11	55.71					
200 I.M.	Colin B Babcock	04-26-15	1:49.30	Nick Brunelli	12-11-05	2:00.32		Dave Rollins	08-15-05	2:09.30	
400 I.M.	Russell Payne	02-13-10	3:50.12	Sergey O Mairniuk	11-14-93	4:28.54		Peter A Galan	08-21-10	4:44.53	

Men 25-29	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Nathan Adrian	12-20-14	16.67	Cesar Cielo	11-15-14	21.37	21.37	Nathan Adrian	08-10-14	21.69	22.34
100 Free	Nathan Adrian	05-03-14	41.13	Cesar Cielo	11-16-14	47.43	47.43	Nathan Adrian	04-24-14	48.23	50.45
200 Free	Darian R Townsend	12-06-13	1:31.93	Darian R Townsend	11-03-13	1:44.90	1:44.90	Alex Wold	06-26-13	1:50.69	1:51.39
400/500 Free	Andy Grant	04-17-10	4:20.82	Eric T Nilsson	12-14-13	3:57.03	3:53.60	Alex Wold	06-28-13	3:55.01	4:00.98
800/1000 Free	Tobias T Work	03-15-14	9:19.61	Alex Kostich	12-14-97	8:14.75	8:07.91	Alex Kostich	06-29-97	8:24.67	8:24.67
1500/1650 Free	Alex Kostich	05-03-98	15:44.70	Alex Kostich	12-14-97	15:41.81	15:29.68	Alex Kostich	08-10-97	16:13.89	16:13.78
50 Back	Adam M Mania	04-16-10	21.46	Darian R Townsend	11-03-13	24.55	24.55	Adam M Mania	05-22-11	26.05	26.09
100 Back	Adam M Mania	04-15-10	45.95	John Russell	12-13-14	53.38	53.38	Adam M Mania	08-03-11	55.15	55.87
200 Back	Adam M Mania	11-18-11	1:46.57	John Keppeler	12-10-95	2:02.63	1:56.22	John Keppeler	08-23-92	2:07.57	2:03.62
50 Breast	Mark Gangloff	05-21-10	23.87	Eetu Karvonen	11-23-13	27.31	27.31	Mark Gangloff	08-04-11	27.96	27.84
100 Breast	Marcus Titus	04-25-15	51.57	Eetu Karvonen	11-23-13	59.21	59.21	BJ Johnson	06-28-13	1:00.68	1:02.18
200 Breast	BJ Johnson	12-21-13	1:53.04	Marcus Titus	01-17-14	2:11.26	2:10.68	BJ Johnson	06-26-13	2:10.09	2:11.78
50 Fly	Davis Tarwater	11-30-12	21.11	Darian R Townsend	11-24-13	23.53	23.38	Kohhei Kawamoto	08-16-08	23.71	23.71
100 Fly	Davis Tarwater	11-30-12	45.32	Darian R Townsend	11-03-13	52.45	52.45	Kohhei Kawamoto	08-15-08	53.09	53.09
200 Fly	Erik Scallise	05-20-07	1:47.62	Eric T Nilsson	12-14-13	2:03.59	1:59.74	Jason H Eaddy	07-21-02	2:05.76	2:03.26
100 I.M.	Darian R Townsend	05-03-14	47.77	Darian R Townsend	11-03-13	53.47	53.47	Adam J Ritter	07-14-13	2:04.40	2:04.40
200 I.M.	Darian R Townsend	12-21-13	1:41.79	Adam J Ritter	10-13-13	1:59.79	1:59.70	Alex Wold	06-27-13	4:20.83	4:30.05
400 I.M.	Darian R Townsend	12-20-13	3:41.85	John Keppeler	12-10-95	4:26.79	4:14.51	Alex Wold	07-27-13	4:20.83	4:30.05
Men 30-34	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Anthony L Ervin	05-03-14	19.33	Nicholas J Brunelli	10-29-11	21.98	21.98	Anthony L Ervin	08-10-14	21.55	22.13
100 Free	Darian R Townsend	12-21-14	42.75	Darian R Townsend	09-27-14	48.08	48.08	Anthony L Ervin	08-06-14	48.71	50.34
200 Free	Darian R Townsend	12-19-14	1:34.00	Darian R Townsend	09-27-14	1:46.12	1:46.12	Darian R Townsend	08-07-14	1:49.34	1:52.13
400/500 Free	Matthew J Cellinski	02-25-96	4:29.49	Tamas Kerekjarto	10-04-09	3:57.47	3:51.97	Erik Hochstein	08-11-02	4:05.61	3:58.42
800/1000 Free	Joshua Woodruff	03-23-03	9:26.93	Alex Kostich	12-10-00	8:17.06	8:17.06	Rowdy Gaines	11-14-93	8:40.19	8:08.53
1500/1650 Free	Jeff Erwin	05-12-96	15:51.57	Alex Kostich	12-10-00	15:51.07	15:51.07	Bobby Paten	08-22-93	16:36.06	15:25.79
50 Back	Matt Grewers	04-26-15	21.51	Derya Buyukuncu	10-24-09	24.81	24.81	Adam M Mania	06-27-13	25.13	25.98
100 Back	Adam M Mania	12-21-13	46.34	Derya Buyukuncu	10-24-09	52.68	52.68	Adam M Mania	06-28-13	55.30	55.93
200 Back	Adam M Mania	12-21-14	1:43.73	Derya Buyukuncu	11-01-09	1:55.46	1:55.46	Sean Murphy	07-09-94	2:05.62	2:02.75
50 Breast	Matt Grewers	04-24-15	24.35	Jeff P Comings	12-07-08	28.01	27.11	Mark Gangloff	06-25-12	27.97	28.24
100 Breast	Ed Moses	04-29-11	53.44	Ed Moses	10-08-11	1:00.81	1:00.59	Mark Gangloff	06-25-12	1:00.22	1:02.48
200 Breast	Ed Moses	05-01-11	1:56.02	Rogue J Sants	12-12-99	2:17.56	2:12.58	Gary N Marshall	07-07-12	2:18.04	2:16.04
50 Fly	Matt Grewers	04-26-15	21.11	Zolt Gaspar	11-01-09	24.44	22.87	Roland M Schoeman	07-13-13	23.26	23.26
100 Fly	Adam M Mania	12-20-13	47.28	Tamas Kerekjarto	11-15-14	52.81	52.63	Darian R Townsend	08-08-14	53.36	53.65
200 Fly	Darian R Townsend	04-12-15	1:45.01	Tamas Kerekjarto	10-04-09	2:00.50	1:57.46	Matt R Haupt	08-12-10	2:03.76	2:03.76
500 I.M.	Matt Grewers	04-25-15	47.78	Darian R Townsend	09-27-14	53.75	53.75	Darian R Townsend	08-10-14	2:01.33	2:03.54
200 I.M.	Darian R Townsend	12-20-14	1:42.03	Tamas Kerekjarto	12-04-09	1:57.68	1:57.68	Darian R Townsend	08-10-14	2:01.33	2:03.54
400 I.M.	Darian R Townsend	12-19-14	3:40.98	Tamas Kerekjarto	12-05-09	4:19.69	4:19.69	Sean Murphy	07-09-94	4:40.22	4:24.11



Men 35-39	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Josh C Davis	05-04-08	20.14	Felipe Delgado	12-05-09	22.73	21.53	Brian L Jacobson	06-30-12	23.35	22.76
100 Free	Vlad Pyshtenko	04-20-09	44.24	Michael F Picotte	11-06-09	50.72	49.53	Rowdy Gaines	07-16-95	51.49	50.78
200 Free	Josh C Davis	05-04-08	1:36.56	Erik Hochstein	12-14-03	1:51.31	1:51.31	Vlad Pyshtenko	08-06-06	1:52.84	1:52.84
400/500 Free	Ronald Karnaug	05-17-02	4:33.97	Erik Hochstein	12-14-03	3:57.77	3:57.77	Rowdy Gaines	07-16-95	4:07.64	4:06.91
800/1000 Free	Eric B Christensen	05-20-10	9:27.97	Alex G Kostich	12-06-09	8:16.19	8:16.19	Rowdy Gaines	11-12-95	8:38.73	8:18.44
1500/1650 Free	Jeff Erwin	05-18-03	15:53.88	Alex G Kostich	12-04-09	15:56.57	15:56.57	Christopher S Denks	08-14-08	16:32.72	16:00.04
50 Back	Josh C Davis	05-04-08	22.70	Edilson O Silva	10-18-09	25.72	25.72	Edilson O Silva	08-08-09	27.03	26.89
100 Back	Josh C Davis	05-04-08	49.12	Michael Ross	12-05-04	55.95	55.95	Michael Ross	08-10-06	59.18	58.86
200 Back	Josh C Davis	05-04-08	1:47.72	Ron Karnaug	12-08-02	2:00.34	2:00.34	Ron Karnaug	07-29-01	2:07.16	2:09.26
50 Breast	Steve T West	05-21-10	25.35	Jeff P Commings	12-06-09	27.79	27.79	Jeff P Commings	05-25-09	28.53	28.47
100 Breast	James D Sheehan	03-28-15	54.98	Jeff P Commings	12-20-09	1:01.47	1:01.18	Jeff P Commings	07-14-13	1:03.76	1:02.72
200 Breast	Ron Karnaug	12-16-01	1:59.23	Steve West	12-04-11	2:15.64	2:15.42	Steve T West	08-06-11	2:20.34	2:20.29
50 Fly	Josh C Davis	04-29-11	22.26	Glen M Counts	12-01-12	24.87	23.72	Kohji Kawamoto	08-15-15	24.14	24.14
100 Fly	Glen M Counts	04-24-15	49.12	Igor Marchenko	12-04-11	54.27	54.27	Tamas Kerekjarto	07-18-15	55.43	55.35
200 Fly	Bobby Patten	05-16-99	1:50.74	Brent Creager	11-15-14	2:02.98	2:02.98	Brent Creager	08-01-15	2:04.76	2:04.76
100 I.M.	Josh C Davis	05-04-08	50.06	Glen M Counts	12-02-12	56.36	56.36				
200 I.M.	Ronald D Karnaug	12-22-02	1:48.74	Ronald D Karnaug	12-08-02	2:03.29	2:03.29	Ronald D Karnaug	12-07-02	2:05.64	2:08.19
400 I.M.	Ron Karnaug	12-16-01	3:56.76	Ronald D Karnaug	12-07-03	4:24.36	4:24.36	Ron Karnaug	07-29-01	4:34.10	4:38.50
Men 40-44	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Josh Davis	12-20-14	20.67	Brian L Jacobson	08-15-13	23.13	23.06	Brian L Jacobson	08-13-14	23.31	23.31
100 Free	Josh Davis	05-03-14	45.15	Michael S Ross	12-06-08	50.43	50.43	Vlad Pyshtenko	08-01-10	51.72	51.72
200 Free	Josh Davis	04-24-15	1:38.23	Michael S Ross	12-06-08	1:50.08	1:50.08	Vlad Pyshtenko	08-02-10	1:53.65	1:53.65
400/500 Free	Josh Davis	04-25-15	4:33.36	Erik Hochstein	10-04-09	4:01.32	4:00.67	Erik Hochstein	07-24-09	4:06.74	4:06.74
800/1000 Free	Alex G Kostich	05-07-10	9:32.66	Alex G Kostich	12-04-11	8:21.78	8:21.78	Alex G Kostich	07-25-10	8:37.81	8:37.81
1500/1650 Free	Alex G Kostich	05-09-10	15:51.52	Mike G Shaffer	12-04-09	16:09.32	16:07.46	Alex G Kostich	07-23-10	16:36.91	16:36.91
50 Back	Michael S Ross	04-26-09	22.77	Michael S Ross	12-12-09	25.53	25.53	Michael S Ross	08-23-08	27.47	27.30
100 Back	Michael S Ross	04-26-09	48.49	Michael S Ross	12-07-08	54.85	54.85	Michael S Ross	08-07-09	59.08	59.08
200 Back	Michael S Ross	05-04-08	1:50.09	Michael S Ross	12-14-08	2:03.84	2:03.84	Frederik C Hvid	08-16-14	2:11.13	2:11.13
50 Breast	Steve West	04-24-15	25.56	Steve West	12-07-14	28.52	28.52	Jeff P Commings	07-27-14	29.02	28.84
100 Breast	Jeff P Commings	04-25-15	55.37	Steve West	12-06-14	1:01.42	1:01.42	Steve T West	07-06-12	1:03.76	1:03.60
200 Breast	Steve West	05-03-14	2:00.53	Steve West	12-07-14	2:13.72	2:13.72	Steve West	07-11-15	2:18.57	2:18.57
50 Fly	Michael S Ross	04-26-09	22.61	Michael S Ross	12-06-08	24.91	24.14	Michael S Ross	08-06-09	25.57	25.06
100 Fly	Michael S Ross	05-04-08	49.27	Michael S Ross	12-14-08	55.82	53.81	Michael S Ross	08-23-08	56.43	56.17
200 Fly	Dennis G Baker	04-14-02	1:50.61	William L Specht	10-11-98	2:02.97	2:02.97	Dennis G Baker	07-11-04	2:05.55	2:05.55
100 I.M.	Jeff P Commings	04-25-15	51.07	Jeff P Commings	11-16-14	57.19	57.19				
200 I.M.	Michael S Ross	04-26-09	1:51.85	Roque J Santos	12-04-09	2:05.46	2:05.46	Erik Hochstein	07-25-09	2:14.13	2:10.63
400 I.M.	Roque J Santos	04-19-09	4:01.87	Eric B Christensen	10-10-14	4:30.68	4:30.68	Dennis Baker	08-15-05	4:49.42	4:43.00

Men 45-49	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Richard L Highley	05-21-10	21.06	Matthew N Biondi	12-01-12	23.65	23.54	Paul L Smith	08-10-06	24.29	23.98
100 Free	Nicolas Granger	04-26-15	46.21	Paul L Smith	12-02-07	52.54	51.30	Jack R Groselle	08-23-99	53.77	53.77
200 Free	David E Sims	05-21-10	1:41.69	Paul L Smith	12-02-07	1:56.00	1:52.87	Keith M Switzer	08-06-09	1:57.89	1:57.75
400/500 Free	Dennis Baker	05-20-07	4:39.10	Keith M Switzer	11-01-09	4:09.19	4:03.10	Dennis G Baker	07-19-08	4:09.20	4:11.07
800/1000 Free	Keith M Switzer	05-20-10	9:43.93	Ricardo J Valdivia	12-14-13	8:41.60	8:24.75	Jeff T Erwin	08-09-10	8:51.98	8:40.79
1500/1650 Free	Jeff T Erwin	05-20-10	16:08.05	Keith M Switzer	10-15-11	16:37.25	16:20.60	Jeff T Erwin	08-10-09	16:38.81	16:38.81
50 Back	Michael S Ross	04-26-15	23.58	Chris L Stevenson	12-12-09	27.02	27.02	Steve Wood	06-07-08	28.05	28.05
100 Back	Chris L Stevenson	04-30-11	51.55	Chris L Stevenson	12-13-09	57.00	57.00	Steve Wood	06-08-08	1:00.13	1:00.13
200 Back	Rich E Saeger	05-13-11	1:53.97	Chris L Stevenson	12-12-09	2:05.54	2:05.54	Rich E Saeger	08-12-12	2:13.37	2:11.56
50 Breast	Todd Torres	03-28-15	26.17	Todd Torres	10-12-13	28.88	28.87	David M Guthrie	06-08-08	30.59	29.63
100 Breast	Todd Torres	02-20-15	56.83	Todd Torres	10-12-13	1:04.39	1:03.23	David M Guthrie	08-16-08	1:07.38	1:06.35
200 Breast	Todd Torres	03-28-15	2:08.23	Glenn D Mills	06-22-08	2:22.68	2:18.91	David M Guthrie	08-17-08	2:27.79	2:24.39
50 Fly	Paul L Smith	05-04-08	22.67	Fritz Bedford	12-13-09	25.74	25.58	Nicholas W Decker	07-08-12	25.65	25.65
100 Fly	David E Sims	05-21-10	50.90	Paul V Carter	12-14-03	57.17	56.66	Paul V Carter	08-04-02	56.42	56.85
200 Fly	Dennis G Baker	12-06-08	1:50.73	Dennis Baker	11-19-06	2:06.40	2:06.40	Dennis G Baker	07-19-08	2:04.07	2:06.94
100 I.M.	Richard L Highley	05-23-10	52.14	Anders M Rasmussen	11-22-09	1:00.14	57.68	Jerome A Frentos	08-22-10	2:14.90	2:11.90
200 I.M.	Nicolas Granger	04-26-15	1:51.44	Jerome A Frentos	03-20-10	2:09.71	2:04.64	Jerome A Frentos	08-21-10	4:47.65	4:43.83
400 I.M.	Nicolas Granger	04-24-15	4:01.32	Jerome A Frentos	09-26-10	4:43.64	4:31.36	Jerome A Frentos	08-21-10	4:47.65	4:43.83
Men 50-54	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Rowdy Gaines	04-29-11	21.36	Rowdy Gaines	10-18-09	23.38	23.38	Rowdy Gaines	08-09-09	24.58	24.08
100 Free	Rowdy Gaines	05-10-09	46.59	Rowdy Gaines	10-17-09	51.61	51.61	Jack Groselle	03-21-04	54.93	54.36
200 Free	Rowdy Gaines	05-10-09	1:43.76	Rowdy Gaines	10-14-11	1:54.61	1:54.61	Dan Stephenson	08-13-07	2:00.34	2:00.34
400/500 Free	Jim Moconica	05-20-01	4:47.57	Jim Moconica	12-10-00	4:07.99	4:07.99	Dan Stephenson	08-13-07	4:16.61	4:16.61
800/1000 Free	Keith M Switzer	04-06-13	9:55.84	Jim Moconica	12-10-00	8:44.51	8:44.51	Ricardo J Valdivia	08-03-14	8:56.31	8:55.05
1500/1650 Free	Jeff T Erwin	04-23-15	16:28.77	Jim Moconica	12-10-00	16:33.02	16:33.02	Jim Moconica	08-20-00	17:08.33	17:08.33
50 Back	Fritz Bedford	05-04-14	24.57	Fritz Bedford	12-14-14	27.28	27.28	Steve Wood	08-05-11	28.60	28.60
100 Back	Fritz Bedford	03-21-15	52.72	Fritz Bedford	10-26-13	59.91	59.79	Steve Wood	08-06-11	1:01.89	1:01.89
200 Back	Jim Tuchler	04-25-15	1:59.04	Jamie Fowler	12-04-09	2:11.84	2:11.84	Michael P Soderlund	06-11-12	2:17.57	2:17.57
50 Breast	David M Guthrie	03-30-14	26.45	David M Guthrie	12-08-13	29.84	29.84	David M Guthrie	08-09-13	30.48	30.48
100 Breast	David M Guthrie	03-29-14	58.41	David M Guthrie	12-07-13	1:04.54	1:04.54	David M Guthrie	08-15-14	1:06.98	1:06.98
200 Breast	David M Guthrie	03-30-14	2:07.25	David M Guthrie	12-08-13	2:21.65	2:21.65	David M Guthrie	07-31-13	2:27.91	2:27.91
50 Fly	Trip Hedrick	04-25-04	23.19	Fritz Bedford	12-13-14	26.04	25.49	Paul V Carter	08-15-08	25.88	25.88
100 Fly	David E Sims	05-12-13	51.73	Paul V Carter	12-02-07	57.29	57.29	Paul V Carter	08-16-08	57.23	57.23
200 Fly	David E Sims	04-25-15	1:59.10	David E Sims	12-09-12	2:11.70	2:11.15	Dennis G Baker	07-09-11	2:13.80	2:13.36
100 I.M.	David E Sims	05-11-13	54.28	Jerome A Frentos	12-08-12	1:00.96	1:00.96	Dennis G Baker	08-15-08	57.23	57.23
200 I.M.	David E Sims	05-04-14	1:59.99	Jerome A Frentos	05-17-15	2:12.85	2:12.85	Jamie Fowler	07-25-09	2:18.05	2:18.05
400 I.M.	Darren D Phelan	05-02-14	4:16.57	Jerome A Frentos	05-18-15	4:45.15	4:45.15	Ricardo J Valdivia	08-05-14	4:56.71	4:53.69

Men 55-59	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Richard Abrahams	04-30-00	21.82	Steve Wood	10-10-15	24.66	24.51	Jack R Gosselle	06-07-09	25.01	24.45
100 Free	Richard Abrahams	04-30-00	48.37	Jack R Gosselle	04-05-09	54.50	54.50	Steve Wood	07-10-15	56.07	56.08
200 Free	Michael T Mann	04-10-10	1:48.79	Michael T Mann	11-21-09	1:59.08	1:59.08	Michael T Mann	07-26-09	2:04.01	2:04.01
400/500 Free	Michael T Mann	04-11-10	4:58.82	Michael T Mann	11-22-09	4:16.03	4:16.03	Michael T Mann	07-25-09	4:22.49	4:22.49
800/1000 Free	Jim Mc Conica	05-14-06	10:07.36	Michael T Mann	11-21-09	8:51.34	8:51.34	Michael T Mann	07-24-09	9:00.09	9:00.09
1500/1650 Free	Jim Mc Conica	05-20-07	17:11.12	Jim Mc Conica	10-02-05	17:14.15	17:14.15	Michael T Mann	06-10-09	17:22.61	17:22.61
50 Back	Glenn S Patching	03-15-15	26.05	Steve Wood	10-10-15	28.12	29.01	Steve Wood	06-20-15	29.07	29.07
100 Back	Glenn S Patching	03-15-15	56.49	Jamie Fowler	10-16-14	1:02.38	1:02.26	Steve Wood	06-21-15	1:03.50	1:03.50
200 Back	Tom Barton	03-31-12	2:03.14	Jamie Fowler	12-05-14	2:15.79	2:15.79	Craig Petersen	06-07-15	2:22.68	2:22.68
50 Breast	Timothy M Shead	05-04-08	27.81	Timothy M Shead	12-12-09	31.82	30.50	David M Guthrie	07-12-15	31.78	31.05
100 Breast	Timothy M Shead	05-04-08	1:01.42	Timothy M Shead	12-05-09	1:09.93	1:08.13	David M Guthrie	07-31-15	1:07.97	1:07.97
200 Breast	Timothy M Shead	05-04-08	2:17.00	Timothy M Shead	12-06-09	2:33.79	2:33.79	David M Guthrie	06-01-15	2:31.10	2:31.10
50 Fly	Bruce C Kone	04-26-15	24.13	Steve Wood	10-11-15	26.67	26.45	Gary W Hall	08-06-09	26.86	26.86
100 Fly	Paul V Carter	05-12-13	53.90	Greg Shaw	12-17-06	1:00.35	59.80	Paul V Carter	08-11-12	1:00.56	1:00.56
200 Fly	Brad Homer	05-23-10	2:03.18	John M Craig	03-21-09	2:19.72	2:15.97	Brad Homer	06-07-09	2:18.97	2:16.78
100 I.M.	Timothy M Shead	05-04-08	56.20	Steve Wood	10-10-15	1:01.76	1:03.13	Michael T Mann	06-09-09	2:20.83	2:20.83
200 I.M.	Timothy M Shead	05-04-08	2:04.09	Michael T Mann	11-22-09	2:16.44	2:16.44	Michael T Mann	07-26-09	5:04.07	5:04.07
400 I.M.	Jim Sauer	05-02-14	4:28.66	Michael T Mann	11-21-09	4:51.97	4:51.97	Michael T Mann	07-26-09	5:04.07	5:04.07
Men 60-64	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Richard Abrahams	05-22-05	22.30	Richard T Abrahams	12-03-06	24.90	24.90	Richard T Abrahams	08-10-06	25.23	25.23
100 Free	Richard Abrahams	05-22-05	49.14	Jack R Gosselle	05-17-14	55.87	55.87	Jack R Gosselle	06-14-14	57.79	57.79
200 Free	Rick Colella	04-24-15	1:51.08	Jack R Gosselle	05-18-14	2:05.07	2:05.07	Jack R Gosselle	08-15-14	2:09.24	2:09.24
400/500 Free	Jim Mc Conica	04-29-12	5:11.17	Jack R Gosselle	02-02-14	4:35.15	4:35.15	Jim Mc Conica	08-11-12	4:40.00	4:40.00
800/1000 Free	Michael T Mann	04-23-15	10:42.16	Jim Mc Conica	12-02-12	9:28.32	9:28.32	Jim Mc Conica	06-12-12	9:35.50	9:35.50
1500/1650 Free	Jim Clemmons	05-20-10	17:59.55	Jim Mc Conica	12-03-10	18:24.21	18:24.21	Jim Mc Conica	06-06-10	18:12.09	18:12.09
50 Back	Hugh Wilder	05-04-08	26.82	Phillip A Djang	03-29-14	29.64	29.64	Hugh Wilder	06-02-07	31.46	31.46
100 Back	Hugh Wilder	05-04-08	59.29	Phillip A Djang	03-29-14	1:05.62	1:05.62	Hugh Wilder	06-02-07	1:08.77	1:08.77
200 Back	Dave R Hamula	04-11-15	2:12.85	Phillip A Djang	03-30-14	2:26.30	2:26.30	Fred Ferroggiato	08-09-13	2:33.09	2:33.09
50 Breast	Rick Colella	04-24-15	28.76	Robert Strand	12-06-09	32.31	32.16	Timothy M Shead	06-13-12	32.87	32.80
100 Breast	Rick Colella	05-02-14	1:02.61	Timothy M Shead	12-09-12	1:11.08	1:11.08	Rick Colella	08-08-13	1:13.38	1:13.38
200 Breast	Rick Colella	05-03-14	2:16.71	Rick Colella	11-13-11	2:37.61	2:37.61	Rick Colella	08-17-14	2:40.46	2:40.46
50 Fly	Richard Abrahams	05-22-05	24.46	Donald Graham	10-25-14	27.53	27.53	Richard Abrahams	08-15-05	27.92	27.92
100 Fly	Richard Abrahams	05-22-05	54.92	Rich Abrahams	12-03-06	1:03.76	1:03.67	Richard Abrahams	08-15-05	1:03.03	1:03.03
200 Fly	Lawrence J Day	04-16-11	2:10.06	Scott M Lautman	10-20-12	2:29.40	2:29.40	Lawrence J Day	08-06-11	2:29.05	2:29.05
100 I.M.	Rick Colella	05-11-13	57.23	Rick Colella	03-21-15	1:04.23	1:04.23	Rick Colella	08-17-14	2:21.99	2:21.99
200 I.M.	Rick Colella	05-04-14	2:03.26	Rick Colella	03-21-15	2:19.96	2:19.96	Rick Colella	08-15-14	5:08.20	5:08.20
400 I.M.	Rick Colella	05-02-14	4:24.24	Rick Colella	11-13-11	5:04.54	5:04.54	Rick Colella	08-15-14	5:08.20	5:08.20

Men 65-69	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Richard T Abrahams	05-23-10	22.10	Richard T Abrahams	10-14-12	25.62	25.62	Richard T Abrahams	08-12-10	26.33	26.33
100 Free	Richard T Abrahams	05-22-10	49.42	Richard T Abrahams	10-13-12	58.58	58.58	Richard T Abrahams	08-12-10	1.00.38	1.00.38
200 Free	Richard T Abrahams	05-21-10	1:57.54	David Quiggin	10-17-09	2:15.39	2:15.39	Tom Landis	08-15-08	2:18.53	2:18.53
400/500 Free	Dan L Kirkland	01-31-15	5:34.54	Jim McConica	04-03-15	4:45.88	4:45.88	Jim McConica	06-07-15	4:54.90	4:56.47
800/1000 Free	Dan L Kirkland	01-31-15	11:25.42	Jim McConica	04-04-15	9:53.06	9:53.06	Jim McConica	06-14-15	10:11.30	10:11.30
1500/1650 Free	Jim Clemmons	04-23-15	19:07.81	Jim McConica	04-02-15	18:53.75	18:53.75	Jim McConica	06-14-15	19:33.36	19:33.36
50 Back	Richard T Abrahams	05-23-10	27.74	Hugh Wilder	12-02-12	30.34	30.34	Hugh Wilder	07-12-12	30.95	30.95
100 Back	Hugh Wilder	05-12-13	59.62	Hugh Wilder	12-01-12	1:07.69	1:07.69	Hugh Wilder	07-08-12	1:09.79	1:09.79
200 Back	Hugh Wilder	05-11-13	2:16.72	Alek Shestakov	10-12-14	2:34.93	2:34.93	Richard Burns	08-06-09	2:41.76	2:40.95
50 Breast	Robert Strand	05-10-13	30.53	Robert Strand	12-02-12	34.19	33.86	Robert Strand	07-08-12	34.66	34.61
100 Breast	Robert Strand	05-11-13	1:07.35	Robert Strand	12-01-12	1:15.84	1:15.84	Kenneth A Frost	08-06-09	1:18.11	1:18.11
200 Breast	Robert Strand	05-01-11	2:30.17	Robert Strand	12-02-12	2:49.05	2:49.05	Allen L Stark	08-08-14	2:56.96	2:56.96
50 Fly	Richard T Abrahams	05-22-10	24.94	Richard T Abrahams	12-04-10	28.99	28.91	Keefe L Lobbvig	08-16-08	28.68	28.54
100 Fly	Richard T Abrahams	05-21-10	56.36	Richard T Abrahams	12-05-10	1:06.60	1:05.90	Richard T Abrahams	08-11-10	1:07.34	1:07.34
200 Fly	Robert M Poileman	02-14-10	2:23.38	Robert M Poileman	11-15-08	2:38.71	2:33.77	Joel R Wilson	07-26-15	2:49.73	2:41.92
100 I.M.	Richard T Abrahams	05-23-10	1:00.32	Hobie Kerns	05-18-14	1:09.90	1:09.90				
200 I.M.	Alek Shestakov	05-04-14	2:19.21	Hobie Kerns	05-16-14	2:34.15	2:34.15	Hobie Kerns	08-06-14	2:39.23	2:39.23
400 I.M.	Alek Shestakov	05-02-14	4:57.17	Hobie Kerns	05-19-14	5:34.78	5:34.78	Alek Shestakov	08-05-14	5:50.98	5:50.98
Men 70-74	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Jeff Farrell	05-04-08	24.13	Richard T Abrahams	10-10-15	26.88	26.92	Richard T Abrahams	08-07-15	27.71	27.71
100 Free	Richard T Abrahams	04-26-15	54.58	Richard T Abrahams	05-17-15	1:01.70	1:01.70	David Quiggin	08-08-15	1:03.32	1:03.32
200 Free	David Quiggin	05-08-15	2:06.63	David Quiggin	10-12-14	2:22.60	2:22.60	David Quiggin	08-15-14	2:24.41	2:24.41
400/500 Free	David Quiggin	05-09-15	5:48.21	David Quiggin	12-14-14	5:05.47	5:05.47	Graham Johnston	05-04-01	5:12.05	5:12.05
800/1000 Free	David Quiggin	05-07-15	12:09.40	Graham M Johnston	10-12-01	10:52.68	10:52.68	Graham M Johnston	03-24-02	10:45.92	10:45.92
1500/1650 Free	Graham Johnston	05-20-01	20:29.18	Graham M Johnston	10-06-01	20:54.56	20:54.56	Graham M Johnston	08-16-01	20:36.56	20:36.56
50 Back	Richard Burns	04-26-15	29.72	Richard Burns	12-08-13	33.51	33.51	Richard Burns	08-11-13	33.59	33.59
100 Back	Richard Burns	04-24-15	1:05.42	Richard Burns	12-07-13	1:12.09	1:12.09	Richard Burns	06-15-13	1:15.13	1:15.13
200 Back	Richard Burns	05-02-14	2:23.68	Richard Burns	12-06-13	2:38.01	2:38.01	Richard Burns	08-09-13	2:44.59	2:44.59
50 Breast	David R Gildea	09-29-13	32.86	David R Gildea	08-24-13	36.16	35.85	Kenneth A Frost	08-06-14	37.34	36.86
100 Breast	David R Gildea	09-29-13	1:11.75	David R Gildea	08-24-13	1:21.41	1:21.41	Kenneth A Frost	06-04-14	1:23.65	1:23.65
200 Breast	Kenneth A Frost	04-26-15	2:43.16	David R Gildea	09-22-13	3:04.51	3:04.51	Karl E Wiedemann	04-23-08	3:07.50	3:04.79
50 Fly	Richard T Abrahams	04-26-15	26.92	Richard T Abrahams	10-11-15	29.52	30.43	Richard T Abrahams	08-09-15	30.06	30.06
100 Fly	Richard T Abrahams	04-24-15	1:00.77	Richard T Abrahams	10-11-15	1:07.90	1:09.45	Richard T Abrahams	08-07-15	1:12.66	1:12.66
200 Fly	Robert M Poileman	01-26-14	2:34.31	Robert M Poileman	11-10-13	2:55.66	2:51.32	Robert M Poileman	06-02-13	2:59.21	2:53.86
100 I.M.	James E Elder	05-03-14	1:05.05	Richard T Abrahams	10-10-15	1:13.09	1:14.34	Richard Burns	07-14-13	2:55.13	2:45.60
200 I.M.	David Cossill	02-23-08	2:29.92	Richard Burns	12-06-13	2:44.81	2:42.44	Tom Landis	07-06-12	6:24.76	5:57.81
400 I.M.	Burwell Jones	04-27-03	5:34.47	Tom Landis	04-26-13	6:17.67	5:58.19				

Men 75-79	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Jeff Farrell	03-04-12	25.58	David A Radcliff	04-19-09	30.15	30.15	David A Radcliff	07-11-09	30.28	30.28
100 Free	David A Radcliff	05-10-09	58.68	David A Radcliff	04-19-09	1:05.13	1:05.13	David A Radcliff	07-12-09	1:06.63	1:06.63
200 Free	David A Radcliff	05-10-09	2:08.77	David A Radcliff	04-18-09	2:27.53	2:27.53	David A Radcliff	06-06-09	2:25.66	2:25.66
400/500 Free	David A Radcliff	05-08-10	6:03.87	David A Radcliff	04-18-09	5:15.10	5:15.10	David A Radcliff	03-07-09	5:17.77	5:17.77
800/1000 Free	David A Radcliff	05-10-09	12:20.59	David A Radcliff	04-17-09	10:59.10	10:59.10	David A Radcliff	07-10-09	11:07.90	11:07.90
1500/1650 Free	David A Radcliff	05-10-09	20:25.49	David A Radcliff	04-17-09	20:39.50	20:39.50	David A Radcliff	07-10-09	21:03.06	21:03.06
50 Back	Yoshi Oyakawa	04-19-09	32.11	Yoshi Oyakawa	11-16-08	35.51	35.51	Yoshi Oyakawa	08-16-08	36.14	36.14
100 Back	Burwell Jones	04-19-09	1:08.55	Burwell Jones	12-06-09	1:18.47	1:18.47	Burwell Jones	06-14-09	1:20.98	1:20.98
200 Back	Burwell Jones	04-17-10	2:31.41	Burwell Jones	11-22-09	2:49.20	2:49.20	Burwell Jones	06-13-10	2:57.72	2:57.72
50 Breast	John Kortheuer	04-30-06	35.64	Manuel Sanguly	05-18-08	40.07	39.04	John Kortheuer	06-03-06	40.82	39.57
100 Breast	David Costill	03-27-11	1:19.21	David Costill	11-19-11	1:31.15	1:26.76	John Kortheuer	06-03-06	1:34.93	1:23.35
200 Breast	David Costill	04-14-11	2:58.83	Al Craig	11-11-03	3:29.54	3:09.09	Robert C MacDonald	08-15-04	3:32.60	3:17.54
50 Fly	David Costill	04-15-11	30.84	Frank Plemme	12-10-00	34.83	32.93	John C Smith	06-08-13	33.83	32.61
100 Fly	David Costill	04-17-11	1:12.71	Ron Johnson	11-19-06	1:32.31	1:21.12	Burwell Jones	05-01-10	1:31.89	1:25.60
200 Fly	David Costill	05-10-13	2:58.30	Thomas O Maine	11-09-02	3:39.51	3:16.99	Richard W Kitchell	06-06-15	3:18.12	3:18.12
100 I.M.	David Costill	03-27-11	1:09.69	Burwell Jones	12-06-09	1:18.80	1:18.80	Burwell Jones	06-13-09	3:06.58	3:06.58
200 I.M.	David Costill	03-27-11	2:38.07	Burwell Jones	12-05-09	2:59.26	2:59.26	Burwell Jones	06-14-09	6:48.48	6:48.48
400 I.M.	Burwell Jones	04-19-09	5:49.90	Burwell Jones	12-06-09	6:33.87	6:33.87	Burwell Jones	06-14-09	6:48.48	6:48.48
Men 80-84	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Frank Plemme	04-10-05	29.25	Frank Plemme	12-04-05	32.80	32.14	Cav Cavanaugh	08-07-15	32.92	31.96
100 Free	David A Radcliff	05-03-14	1:04.60	David A Radcliff	09-27-14	1:11.26	1:11.26	David A Radcliff	08-23-14	1:11.82	1:11.82
200 Free	David A Radcliff	04-12-15	2:23.60	David A Radcliff	09-28-14	2:38.25	2:38.25	David A Radcliff	08-24-14	2:40.22	2:40.22
400/500 Free	David A Radcliff	05-01-14	6:27.81	David A Radcliff	03-09-14	5:39.27	5:39.27	David A Radcliff	08-23-15	5:45.21	5:45.21
800/1000 Free	David A Radcliff	05-01-14	13:10.14	David A Radcliff	11-15-14	11:35.71	11:35.71	David A Radcliff	08-22-14	11:49.29	11:49.29
1500/1650 Free	David A Radcliff	05-01-14	21:54.87	David A Radcliff	09-26-14	21:59.53	21:59.53	David A Radcliff	05-31-14	22:16.90	22:16.90
50 Back	Clarke E Mitchell	05-10-13	34.56	Yoshi Oyakawa	11-15-14	37.82	37.82	Yoshi Oyakawa	08-08-15	39.18	38.16
100 Back	Clarke E Mitchell	05-12-13	1:18.31	Yoshi Oyakawa	11-15-14	1:28.01	1:25.07	Clarke E Mitchell	06-08-13	1:31.10	1:26.44
200 Back	Burwell Jones	03-23-13	2:48.59	Burwell Jones	11-10-13	3:19.77	3:10.06	Burwell Jones	06-07-13	3:16.22	3:16.22
50 Breast	Bob Best	03-24-13	38.22	Bob Best	12-02-12	43.42	41.42	Bob Best	05-20-12	44.41	41.68
100 Breast	Bob Best	05-02-14	1:30.27	Bob Best	12-01-12	1:40.37	1:35.96	Robert C MacDonald	04-19-08	1:43.21	1:37.05
200 Breast	Robert C MacDonald	04-19-09	3:19.33	Robert C MacDonald	11-15-09	3:45.57	3:34.21	Al Craig	06-23-07	3:47.81	3:43.82
50 Fly	Clarke E Mitchell	05-11-13	33.73	Clarke E Mitchell	11-09-13	38.92	37.77	Clarke E Mitchell	06-08-13	38.05	38.05
100 Fly	Clarke E Mitchell	04-06-13	1:28.50	William J Lauer	12-07-14	1:42.85	1:30.15	William J Lauer	08-06-14	1:43.93	1:29.39
200 Fly	Thomas O Maine	04-23-06	3:25.55	Thomas O Maine	12-02-07	3:52.41	3:30.11	Thomas O Maine	08-10-06	3:54.51	3:31.42
100 I.M.	Clarke E Mitchell	04-06-13	1:19.72	James B Zurcher	04-27-14	1:29.29	1:28.47	Frank Plemme	08-15-05	3:29.66	3:29.66
200 I.M.	William J Lauer	04-26-15	3:03.55	James B Zurcher	01-25-14	3:22.25	3:22.25	William J Lauer	08-05-14	7:39.71	7:12.63
400 I.M.	William J Lauer	04-24-15	6:45.44	William J Lauer	12-06-14	7:33.77	7:26.06	William J Lauer			

Men 85-89	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Frank M Plemme	03-07-10	31.92	Frank Plemme	12-04-10	36.26	34.54	Woody W Bowersock	08-15-98	35.77	33.94
100 Free	Frank M Plemme	04-18-10	1:10.92	Jim R Cubanik	09-16-00	1:23.20	1:19.42	Frank M Plemme	06-06-10	1:23.25	1:23.25
200 Free	Frank M Plemme	05-08-10	2:50.54	Willard Lamb	12-09-07	3:12.85	3:12.85	Frank M Plemme	07-10-10	3:16.89	3:13.78
400/500 Free	Frank M Plemme	05-07-10	7:54.01	Willard J Lamb	12-13-09	7:13.19	6:56.12	Frank M Plemme	05-16-10	7:03.07	7:02.33
800/1000 Free	Frank M Plemme	05-07-10	16:28.80	Willard J Lamb	01-18-08	14:04.48	14:04.48	Willard J Lamb	04-06-08	14:36.90	14:36.90
1500/1650 Free	Frank M Plemme	03-20-10	27:48.74	Willard Lamb	01-13-08	28:17.36	28:17.36	Willard J Lamb	04-06-08	28:35.24	28:35.24
50 Back	Frank M Plemme	03-07-10	42.46	Albo Da Rosa	10-13-02	47.34	40.59	Fred Van Dyke	08-10-06	44.52	39.89
100 Back	Frank M Plemme	05-08-10	1:36.02	Willard J Lamb	12-13-09	1:47.93	1:28.98	Willard J Lamb	06-14-08	1:49.24	1:31.65
200 Back	Bob K Miller	01-25-15	3:23.96	Willard J Lamb	05-18-08	3:55.12	3:18.29	Willard J Lamb	06-14-08	4:04.33	3:28.59
50 Breast	Frank M Plemme	03-07-10	42.72	Frank Plemme	10-08-10	47.24	44.47	Frank Plemme	07-24-10	49.49	45.66
100 Breast	Frank M Plemme	04-18-10	1:34.67	Frank Plemme	11-21-10	1:53.02	1:43.72	Frank M Plemme	07-24-10	1:51.79	1:51.79
200 Breast	Frank M Plemme	03-20-10	3:46.18	Frank Plemme	12-05-10	4:05.91	4:05.91	Al Craig	07-22-12	4:10.75	4:10.75
50 Fly	Frank M Plemme	03-07-10	39.89	Max Von Isser	09-26-04	43.35	43.35	Frank M Plemme	07-03-10	45.63	45.63
100 Fly	Frank M Plemme	04-18-10	1:41.31	Thomas O Maine	10-30-10	1:53.70	1:53.70	Thomas O Maine	08-03-10	1:55.18	1:55.18
200 Fly	Thomas O Maine	01-08-11	3:43.03	Thomas O Maine	10-31-10	3:44.92	3:44.92	Thomas O Maine	07-11-10	4:15.86	4:15.86
100 I.M.	Frank M Plemme	03-07-10	1:28.37	Frank Plemme	11-07-10	1:42.41	1:40.78				
200 I.M.	Frank M Plemme	04-18-10	3:18.10	Frank Plemme	11-07-10	3:50.46	3:50.46	Thomas O Maine	08-03-10	3:51.20	3:51.20
400 I.M.	Thomas O Maine	02-12-11	7:30.51	Thomas O Maine	10-30-10	8:12.94	8:12.94	Thomas O Maine	07-11-10	8:21.81	8:21.81
Men 90-94	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Woody Bowersock	09-21-03	35.96	Woodrow Bowersock	12-14-03	41.07	41.07	Woody Bowersock	06-23-03	39.19	40.72
100 Free	Woodrow Bowersock	03-21-04	1:27.26	Woodrow Bowersock	12-14-03	1:39.26	1:39.26	Willard J Lamb	05-31-14	1:41.87	1:37.69
200 Free	Willard J Lamb	01-31-15	3:18.81	Willard J Lamb	11-15-14	3:46.17	3:39.65	Willard J Lamb	08-08-13	3:41.77	3:41.77
400/500 Free	Willard J Lamb	03-24-13	8:54.93	Willard J Lamb	09-28-14	7:44.83	7:44.83	Willard J Lamb	08-24-14	8:01.57	8:01.57
800/1000 Free	Willard J Lamb	11-09-13	18:13.07	Willard J Lamb	09-27-14	16:04.18	16:04.18	Willard J Lamb	08-09-13	16:28.37	16:28.37
1500/1650 Free	Willard J Lamb	11-09-13	30:23.70	Willard J Lamb	09-26-14	30:41.82	30:41.82	Willard J Lamb	05-31-14	31:12.82	31:12.82
50 Back	Willard J Lamb	04-05-14	49.02	John Merrill	10-20-07	55.25	52.49	Alan Weeden	08-15-14	51.94	46.82
100 Back	John Merrill	03-25-07	1:46.67	Willard J Lamb	04-28-13	1:59.76	1:47.66	Willard J Lamb	05-31-14	1:59.92	1:45.46
200 Back	John Merrill	03-25-07	3:54.03	Willard J Lamb	03-09-14	4:17.86	3:59.25	Willard J Lamb	05-31-14	4:20.06	4:05.77
50 Breast	Russ White	04-15-07	53.07	John D Corse	10-11-15	1:01.60	49.58	Brud Cleveland	06-10-07	1:01.64	57.20
100 Breast	Raymond I Hakomaki	01-30-11	1:58.35	Thomas O Maine	10-11-15	2:39.24	2:15.14	Raymond I Hakomaki	05-15-10	2:23.53	2:05.18
200 Breast	Russ White	07-02-07	4:44.50	Thomas O Maine	10-11-15	5:24.31	4:59.71	Thomas O Maine	08-21-15	5:12.25	5:12.25
50 Fly	Walter Pfeiffer	03-21-04	50.44	Walter Pfeiffer	10-19-03	56.09	54.38	Walter Pfeiffer	08-11-03	1:00.30	1:00.30
100 Fly	Thomas O Maine	10-24-15	2:11.81	Walter Pfeiffer	10-19-03	2:21.82	2:21.82	Thomas O Maine	06-06-15	2:23.56	2:23.56
200 Fly	Walter R Pfeiffer	05-02-04	5:08.18	Thomas O Maine	10-11-15	5:24.08	5:37.23	Thomas O Maine	06-06-15	5:19.18	5:19.18
100 I.M.	Frank R Grannis	03-29-15	1:56.78	Thomas O Maine	10-11-15	2:08.89	2:08.86				
200 I.M.	Thomas O Maine	10-24-15	4:16.29	Walter Pfeiffer	12-14-03	5:13.24	5:13.24	Thomas O Maine	06-21-15	4:35.62	4:27.72
400 I.M.	Walt Pfeiffer	05-02-04	10:10.57	Thomas O Maine	10-11-15	9:49.61	11:15.65	Thomas O Maine	06-06-15	9:56.43	9:56.43

Men 95-99	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Gus Langner	01-10-99	51.31	G Harold (Gus) Langner	10-14-98	57.57	47.16	Gus Langner	08-02-98	55.88	47.43
100 Free	Gus Langner	01-10-99	2:04.54	Gus Langner	10-11-98	2:19.51	1:54.60	Gus Langner	08-23-98	2:29.32	1:57.88
200 Free	Gus Langner	01-10-99	4:35.70	Gus Langner	10-11-98	5:13.46	5:13.46	Gus Langner	08-23-98	5:13.23	5:13.23
400/500 Free	Gus Langner	01-10-99	12:17.44	Gus Langner	10-11-98	10:51.93	10:51.93	Gus Langner	08-23-98	11:30.53	11:30.53
800/1000 Free	Gus Langner	04-02-00	30:05.25	G Harold (Gus) Langner	10-11-98	22:05.55	22:05.55	Gus Langner	08-23-98	22:28.28	22:28.28
1500/1650 Free	Gus Langner	04-02-00	30:05.25	G Harold (Gus) Langner	10-11-98	41:29.87	41:29.87	Gus Langner	08-23-99	47:30.40	47:30.40
50 Back	Tom Lane	07-08-89	1:08.20	Bert N Singer	10-08-14	1:12.32	1:01.25	Tom Lane	08-20-89	1:18.91	1:01.61
100 Back	Russ Witte	02-12-12	2:45.86	Russ B Witte	11-05-11	2:56.67	2:21.73	Gary J Weisenthal	08-09-08	3:04.37	2:22.83
200 Back	Russ Witte	05-11-13	6:19.69	Gus Langner	10-14-98	8:32.34	6:13.15	Gary J Weisenthal	08-09-08	6:38.69	5:24.20
50 Breast	Russ Witte	02-11-12	1:03.32	Russ B Witte	11-05-11	1:13.72	1:07.12	Gus Langner	08-23-98	1:26.61	1:10.05
100 Breast	Russ Witte	02-12-12	2:34.82	Russ B Witte	11-05-11	3:03.57	2:31.77	Bud Jackson	06-21-14	3:16.56	2:40.08
200 Breast	Russ Witte	02-12-12	5:49.18	Russ B Witte	11-05-11	6:14.84	5:45.70	Bud Jackson	07-12-14	7:11.65	5:47.31
50 Fly								Walter R Pleiffer	06-01-08	2:01.41	2:01.41
800/1000 Free								Walter R Pleiffer	06-01-08	4:09.52	4:09.52
200 Fly								Walter R Pleiffer	06-01-08	14:05.25	14:05.25
100 I.M.											
200 I.M.											
400 I.M.											
Men 100-104	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
50 Free	Tom Lane	06-25-94	1:31.03	Tom Lane	09-30-95	2:06.66	1:16.92	Tom Lane	07-09-94	1:40.46	1:31.19
100 Free	Tom Lane	06-25-94	3:21.86	Tom Lane	09-30-95	4:32.29	3:02.22	Tom Lane	07-09-94	4:05.98	3:23.10
200 Free	Tom Lane	06-25-94	6:56.32	Tom Lane	09-30-95			Tom Lane	07-09-94		
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 I.M.											
200 I.M.											
400 I.M.											

Men 105-109	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
	50 Free										
	100 Free						2:52.48				
	200 Free										
	400/500 Free										
	800/1000 Free										
	1500/1650 Free										
	50 Back						3:09.55				
	100 Back										
	200 Back										
	50 Breast										
	100 Breast										
	200 Breast										
	50 Fly										
	100 Fly										
	200 Fly										
	100 I.M.										
	200 I.M.										
	400 I.M.										



200 Free Relay	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	USMS	Date	World	USMS	World
18#72-99	The Olympic Club	05-03-14	135.70	New England Masters	12-12-99	154.83	1:53.83	08-08-09	FL Lauderdale Aquatics	1:53.83	1:50.30	1:50.30
25#100-119	The Olympic Club	04-25-15	135.01	Michigan Masters	03-31-96	145.93	1:45.93	07-30-11	Arizona Masters	1:45.93	1:49.03	1:49.03
35#120-159	NCMS	02-01-15	136.42	Red Tide of NYC	11-13-11	151.99	1:44.88	06-09-13	North Carolina Masters Swimming	1:50.53	1:50.53	1:50.53
45#160-199	Colorado Masters Swim Team	04-30-11	140.44	North Carolina Masters	11-10-13	148.08	1:48.08	08-08-06	Team TYR	1:47.21	1:46.44	1:46.44
55#200-239	UCLA Bruin Masters	04-28-13	151.52	UCLA Bruin Masters	10-20-13	158.50	1:56.19	08-08-06	Pacific Northwest Aquatics	1:58.24	1:58.24	1:58.24
65#240-279	Puget Sound Masters	04-25-15	209.98	Plano Wetcats	12-05-13	205.29	2:05.29	07-15-14	Plano Wetcats	2:05.98	2:05.98	2:05.98
75#280-319	Florida Aquatic Combined Team	03-29-09	258.48	Virginia Masters Swim Team	11-02-13	234.24	2:35.97	08-08-15	Virginia Masters Swim Team	2:29.97	2:29.97	2:29.97
85#320-359	Florida Aquatic Combined Team	03-29-09	258.48	Florida Maverick Masters	10-13-02	325.71	2:55.60	08-08-09	Virginia Masters Swim Team	3:27.23	3:27.23	3:27.23
95#360-399							4:45.07					
200 Medley Relay	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	USMS	Date	World	USMS	World
18#72-99	The Olympic Club	04-24-15	145.34	Walnut Creek Masters	10-17-09	207.15	2:08.86	08-08-09	FL Lauderdale Aquatics	2:08.86	2:00.05	2:00.05
25#100-119	Southern Methodist Masters	05-04-08	145.01	The Olympic Club	12-01-12	202.98	2:01.92	07-31-11	Arizona Masters	2:01.91	2:01.91	2:01.91
35#120-159	Colorado Masters Swimming	05-14-06	148.55	Red Tide of NYC	12-13-09	204.31	2:04.31	08-23-98	Gold Coast Masters	2:04.75	2:03.42	2:03.42
45#160-199	Colorado Masters Swimming	05-01-11	152.93	San Diego Swim Masters	10-05-03	206.09	2:04.61	08-08-06	Team TYR	2:04.75	2:04.75	2:04.75
55#200-239	Puget Sound Masters	04-24-15	204.50	UCLA Bruin Masters	10-20-13	213.32	2:12.00	08-17-08	Oregon Masters	2:10.98	2:10.98	2:10.98
65#240-279	Puget Sound Masters	04-24-15	229.06	New England Masters	12-15-13	222.18	2:22.18	08-07-14	New England Masters	2:24.95	2:24.95	2:24.95
75#280-319	Florida Aquatic Combined Team	03-29-09	315.12	Virginia Masters Swim Team	11-08-14	256.56	2:51.37	08-08-15	Tampa Bay Masters Swimming	2:57.04	2:57.04	2:57.04
85#320-359				Walnut Creek Masters	10-15-11	409.65	3:28.88	03-21-09	Florida Aquatic Combined Team	3:47.69	3:47.69	3:47.69
95#360-399												
400 Free Relay	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	USMS	Date	World	USMS	World
18#72-99	Red Tide of NYC	04-14-91	339.39	The Olympic Club	12-04-10	359.11	4:19.34	07-24-10	Las Vegas Masters	4:19.34	4:11.02	4:11.02
25#100-119	Walnut Creek Masters	04-14-91	337.73	Boston University Masters	12-13-14	406.38	4:05.61	07-19-09	Woodlands Masters Swim Team	4:19.02	4:07.62	4:07.62
35#120-159	North Carolina Masters Swim	03-29-14	334.28	Red Tide of NYC	12-19-09	409.95	4:03.01	07-31-94	Stanford Masters Swimming	4:17.94	4:06.90	4:06.90
45#160-199	Sarasota YMCA	05-09-15	353.33	Red Tide of NYC	12-13-09	424.64	4:03.25	06-14-15	North Carolina Masters Swimming	4:06.90	4:06.90	4:06.90
55#200-239	UCLA Bruin Masters	04-27-13	406.63	UCLA Bruin Masters	10-20-13	424.64	4:24.64	07-06-14	UCLA Bruin Masters	4:26.53	4:20.68	4:20.68
65#240-279	Virginia Masters Swim Team	04-13-08	519.35	Plano Wetcats	11-10-13	443.35	4:43.35	07-20-14	Plano Wetcats	4:49.89	4:47.03	4:47.03
75#280-319	Walnut Creek Masters	04-19-09	645.43	Virginia Masters Swim Team	11-02-13	538.90	5:38.90	06-22-13	Virginia Masters Swim Team	5:45.80	5:45.80	5:45.80
85#320-359				Florida Maverick Masters	11-16-07	845.29	7:05.93	01-13-02	Florida Maverick Masters	8:57.69	7:10.67	7:10.67
95#360-399												
400 Medley Relay	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	USMS	Date	World	USMS	World
18#72-99	Terrapin Masters	04-00-04	403.73	Metro Masters Swim Club	11-21-04	442.04	4:42.04	07-24-10	Las Vegas Masters	4:52.87	4:45.87	4:45.87
25#100-119	Southern Methodist Masters	03-30-08	402.73	Arizona Masters	11-21-10	434.40	4:24.86	08-08-09	YMCAs Indy Swimfit	4:49.16	4:45.47	4:45.47
35#120-159	NCMS	02-01-15	404.48	Mission Viejo Masters	12-06-09	433.44	4:26.65	08-08-09	Illinois Masters	4:38.85	4:37.21	4:37.21
45#160-199	Oregon Reign Masters	04-11-10	412.53	San Diego Swim Masters	12-15-98	442.41	4:26.65	06-13-15	North Carolina Masters Swimming	4:41.71	4:41.71	4:41.71
55#200-239	UCLA Bruin Masters	04-26-13	438.48	Oregon Masters	05-16-10	452.08	4:52.08	07-09-11	UCLA Bruin Masters	5:02.61	5:02.61	5:02.61
65#240-279	Virginia Masters Swim Team	04-24-05	554.65	Virginia Masters Swim Team	11-15-14	534.38	5:34.38	07-09-11	Oregon Masters	5:33.65	5:33.65	5:33.65
75#280-319	Walnut Creek Masters	02-22-98	844.42	Virginia Masters Swim Team	11-02-13	632.81	6:30.14	06-21-14	Virginia Masters Swim Team	6:54.11	6:54.11	6:54.11
85#320-359				Florida Maverick Masters	11-05-11	955.29	8:13.98	01-13-02	Florida Maverick Masters	10:19.75	8:27.67	8:27.67
95#360-399												
800 Free Relay	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	USMS	Date	World	USMS	World
18#72-99	Red Tide of NYC	03-29-09	755.34	Terrapin Masters	11-14-04	911.28	9:11.28	07-24-10	Las Vegas Masters	9:33.71	9:33.71	9:33.71
25#100-119	Red Tide of NYC	02-23-13	743.29	Arizona Masters	09-24-11	858.27	8:58.62	07-22-12	San Diego Swim Masters	9:32.67	9:32.67	9:32.67
35#120-159	NCMS	01-31-15	758.40	Red Tide of NYC	11-13-11	856.27	8:56.27	07-24-99	Gold Coast Masters	9:41.97	9:14.49	9:14.49
45#160-199	Walnut Creek Masters	04-13-08	839.13	Red Tide of NYC	12-13-09	856.55	8:56.55	06-14-15	North Carolina Masters Swimming	9:18.33	9:18.33	9:18.33
55#200-239	UCLA Bruin Masters	04-28-13	904.47	UCLA Bruin Masters	12-06-13	929.43	9:29.43	07-06-14	UCLA Bruin Masters	9:37.01	9:37.01	9:37.01
65#240-279	Virginia Masters Swim Team	04-13-08	1203.97	Tampa Bay Aquatic Masters	12-04-09	1058.88	10:58.88	08-24-13	Gold Coast Masters	11:01.53	11:01.53	11:01.53
75#280-319	Walnut Creek Masters	04-13-08	1539.43	Virginia Masters Swim Team	11-02-13	1253.99	12:53.99	06-21-14	Virginia Masters Swim Team	13:30.52	13:18.88	13:18.88
85#320-359				Florida Aquatic Combined Team	10-10-14	1739.97	17:04.58	01-13-02	Florida Maverick Masters	19:29.28	19:29.28	19:29.28
95#360-399												

200 Free Relay	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
184/72-99	North Carolina Masters	05-22-10	1:18.32	South Bay Swim Team	12-06-09	1:37.95	1:30.73	University, San Francisco	07-14-13	1:38.83	1:31.95
254/100-119	Clemson Aquatic Team	05-22-10	1:21.82	El Segundo Masters	12-14-97	1:35.70	1:30.73	The Olympic Club	08-10-13	1:34.24	1:34.24
354/120-159	Longhorn Aquatics	05-29-10	1:23.70	Longhorn Aquatics	10-24-09	1:32.97	1:32.66	Southam Cal Aquatic Masters	07-26-09	1:34.82	1:34.09
454/160-199	Arizona Masters	05-04-08	1:27.02	Longhorn Aquatics	11-16-08	1:35.44	1:33.91	Team TYR	08-08-06	1:36.28	1:36.28
554/200-239	Oregon Masters	04-11-09	1:32.18	Blu Frog Team	10-16-10	1:38.79	1:38.79	Colorado Masters	08-08-06	1:38.24	1:38.24
654/240-279	San Diego Swim Masters	05-10-09	1:40.07	Blu Frog Team	10-14-12	1:43.21	1:43.21	Oregon Masters	08-16-08	1:45.90	1:45.90
754/280-319	Gold Coast Masters	04-11-14	1:57.74	Gold Coast Masters	10-11-15	1:54.44	1:57.07	Gold Coast Masters	08-15-14	1:56.91	1:56.91
854/320-359	Florida Aquatic Combined Team	04-28-12	3:05.24	San Diego Swim Masters	12-03-06	2:25.21	2:20.85	San Diego Swim Masters	08-10-13	2:27.77	2:20.89
954/360-399	Florida Aquatic Combined Team	10-12-14	3:58.19	Florida Aquatic Combined Team	10-12-14	3:58.19	3:19.42	Coast Masters	08-15-05	3:46.35	3:08.87
200 Medley Relay	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
184/72-99	The Olympic Club	05-02-14	1:26.71	Swim Fort Lauderdale	10-12-13	1:48.99	1:40.82	The Olympic Club	08-27-95	1:49.35	1:43.83
254/100-119	Wisconsin Masters Aquatic Club	04-12-14	1:30.97	Swim Fort Lauderdale	03-17-12	1:43.14	1:40.82	Houston Club	08-20-95	1:48.46	1:43.83
354/120-159	Longhorn Aquatics	05-10-09	1:34.16	Baylors Lone Star	04-16-94	1:45.01	1:39.28	Michigan Masters	08-08-09	1:46.23	1:45.02
454/160-199	Georgia Masters	05-23-10	1:36.56	Longhorn Aquatics	11-16-08	1:45.13	1:45.08	Team TYR	08-08-06	1:47.72	1:47.07
554/200-239	Oregon Masters	04-11-09	1:45.92	Longhorn Aquatics	12-01-12	1:49.42	1:49.42	Colorado Masters	08-08-06	1:50.83	1:50.83
654/240-279	San Diego Swim Masters	05-10-09	1:51.98	Swim Carolina Masters Swimming	03-21-15	2:00.56	2:00.56	North Carolina Masters Swimming	08-15-14	2:01.60	2:01.60
754/280-319	San Diego Swim Masters	04-12-14	2:17.11	San Diego Swim Masters	12-06-08	2:19.89	2:12.76	San Diego Swim Masters	08-09-09	2:16.74	2:16.74
854/320-359	Sarasota Sharks Team Texas	11-21-99	3:46.43	Georgia Masters	01-25-14	4:48.29	2:48.29	San Diego Swim Masters	08-08-13	2:39.66	2:43.26
954/360-399	Florida Aquatic Combined Team	10-11-14	4:43.72	Florida Aquatic Combined Team	10-11-14	4:43.72	2:48.29	Coast Masters	08-15-05	4:13.67	4:13.40
400 Free Relay	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
184/72-99	Wisconsin Masters Aquatic Club	04-16-10	3:05.05	Swim Fort Lauderdale	10-13-13	3:37.62	3:31.43	San Mateo Master Marlins	06-28-14	3:41.87	3:30.77
254/100-119	Illinois Masters	04-10-11	3:06.20	Michigan Masters	03-14-10	3:32.84	3:31.43	YMCA Indy Swimfit	08-08-09	3:37.49	3:30.77
354/120-159	Longhorn Aquatics	05-30-10	3:06.12	Southern Cal Aquatic Masters	12-05-09	3:23.69	3:25.46	Michigan Masters	08-08-09	3:34.83	3:36.59
454/160-199	Wildcat/Alumni Masters	05-07-10	3:18.25	Longhorn Aquatics	10-15-11	3:40.26	3:32.44	Longhorn Aquatics	07-03-11	3:38.60	3:38.60
554/200-239	CMS	03-28-15	3:28.26	Blu Frog Team	10-15-11	3:56.97	3:40.26	Longhorn Aquatics	08-12-12	3:52.34	3:52.34
654/240-279	Gold Coast Masters	03-28-15	4:01.05	Blu Frog Team	10-14-12	3:56.97	3:56.97	Ventura County Masters	07-19-15	4:07.77	4:07.77
754/280-319	Illinois Masters	05-03-08	4:57.61	Gold Coast Masters	10-11-15	4:21.85	4:37.25	Gold Coast Masters	07-19-15	4:35.76	4:35.76
854/320-359	Illinois Masters	05-03-08	4:57.61	San Diego Swim Masters	12-02-07	5:40.37	6:07.52	San Diego Swim Masters	08-05-07	5:52.37	6:12.82
954/360-399	Florida Aquatic Combined Team	10-12-14	9:52.10	Florida Aquatic Combined Team	10-12-14	9:52.10	9:52.10	Coast Masters	08-05-07	10:43.13	10:43.13
800 Free Relay	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
184/72-99	Michigan Masters	04-18-10	3:29.49	Swim Fort Lauderdale	10-12-13	3:56.49	3:56.49	Greater Indiana	07-18-99	4:11.46	3:58.35
254/100-119	Illinois Masters	04-21-12	3:25.49	Ford Aquatics	11-24-13	3:43.64	3:43.64	YMCA Indy Swimfit	08-08-09	4:06.58	4:00.94
354/120-159	Longhorn Aquatics	03-05-09	3:28.46	Southam Cal Aquatic Masters	12-08-09	3:57.49	3:45.25	Michigan Masters	08-08-09	4:00.06	4:02.07
454/160-199	Texas Longhorn Aquatics	04-10-10	3:38.41	Longhorn Aquatics	11-15-08	3:50.93	3:53.09	STAN	05-10-15	4:02.07	4:02.07
554/200-239	CMS	03-28-15	3:57.13	Longhorn Aquatics	12-02-12	3:59.68	3:59.68	Longhorn Aquatics	08-11-12	4:13.76	4:13.76
654/240-279	Walnut Creek Masters	04-01-12	4:42.13	Ventura County Masters	12-07-14	4:30.90	4:30.90	Ventura County Masters	08-16-15	4:44.58	4:44.58
754/280-319	Walnut Creek Masters	04-18-10	5:49.57	North Carolina Masters Swimming	12-11-05	5:17.89	5:26.52	North Carolina Masters Swimming	06-04-05	5:24.55	5:35.08
854/320-359	Walnut Creek Masters	04-18-10	5:49.57	San Diego Swim Masters	12-04-11	6:57.50	6:57.50	Georgia Masters	06-21-14	7:02.70	7:02.70
954/360-399	Florida Aquatic Combined Team	10-10-14	21:24.39	Florida Aquatic Combined Team	10-10-14	21:24.39	21:24.39	Coast Masters	08-05-07	12:59.05	12:59.05
800 Free Relay	SC-Yards	Date	USMS	SC-Meters	Date	USMS	World	LC-Meters	Date	USMS	World
184/72-99	David Aquatic Masters	04-04-04	7:05.96	South Bay Swim Team	12-04-09	8:16.36	7:43.72	Greater Indiana	07-18-99	8:28.72	7:56.33
254/100-119	New England Swim Club	03-22-14	6:56.28	New England Masters	12-15-13	7:43.72	7:43.72	Santa Clara Swim Club Masters	05-29-94	8:04.17	8:05.60
354/120-159	Team TYR	05-04-07	6:56.69	Southern Cal Aquatic Masters	12-04-09	7:44.51	7:44.51	Southern Cal Aquatic Masters	07-25-09	8:03.21	8:05.60
454/160-199	Wildcat/Alumni Masters	05-08-10	7:22.85	Longhorn Aquatics	12-04-09	7:52.82	7:52.82	Team TYR	07-16-06	8:15.15	8:15.08
554/200-239	CMS	03-29-15	7:42.24	Blu Frog Team	10-14-11	8:03.40	8:03.40	Arizona Masters	06-08-12	8:41.77	8:38.24
654/240-279	Gold Coast Masters	03-29-15	9:14.50	Ventura County Masters	12-05-14	9:00.30	9:00.30	Ventura County Masters	08-14-15	9:11.24	9:11.24
754/280-319	Illinois Masters	05-03-08	11:03.44	Gold Coast Masters	10-09-15	10:07.45	10:28.15	Oregon Masters	08-24-13	10:28.53	10:28.53
854/320-359	Illinois Masters	05-03-08	11:03.44	Michigan Masters	09-29-13	13:57.82	13:57.82	Oregon Masters	08-11-12	14:03.88	14:03.88
954/360-399	Florida Aquatic Combined Team	10-10-14	21:24.39	Florida Aquatic Combined Team	10-10-14	21:24.39	21:24.39	Coast Masters	08-05-07	25:29.59	25:29.59



200 Free Relay	SC-Yards	Date	USMS	SC-Masters	Date	USMS	World	LC-Masters	Date	USMS	World
18*/72-99	The Olympic Club	05-02-14	124.76	The Olympic Club	10-15-95	143.33	1:47.94	Conejo Simi Aquatic Masters	07-26-09	1:47.94	World
25*/100-119	Southern Cal Aquatic Masters	05-21-90	129.40	Phoenix Swim Club	11-24-13	140.77	1:43.11	The Olympic Club	07-11-10	1:43.11	World
35*/120-159	Rocky Mountain Masters	04-25-04	130.17	El Segundo Masters	12-10-00	141.37	1:37.54	Gold Coast Masters	08-23-98	1:42.65	1:40.14
45*/160-199	Arizona Masters	05-04-08	134.48	North Carolina Masters Swimming	03-15-14	146.08	1:42.27	Team TYR	08-10-06	1:42.27	1:42.27
55*/200-239	Sarasota Y Sharks	04-13-14	140.97	Colorado Masters Swimming	10-17-08	155.93	1:44.96	Colorado Masters	08-08-06	1:44.96	1:44.96
65*/240-279	Oregon Masters	05-10-09	153.76	Gold Coast Masters	12-07-85	155.93	1:55.86	Puget Sound Masters	08-08-15	1:55.86	1:55.19
75*/280-319	Florida Maverick Masters	04-29-01	235.78	Tampa Bay Aquatic Masters	10-11-11	208.53	2:09.39	Tampa Bay Aquatic Masters	08-08-15	2:09.39	2:09.39
85*/320-359	Maryland Masters	04-17-11	404.35	Santa Barbara Masters	11-06-04	251.05	2:37.10	Santa Barbara Masters	08-01-04	2:37.10	2:37.10
95*/360-399				Michigan Masters	02-07-10	603.35	3:36.78	Mission Viejo Masters	08-09-13	3:36.78	3:36.78
200 Medley Relay	SC-Yards	Date	USMS	SC-Masters	Date	USMS	World	LC-Masters	Date	USMS	World
18*/72-99	The Olympic Club	04-26-15	137.96	The Olympic Club	12-04-10	152.26	1:57.69	Arizona Masters	07-31-11	1:57.69	World
25*/100-119	Arizona Masters	04-26-15	135.20	The Olympic Club	12-04-10	151.60	1:55.34	The Olympic Club	07-09-11	1:55.34	1:51.99
35*/120-159	Colorado Masters Swimming	05-22-10	139.85	Phoenix Swim Club	11-23-13	147.51	1:48.48	DC Masters	08-20-13	1:58.03	1:50.77
45*/160-199	Arizona Masters	05-04-08	144.02	Colorado Masters Swimming	10-11-09	153.38	1:58.35	Team TYR	08-20-85	1:58.35	1:55.32
55*/200-239	Puget Sound Masters	04-26-15	152.96	Blu Frog Team	10-10-12	157.65	1:57.65	San Diego Swim Masters	08-15-05	2:02.32	2:02.32
65*/240-279	San Diego Swim Masters	05-10-09	208.22	Tampa Bay Aquatic Masters	10-11-09	210.34	2:09.06	Tampa Bay Aquatic Masters	08-08-09	2:09.06	2:09.06
75*/280-319	Walnut Creek Masters	05-10-09	248.58	Tampa Bay Aquatic Masters	09-27-15	222.04	2:21.20	Tampa Bay Aquatic Masters	08-09-15	2:21.20	2:21.20
85*/320-359	Maryland Masters	04-15-11	439.13	Florida Maverick Masters	11-15-09	316.38	2:55.08	Florida Maverick Masters	06-13-10	2:55.08	2:55.08
95*/360-399				Coast Masters	10-19-03	512.04	4:19.30	Mission Viejo Masters	08-10-13	4:19.30	4:19.30
400 Free Relay	SC-Yards	Date	USMS	SC-Masters	Date	USMS	World	LC-Masters	Date	USMS	World
18*/72-99	New England Masters	03-23-13	324.53	Marco Masters Swim Club	12-11-04	333.00	3:56.94	Conejo Simi Aquatic Masters	07-29-09	3:56.94	3:56.94
25*/100-119	Red Tide of NYC	02-24-13	316.77	The Olympic Club	12-03-11	344.84	3:42.99	Southern Cal Aquatic Masters	07-29-09	3:42.99	3:48.66
35*/120-159	Virginia Masters Swim Team	03-15-08	328.82	The Olympic Club	12-05-09	351.21	3:43.99	MOVY Masters	03-05-11	3:56.36	3:56.36
45*/160-199	Walnut Creek Masters	04-13-08	334.92	Colorado Masters Swimming	11-21-09	346.01	3:46.01	Southern Cal Aquatic Masters	07-05-09	3:58.05	3:52.63
55*/200-239	Piano Wetcats	04-01-12	348.60	North Carolina Masters Swimming	12-14-14	356.10	3:56.10	Illinois Masters	06-20-15	4:02.62	4:02.62
65*/240-279	Virginia Masters Swim Team	04-13-08	436.77	Sarasota Y Sharks	11-09-14	420.33	4:20.33	Sarasota Y Sharks	06-15-14	4:24.45	4:19.89
75*/280-319	Walnut Creek Masters	04-17-10	555.27	Tampa Bay Aquatic Masters	10-10-15	453.99	5:05.69	Oregon Masters	07-13-08	5:24.15	5:19.13
85*/320-359				Florida Maverick Masters	11-13-11	633.65	6:37.85	Florida Maverick Masters	06-12-11	6:43.08	6:30.24
95*/360-399				Michigan Masters	03-14-10	1331.90	8:26.02	Mission Viejo Masters	07-05-13	8:26.02	8:26.02
400 Medley Relay	SC-Yards	Date	USMS	SC-Masters	Date	USMS	World	LC-Masters	Date	USMS	World
18*/72-99	Red Tide of NYC	03-29-09	347.71	Orange Coast Masters Swimming	12-06-09	420.54	4:22.92	MEMO	07-26-10	4:22.92	4:19.17
25*/100-119	Red Tide of NYC	04-25-10	345.13	New England Masters	12-15-02	416.58	4:05.65	Walnut Creek Masters	08-08-09	4:29.90	4:17.80
35*/120-159	Walnut Creek Masters	04-19-09	348.70	Phoenix Swim Club	11-24-13	356.24	3:56.24	Fort Lauderdale Aquatics	08-08-09	4:27.07	4:27.80
45*/160-199	Oregon Masters	05-02-04	400.80	Colorado Masters Swimming	11-22-09	410.32	4:10.32	North Carolina Masters Swimming	08-08-09	4:29.97	4:26.26
55*/200-239	Piano Wetcats	03-11-12	417.57	Illinois Masters	10-11-15	423.63	4:27.64	Illinois Masters	06-20-15	4:33.17	4:33.17
65*/240-279	San Diego Swim Masters	04-01-07	520.49	Oregon Masters	12-13-09	443.20	4:43.20	Tampa Bay Aquatic Masters	08-08-09	4:51.95	4:58.85
75*/280-319	Maine Masters Swim Club	03-17-12	709.05	Tampa Bay Aquatic Masters	10-11-15	521.37	5:28.17	Tampa Bay Aquatic Masters	05-10-15	5:28.17	5:28.17
85*/320-359				Florida Maverick Masters	11-22-09	729.64	7:29.64	Florida Maverick Masters	06-13-09	7:46.92	7:36.03
95*/360-399						1036.12	10:20.46	Mission Viejo Masters	07-07-13	10:20.46	10:20.46
800 Free Relay	SC-Yards	Date	USMS	SC-Masters	Date	USMS	World	LC-Masters	Date	USMS	World
18*/72-99	New England Masters	03-30-03	732.95	Terrapin Masters	12-07-06	851.55	8:55.39	Conejo Simi Aquatic Masters	07-25-09	8:55.39	8:56.85
25*/100-119	Illinois Masters	04-04-04	725.46	New England Masters	12-17-03	829.16	8:28.54	Southern Cal Aquatic Masters	07-25-09	8:39.99	8:39.99
35*/120-159	Illinois Masters	04-17-05	724.36	Novaquatics Masters	11-30-12	826.57	8:13.69	MOVY Masters	03-09-13	8:41.82	8:41.82
45*/160-199	Walnut Creek Masters	04-17-09	751.33	Walnut Creek Masters	10-16-09	826.62	8:16.62	Rockwell Aquatic Masters	08-15-13	8:50.20	8:49.92
55*/200-239	UCLA Brun Masters	04-21-13	834.48	Illinois Masters	10-11-15	836.91	8:53.46	Connecticut Masters	06-28-15	9:19.01	9:19.01
65*/240-279	New England Masters	03-24-13	1028.12	Tampa Bay Aquatic Masters	10-04-09	934.91	9:34.91	Sarasota Y Sharks	06-14-15	10:04.83	10:04.83
75*/280-319	Walnut Creek Masters	04-19-09	1218.74	Tampa Bay Aquatic Masters	09-27-15	1054.11	11:43.44	St. Louis Area Masters	08-08-09	12:16.17	12:16.17
85*/320-359				Florida Maverick Masters	11-12-11	1535.35	15:27.95	San Diego Swim Masters	08-05-07	14:44.35	15:41.73
95*/360-399								Mission Viejo Masters	07-07-13	18:14.23	18:14.23

18–24	Women	Year	Record	Men	Year	Record
1 hour postal	Schweitzer (Metzger)	2000	5550 Y	Margalis	2007	6135 Y
5K postal	Morris	2010	1:04:09.79	Aceino	2014	1:01:49.77
10K postal	Stephensen	2013	2:11:16.79	Cohen	1993	2:11:58.09
3000 Y postal	Beard	2001	32:26.99	Whitbeck	2005	30:10.37
6000 Y postal	Holman	2010	1:09:59.56	Deakayne	2014	1:03:38.85
1-mile cable	Nunn	2009	20:02.38	Barber	1983	21:20.86
2-mile cable	Nunn	2010	40:07.05	Chiles	2006	42:00.81
25–29	Women	Year	Record	Men	Year	Record
1 hour postal	Hazen	1994	5660 Y	Veatch	1994	6115 Y
5K postal	Cornelius (Limaye)	2001	1:05:38.54	Kappler	2005	1:02:25.71
10K postal	Quan (Nelson)	2001	2:14:58.59	Volk	1989	2:04:50.00
3000 Y postal	Whitney	2005	32:25.21	Little	2014	30:27.55
6000 Y postal	Holman	2011	1:10:09.79	Barley	2010	1:05:03.71
1-mile cable	Smith	2003	20:21.99	Winant	1981	20:50.81
2-mile cable	Smith	2003	39:51.99	Pearson	1992	39:36.39
30–34	Women	Year	Record	Men	Year	Record
1 hour postal	Hazen	1995	5625 Y	Placak/Porch	90/03	5750 Y
5K postal	Day	2003	1:04:24.99	Erwin	1996	59:53.17
10K postal	Knapp	2009	2:15:56.36	Patten	1993	2:03:08.74
3000 Y postal	Knapp	2009	32:40.73	Erwin	1996	31:15.24
6000 Y postal	Knapp	2009	1:07:26.99	Clark	1998	1:04:58.25
1-mile cable	Swayman-Thoms	1984	21:27.07	Barley	2012	20:15.05
2-mile cable	Reed Sengewalt	2002	41:05.48	Kegley	1988	38:32.00
35–39	Women	Year	Record	Men	Year	Record
1 hour postal	George	2012	5645 Y	Shaffer	2003	5905 Y
5K postal	Pipes-Neilsen	1999	1:03:28.06	Erwin	2003	58:11.13
10K postal	Heim (Heim-Bowen)	1996	2:14:08.75	Shaffer	2003	2:00:39.67
3000 Y postal	Pipes-Neilsen	1999	32:54.57	Shaffer	2002	30:16.43
6000 Y postal	Pipes-Neilsen	1998	1:09:11.14	Shaffer	2003	1:02:06.74
1-mile cable	Stringer	2015	22:07.78	Allen	2002	20:56.99
2-mile cable	Woody	2005	42:06.00	LaBianco	2010	39:59.99
40–44	Women	Year	Record	Men	Year	Record
1 hour postal	Preston	2006	5550 Y	Shaffer	2009	5910 Y
5K postal	Pipes-Neilsen	2003	1:02:53.42	Erwin	2005	58:23.56
10K postal	Preston	2005	2:12:19.31	Barber	2003	2:03:06.33
3000 Y postal	Pipes-Neilsen	2003	33:18.69	Shaffer	2009	30:25.06
6000 Y postal	Pipes-Neilsen	2002	1:08:48.67	Erwin	2005	1:01:37.11
1-mile cable	Dawson	2012	21:38.00	LaBianco	2012	20:13.79
2-mile cable	Dunbar	1990	43:06.00	Stevenson	2009	41:03.05
45–49	Women	Year	Record	Men	Year	Record
1 hour postal	Preston	2008	5550 Y	Erwin	2010	5755 Y
5K postal	Heim-Bowen	2004	1:04:26.97	Erwin	2009	1:00:25.14
10K postal	Einsidler	2002	2:19:42.34	Lussier	2012	2:10:29.48
3000 Y postal	Block	2009	33:53.41	Erwin	2010	31:07.62
6000 Y postal	Preston	2007	1:04:49.19	Erwin	2009	1:03:46.09
1-mile cable	Gianniny	2015	22:10.21	Brophy	2010	20:03.52
2-mile cable	Jones	2010	43:04.92	Erwin	2011	40:23.14
50–54	Women	Year	Record	Men	Year	Record
1 hour postal	Reynolds	2015	5185 Y	Erwin	2015	5630 Y
5K postal	Heim-Bowen	2008	1:05:30.86	McConica	2003	1:00:53.84
10K postal	Heim-Bowen	2008	2:16:14.51	McConica	2004	2:05:55.37
3000 Y postal	Reynolds	2014	34:40.6	McConica	2001	31:37.55
6000 Y postal	Reynolds	2014	1:09:59.48	McConica	2003	1:05:05.26
1-mile cable	Dunbar	2001	22:08.99	Seibt	2012	21:32.51
2-mile cable	Dunbar	2000	44:56.43	McConica	2004	42:06.00
55–59	Women	Year	Record	Men	Year	Record
1 hour postal	Val	2010	5090 Y	McConica	2010	5445 Y
5K postal	Sweat	2013	1:10:16.32	McConica	2006	1:03:20.98
10K postal	Loftus-Charley	2010	2:26:59.80	McConica	2006	2:10:48.23
3000 Y postal	Dunbar	2004	36:25.69	McConica	2006	32:31.77
6000 Y postal	Dunbar	2004	1:14:10.46	McDonald	2010	1:06:49.90
1-mile cable	Sweat	2013	22:17.73	McDonald	2011	21:24.38
2-mile cable	Sweat	2013	45:18.05	McDonald	2011	42:19.38

60-64	Women	Year	Record	Men	Year	Record
1 hour postal	Val	2012	4920 Y	McConica	2011	5285 Y
5K postal	Loftus-Charley	2012	1:12:05.16	McConica	2012	1:03:58.63
10K postal	Loftus-Charley	2012	2:28:48.51	McConica	2012	2:12:29.14
3000 Y postal	Loftus-Charley	2011	37:31.06	McConica	2011	33:55.46
6000 Y postal	Loftus-Charley	2011	1:15:32.34	McConica	2011	1:09:22.71
1-mile cable	Loftus-Charley	2012	23:07.96	McConica	2012	21:22.60
2-mile cable	Loftus-Charley	2012	45:38.08	McConica	2012	43:12.00
65-69	Women	Year	Record	Men	Year	Record
1 hour postal	Dunbar	2014	4270Y	Kirkland	2015	4895 Y
5K postal	Stoinoff	1998	1:24:41.84	Johnston	1996	1:12:17.40
10K postal	Jordan	2002	3:13:22.48	Raffaelli	2009	2:34:18.06
3000 Y postal	Dunbar	2014	41:29.48	Johnston	1996	37:16.16
6000 Y postal	Dunbar	2014	1:24:54.70	McCleery	2011	1:16:46.74
1-mile cable	Dills	2011	26:39.14	Johnston	1997	22:57.70
2-mile cable	Hunt	2013	57:12.63	Kirkland	2015	48:32.19
70-74	Women	Year	Record	Men	Year	Record
1 hour postal	Stoinoff	2003	3960 Y	Johnston	2002	4515 Y
5K postal	Pipes	2004	1:34:53.71	Landis	2012	1:15:05.36
10K postal	Pipes	2005	3:18:11.35	Johnston	2013	2:51:04.49
3000 Y postal	Stoinoff	2004	45:35.99	Johnston	2001	38:17.10
6000 Y postal	Pipes	2005	1:39:55.23	Johnston	2001	1:19:56.14
1-mile cable	Brown	2008	32:40.49	Raffaelli	2001	23:23.99
2-mile cable	Brown	2006	1:00:33.65	Johnston	2002	48:19.50
75-79	Women	Year	Record	Men	Year	Record
1 hour postal	Kamphausen	2010	3525 Y	Radcliff	2010	4520 Y
5K postal	Bond	2014	1:40:52.82	Radcliff	2009	1:16:36.73
10K postal	Nochman	2001	4:16:45.62	Radcliff	2009	2:39:01.76
3000 Y postal	Bond	2013	51:53.81	Radcliff	2009	39:22.67
6000 Y postal	Nochman	2000	2:09:39.17	Radcliff	2009	1:22:04.17
1-mile cable	Brown	2011	34:09.21	Radcliff	2011	25:43.29
2-mile cable	Pipes	2009	1:09:32.30	Radcliff	2011	50:55.91
80-84	Women	Year	Record	Men	Year	Record
1 hour postal	Lorenzi	2010	3250 Y	Radcliff	2015	4300 Y
5K postal	Nochman	2005	2:10:49.50	Radcliff	2014	1:19:35.57
10K postal				Radcliff	2015	2:49:45.66
3000 Y postal	Simonton	1998	55:12.91	Radcliff	2014	42:00.08
6000 Y postal	Nochman	2005	2:07:01.34	Radcliff	2014	1:26:30.78
1-mile cable				Radcliff	2014	25:53.57
2-mile cable	Pipes	2014	1:19:46.27	Radcliff	2014	53:22.72
85-89	Women	Year	Record	Men	Year	Record
1 hour postal	Simonton	2004	3005 Y	Ross	1985	3240 Y
5K postal				Beach	2015	1:50:29.99
10K postal						
3000 Y postal	Simonton	2003	59:47.72	Schmidt	2008	54:56.57
6000 Y postal				Weisenthal	1999	2:18:29.24
1-mile cable				Irvine	1997	48:47.80
2-mile cable				Seldon	2008	1:18:24.69
90-94	Women	Year	Record	Men	Year	Record
1 hour postal	Simonton	2009	2720 Y	Lamb	2015	2990 Y
5K postal				Larson	2012	2:40:44.22
10K postal						
3000 Y postal	Simonton	2008	1:06:51.19			
6000 Y postal						
1-mile cable						
2-mile cable				Seldon	2012	1:33:53.21
95-99	Women	Year	Record	Men	Year	Record
1 hour postal	Latham	2011	1360 Y	Langner	1999	2175 Y
5K postal						
10K postal						
3000 Y postal						
6000 Y postal						
1-mile cable						
2-mile cable						

	18+	Women	Year	Record	Men	Year	Record
3 x 1 hour postal	Univ San Fran		1994	15:810 Y	Stanford	1999	16:515 Y
3 x 5K postal	Gator Swim Club		2010	3:25:24.24	Swim Kentucky	2005	3:14:41.06
3 x 10K postal	St. Pete Masters		2009	7:34:54.36	Masters of South Texas	2007	7:43:18.65
3 x 3000 Y postal	Novaquatics		2014	1:45:51.97	Puget Sound	2014	1:41:32.02
3 x 6000 Y postal	Gator Swim Club		2011	3:37:18.21	Puget Sound	2013	3:31:29.76
3 x 1-mile cable	New England Masters		2010	1:16:35.57			
3 x 2-mile cable	Adirondack		2014	2:25:57.50	Adirondack Masters	2011	2:27:06.44
	25+	Women	Year	Record	Men	Year	Record
3 x 1 hour postal	Colonial 1776		2006	15,690 Y	Olympic Club	1990	17,275 Y
3 x 5K postal	Oregon		2003	3:34:41.12	Heart of Texas	2001	3:16:07.19
3 x 10K postal	YMCA Indy SwimFit		2006	7:51:55.42	Ventura County	2014	7:16:46.46
3 x 3000 Y postal	Novaquatics		2011	1:44:42.00	Niagara District Masters	2010	1:38:36.15
3 x 6000 Y postal	Oregon		2004	3:52:38.27	Longhorn Masters	2009	3:22:42.25
3 x 1-mile cable	Oregon		2011	1:10:21.40	Oregon Masters	2012	1:05:47.50
3 x 2-mile cable	Oregon		2013	2:21:15.22	Oregon Masters	2012	2:23:25.62
	35+	Women	Year	Record	Men	Year	Record
3 x 1 hour postal	San Diego		2003	15,290 Y	Ventura County Masters	2002	17,005 Y
3 x 5K postal	Oregon		2013	3:36:05.53	Ventura County Masters	2002	3:03:36.63
3 x 10K postal	Oregon		2002	7:39:39.36	Ventura County Masters	2003	6:20:50.42
3 x 3000 Y postal	Colonial 1776		2007	1:48:46.21	Ventura County Masters	2001	1:33:36.65
3 x 6000 Y postal	Oregon Masters		2013	3:52:49.01	Ventura County Masters	2003	3:12:37.48
3 x 1-mile cable	Oregon Masters		2011	1:12:02.51	Oregon	2014	1:06:32.77
3 x 2-mile cable	Oregon Masters		2012	2:24:56.68	Oregon	2013	2:11:30.92
	45+	Women	Year	Record	Men	Year	Record
3 x 1 hour postal	Illinois Masters		2010	14430 Y	Ventura County Masters	2012	15,790 Y
3 x 5K postal	Illinois Masters		2009	3:37:14.91	Ventura County Masters	2009	3:16:11.84
3 x 10K postal	Oregon Masters		2010	7:58:24.25	Oregon Masters	2012	6:58:27.17
3 x 3000 Y postal	Oregon Masters		2010	1:52:03.60	Ventura County Masters	2009	1:41:51.01
3 x 6000 Y postal	Oregon Masters		2009	3:58:40.59	Ventura County Masters	2003	3:39:27.67
3 x 1-mile cable	Oregon Masters		2011	1:10:42.88	Niagara Masters	2010	1:07:03.47
3 x 2-mile cable	Oregon Masters		2012	2:25:46.00	Oregon Masters	2015	2:12:50.39
	55+	Women	Year	Record	Men	Year	Record
3 x 1 hour postal	New England Masters		2013	13820Y	TXLA	2014	15155Y
3 x 5K postal	Longhorn Aquatics		2014	3:48:50.80	TXLA	2014	3:26:04.38
3 x 10K postal	Masters of South Texas		2013	9:21:29.02	Longhorn Masters	2013	7:13:05.08
3 x 3000 Y postal	Longhorn Aquatics		2014	1:58:44.68	Longhorn Masters	2012	1:45:23.22
3 x 6000 Y postal	Masters of South Texas		2010	4:27:32.40	Longhorn Masters	2012	3:37:16.52
3 x 1-mile cable	Oregon Masters		2011	1:23:56.47	Oregon Masters	2014	1:13:41.14
3 x 2-mile cable	Oregon Masters		2012	2:54:06.83	Oregon Masters	2014	2:29:23.22
	65+	Women	Year	Record	Men	Year	Record
3 x 1 hour postal	Puget Sound Masters		2014	11750Y	Oregon Masters	2014	13115Y
3 x 5K postal	San Diego		2005	4:53:12.48	Oregon Masters	2013	3:57:04.68
3 x 10K postal					Oregon Masters	2015	8:36:30.72
3 x 3000 Y postal	San Diego		2005	2:26:57.24	Oregon Masters	2013	2:02:13.19
3 x 6000 Y postal	San Diego		2005	5:02:58.70	Oregon Masters	2013	4:17:09.03
3 x 1-mile cable	Adirondack Masters		2012	2:06:56.73	Oregon Masters	2011	1:22:04.02
3 x 2-mile cable	Adirondack Masters		2013	3:38:49.89	Oregon Masters	2011	2:41:38.42
	75+	Women	Year	Record	Men	Year	Record
3 x 1 hour postal	Florida Aquatic Combined		2008	9230 Y	Oregon Masters	2015	10460 Y
3 x 5K postal							
3 x 10K postal							
3 x 3000 Y postal	Florida Maverick		2002	3:53:38.61	Oregon Masters	2014	2:47:07.75
3 x 6000 Y postal							
3 x 1-mile cable							
3 x 2-mile cable							
	85+	Women	Year	Record	Men	Year	Record
3 x 1 hour postal	Florida Maverick		2005	5,590 Y	Florida Maverick	2001	6,235 Y
3 x 5K postal							
3 x 10K postal							
3 x 3000 Y postal							
3 x 6000 Y postal							
3 x 1-mile cable							
3 x 2-mile cable							

18+	Mixed	Year	Record
4 x 1 hour postal	St. Pete Masters	2007	21,115 Y
4 x 5K postal	PSM	2015	4:34:32.49
4 x 10K postal	St. Pete Masters	2010	10:16:15.40
4 x 3000 Y postal	St. Pete Masters	2014	2:18:01.37
4 x 6000 Y postal	PSM	2014	4:46:40.95
4 x 1-mile cable			
4 x 2-mile cable	Oregon	2013	3:08:27.30
25+			
4 x 1 hour postal	Univ San Fran	1994	22.070 Y
4 x 5K postal	Stanford	2004	4:25:43.53
4 x 10K postal	Team Illinois	2007	9:50:18.52
4 x 3000 Y postal	Novaquatics	2014	2:11:13.52
4 x 6000 Y postal	Heart of Texas	2001	4:40:45.08
4 x 1-mile cable	Oregon	2015	1:32:06.18
4 x 2-mile cable	Oregon	2015	2:59:47.94
35+	Mixed	Year	Record
4 x 1 hour postal	Walnut Creek Masters	2010	21250 Y
4 x 5K postal	Stanford	2003	4:19:09.57
4 x 10K postal	Oregon Masters	2014	9:48:50.69
4 x 3000 Y postal	Colonials 1776	2004	2:20:51.38
4 x 6000 Y postal	Oregon	2013	4:55:13.39
4 x 1-mile cable	Niagara Masters	2010	1:31:55.43
4 x 2-mile cable	Oregon Masters	2012	3:06:40.09
45+	Mixed	Year	Record
4 x 1 hour postal	INDY	2012	20395 Y
4 x 5K postal	Oregon Masters	2010	4:32:34.54
4 x 10K postal	Oregon Masters	2012	9:39:39.30
4 x 3000 Y postal	Oregon Masters	2010	2:23:57.10
4 x 6000 Y postal	Oregon Masters	2011	5:00:33.40
4 x 1-mile cable	Oregon Masters	2011	1:31:21.44
4 x 2-mile cable	Oregon Masters	2012	3:01:11.20
55+	Mixed	Year	Record
4 x 1 hour postal	Longhorn Aquatics	2014	19180Y
4 x 5K postal	Longhorn Aquatics	2014	4:44:32.96
4 x 10K postal	Longhorn Aquatics	2015	10:04:34.35
4 x 3000 Y postal	Longhorn Aquatics	2013	2:28:01.27
4 x 6000 Y postal	Oregon	2009	6:04:34.44
4 x 1-mile cable	Oregon Masters	2011	1:45:20.50
4 x 2-mile cable	Oregon Masters	2012	3:30:38.25
65+	Mixed	Year	Record
4 x 1 hour postal	PNA	2012	16665 Y
4 x 5K postal	St Petersburg	2000	6:55:23.23
4 x 10K postal			
4 x 3000 Y postal	San Diego	2005	3:02:37.13
4 x 6000 Y postal	North Carolina Masters	2013	8:11:56.48
4 x 1-mile cable	Oregon	2011	2:11:30.75
4 x 2-mile cable	Adirondack Masters	2013	4:18:45.31
75+	Mixed	Year	Record
4 x 1 hour postal	Oregon Masters	2010	13365 Y
4 x 5K postal			
4 x 10K postal			
4 x 3000 Y postal	Oregon Masters	2011	4:13:49.83
4 x 6000 Y postal			
4 x 1-mile cable			
4 x 2-mile cable			
85+	Mixed	Year	Record
4 x 1 hour postal	Florida Maverick	2004	8,080 Y
4 x 5K postal			
4 x 10K postal			
4 x 3000 Y postal			
4 x 6000 Y postal			
4 x 1-mile cable			
4 x 2-mile cable			

APPENDIX B: INFORMATION FOR MEET DIRECTORS AND OFFICIALS

USMS-Approved Certifying Bodies

USMS approves USA Swimming, USMS (through its LMSCs), YMCA, Federation of High School Swimming Officials, College Swimming Officials Association (NCAA), and San Diego–Imperial LMSC as organizations for certifying officials.

Enforcement of Rules

USMS rules shall be applied uniformly regardless of age.

Differences Between USA Swimming and USMS Rules

All provisions under Part 1 of USMS Swimming Rules are effective January 1, 2016 [USA-S provisions under Part One, the Technical Rules, are effective May 1, 2016]. USMS follows USA Swimming’s Technical Rules, Articles 101, 102, and 105, with the following exceptions (USA Swimming and USMS rule 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 referee’s long whistle indicates that the swimmer may take and maintain a position with at least one foot at the front of the platform or the deck. On the command, “Take your mark,” the swimmer shall immediately assume the starting position with at least one foot at the front of the platform or the deck. A swimmer starting in the water must have one hand on the wall or starting platform and one foot on the wall and may face any direction. The backstroke start may be used as the in-the-water start during freestyle events but not for the freestyle portion of medley relay events. [USMS 101.1.1 and 101.5.1; USA-S Glossary “Forward Start” and 101.1.2]
- MS1.2 Butterfly**—The breaststroke kick may be used exclusively or interchangeably with the dolphin kick at any time during the race (for example, one breaststroke kick and multiple dolphin kicks may be used with each arm pull). Only one breaststroke kick is permitted per arm pull except that a single breaststroke kick is permitted prior to the turn and finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the arm pull that brings the swimmer to the surface. [USMS 101.3.2 and 101.3.3; USA-S 101.3.2 and 101.3.3]
- MS1.3 Backstroke**—Note: The swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a “continuous turning action.” [USMS 101.4.3; USA-S 101.4.3]

- MS1.4 Relays**—Relay swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may hold on to the lane line until all relays have finished, allowing them to exit the pool more slowly or via the ladders at the conclusion of the race. In relay races involving in-the-water starts, a relay will be disqualified if a swimmer loses touch with the end of the course before the preceding teammate touches the wall. [USMS 101.7.3E and F; USA-S 101.7.3E and G]
- MS1.5 Long distance swimming**—Pool events are governed by Open Water and Long Distance rules. There is no provision for leaving the water for brief periods during the swim. [USMS 305 and 306; USA-S 101.8]
- MS2 Swimming Competition**
- MS2.1 Personnel**—The minimum personnel at USMS sanctioned or recognized Masters swimming meets shall include the following: one referee, one starter, two stroke and turn judges, two timers per lane (if automatic timing is not being used). The referee and starter may double as stroke and turn judges, but the referee and starter shall not be the same person. The referee shall be certified as a referee by a USMS-approved certifying body. A referee who is certified as a stroke and turn judge or starter by a USMS-approved certifying body (including USA Swimming) shall receive training in the duties of a referee. Starters and stroke and turn judges who are uncertified shall receive training in the duties of their positions. Note: USMS does not use place judges and has a meet committee rather than a meet jury. Note: USMS does not use place judges and has a meet committee rather than a meet jury. [USMS 103.2, 103.3, 102.10.5, 103.5, and 102.14.2; USA-S 102.10.3, 102.10.2, 102.9, and 102.23.3]
- MS2.2 Personnel at national championship meets**—The meet host shall appoint a meet referee, an administrative referee, a head starter, and a chief judge subject to qualification standards established by the USMS Officials Committee. Minimum stroke and turn judges include: at least two turn judges at each end of each course (jurisdiction not to exceed 5 lanes per judge), one stroke judge on each side of a 50-meter course, and one official at the 15-meter mark of each course for all starts and turns except breaststroke. [USMS 104.5.10B; USA-S 102.10.5]
- 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 Relays**—First and last names of eligible swimmers, their ages, and order of swimming shall be submitted to the clerk of course or to the head lane timer. [USMS 102.9.5; USA-S 102.3.7]
- MS2.5 Timed finals**—All Masters events held in meters pools (short course or long course) are conducted on a timed-final basis. Short course yards meets, except for national championships, MAY be conducted on a basis

other than timed finals (e.g., trials/finals basis). If trials/finals are offered, competitors are limited to three individual events per day. [USMS 102.10.1A and 102.6; USA-S 102.2]

MS2.6 Seeding

MS2.6.1 Age groups and/or genders as well as events of the same distance 200 yards or longer may be combined during seeding so that no swimmer has to swim alone and lanes may be filled. At the meet referee's discretion, events may be combined by distance and/or stroke. An empty lane is not required when combining events. [USMS 102.10.1B and 102.11.2; USA-S 102.1.4 and 102.7.2]

MS2.6.2 Seeding at meets other than national championship meets may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events. [USMS 102.10.1D; USA-S 102.5.6]

MS2.7 Counters—A swimmer may appoint one counter in any individual event of 16 lengths or more, except the individual medley. [USMS 102.10.6A; USA-S 102.6A]

MS2.8 Swimwear—Medical identification items may be worn. Modesty wear is prohibited unless a medical or religious exemption has been granted by USMS. Only swimwear exemptions granted by USMS shall be eligible for consideration by a referee at USMS competitions. [USMS 102.12.1E, 102.13.9, and 102.12.1C(1); USA-S 102.8.1E and 102.8.1B[1]]

MS2.9 Advertising—Products involving tobacco, alcohol, or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule. Note: USMS does not regulate the number of logos on swimsuits, caps and goggles, does not prohibit wearing the insignia or name of another club or prohibit body advertising such as temporary tattoos or prohibit the advertising of political statements. [USMS 102.12.2; USA-S 102.8.3]

MS2.10 Timing system designation—A manual timing system with two watches per lane, each operated by a separate timer, is the minimum requirement. [USMS 103.17.2A(3); USA-S 102.24.3A(3)]

MS2.11 Fully integrated, overhead video system backup—If the backup system is a fully stationary overhead video system, the video camera time shall be the official time without adjustment in the event of a primary timing system malfunction. [USMS 103.17.3D; USA-S 102.24.4]

MS2.12 Adjustment of Backup Times for Timing System Malfunctions—A backup time adjusted for timing system errors in accordance with 103.17.3C-G may be used as an official time equal to the level of the timing system to which it has been adjusted. [USMS 103.18.7 and 103.17.3C-G; USA-S 102.24.1C(2) and 102.24.4D]

MS2.13 Records and Top 10

MS2.13.1 Record applications and Top 10 submissions shall not be accepted unless certification of course length accompanies them or is on file with USMS or FINA. Any person can be assigned to conduct the course measurement. [USMS 105.1.6A; USA-S 104.2.2C(3)(a)]

APPENDIX B

- MS2.13.2** USMS records may only be established by USMS members in sanctioned or recognized competition. Because swimmers from different age groups and genders may compete in the same heat or event, winning the heat or event is not required to establish a record. A bulkhead placement confirmation measurement is required for a USMS record set at events sanctioned or approved by USA Swimming. [USMS 105.1.1, 105.1.7E and 105.3.1; USA-S 104.2.1F]
- MS2.13.3** Relay leadoff split times will be considered for Top 10 times, provided the swimmers complete the event without being disqualified and the second swimmer does not start in the water. A relay leadoff split time will be considered for USMS records provided automatic timing is used. [USMS 103.18.1, 103.18.4, 105.2.2A, D, and E, 105.3.6A; USA-S 104.2.1E]
- MS2.13.4** If swimmers want their initial splits as part of a longer individual event to be submitted for records or Top 10 times, they must notify the referee, in writing, prior to the conclusion of the meet. However, for backstroke initial splits and relay leadoff legs to count, notification must be made prior to the swim so that officials may verify that a legal finish was performed at the initial distance and that for relays the second swimmer did not start in the water (when automatic timing is used). [USMS 103.18.1B(1) and (2), 103.18.1D, and 105.2.2B, C, D and E, and 105.3.6; USA-S none]
- MS2.13.5** Required documentation for USMS records includes the referee's signature, as well as the printout from the automatic or semiautomatic (with three buttons) timing equipment, or the time card bearing times and signatures from three timers. [USMS 105.3.8 and 103.18.4; USA-S 104.2.2C(2)]
- MS2.14** **Scratch procedures**—Swimmers or relay teams not reporting for or competing in an event are not penalized. [USMS 102.8.1; USA-S 102.4]
- MS2.15** **Protests**—Protests arising from competition shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester shall at that time file a written protest with the chair of the Local Masters Swimming Committee (LMSC) or the chair's representative having jurisdiction over the event. If the LMSC does not satisfactorily resolve the protest within 10 days, the protester may appeal in writing to the USMS Rules Committee chair within the next five days for final adjudication, whose final decision shall then be binding on all parties. Protests concerning interpretation of the rules in Part 1: Swimming Rules and the Glossary shall be submitted in writing (on paper or in an electronic file) within 10 days to the USMS Rules Committee chair. [USMS 102.14.5 and 102.14.4; USA-S 102.23.5]
- MS2.16** **Eligibility**—The eligibility of a participant for a particular age group will be determined for all meters meets (both short course and long course) by the swimmer's age as of December 31 of the year of competition. For short course yards meets, eligibility will be determined by the swimmer's age as of the last day of the meet. [USMS 102.2; USA-S 205.2.2]

- MS3 Facility standards**
- MS3.1 Water depth**—In pools with water depth 3 feet, 6 inches, to less than 4 feet at the starting end, the swimmer must start from the deck or from within the water. USMS does not have a rule for teaching racing starts or certifying swimmers for proficiency at performing racing starts. [USMS 107.2.3A(2); USA-S 103.2.3A and 103.2.2]
- MS3.2 Lane numbers**—The lanes shall be numbered from right to left as the swimmers face the course from the starting end of the pool except when the event starts at the turn end of the course (no change in lane numbering so that the lanes are numbered the same at both ends); mandatory for all meets. [USMS 107.4.3; USA-S 102.5.5 and 103.5.3]
- MS3.2 Water Temperature**—Water temperature from 25 to 28 degrees Celsius (77 to 82 degrees Fahrenheit) shall be maintained for competition. USMS does not address air temperature. [USMS 107.6; USA-S 103.7]
- MS4 Athlete protection policies**
- MS4.1** Except for video timing equipment, USMS does not address the use of cameras, including cell phone cameras, in the venue. [USMS none; USA-S 305.3]

Dual Sanctioned Events (Combined, Parallel, and Interwoven Meets)

The number of inquiries as to what mechanisms are available for combining USA Swimming and USMS swimming meets has been increasing. The reasons for combining these meets are many, ranging from the limited availability of pool time and officials to the desire to promote the sport as a lifelong activity. There are several ways of accomplishing this goal within the rules and insurance policies of each organization. This document outlines these options.

It is assumed that all competitors are a member of USA Swimming, USMS, or both. Those that are members of both must select one organization with which to compete for the entire meet. Dual membership cannot be used to exceed the daily event limits imposed by either organization. Automatic recognition of times achieved by a USMS swimmer competing in the USA-S portion is still available.

Any of the joint meets described below must have sanctions from both USA Swimming and USMS. Both sanctions must be held by the host organization. The host organization cannot be required to accept a participant from either USMS or USA Swimming that would otherwise be barred from participation by their respective organizations.

USMS Record and Top Ten submissions must comply with all USMS documentation requirements.

Combined Meets—With the consent of all (co-)hosting teams and the LSC and LMSC, a combined meet may be sanctioned by both USA Swimming and USMS and all swimmers competing according to USA Swimming rules. This mechanism allows the meet host(s) to seed the event as they normally would, based upon times, with USA Swimming and USMS members combined in heats without specific lanes allocated to one organization or the other. Relay teams must consist of members of the same organization.

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

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

Differences Between NCAA Swimming and USMS Rules

(NCAA and USMS rule references in brackets.)

MS1 Starts, strokes, and relays

MS1.1 Forward start—The forward start may be taken from the starting block, the pool deck, or a push from the wall. At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they may take and maintain their positions with at least one foot at the front of the starting platform, the edge of the deck or on the wall. On the command “Take your mark,” the swimmer shall immediately assume the starting position with at least one foot at the front of the platform, the deck, or the wall. Either the forward start or the backstroke start shall be used for freestyle events. [USMS 101.1.1, 101.5.1, and 103.8.5A; NCAA Rule 2, Section 1, Article 1]

Note: Making unnecessary noise during the start is not addressed in the USMS rules.

MS1.2 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. [USMS 101.1.2 and 103.8.5A; NCAA Rule 2, Section 1, Article 2]

MS1.3 Declared false starts—There are no “declared false starts” in Masters swimming. [USMS 103.8.6; NCAA Rule 2, Section 1, Article 3h]

MS1.4 Backstroke—Upon surfacing after the start and the turns, some part of the swimmer must break the surface of the water throughout the race except for turns. [USMS 101.4.2; NCAA Rule 2, Section 2, Article 1b]

MS1.5 Backstroke turn—Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action. A swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a “continuous turning action” and must not be disqualified. [USMS 101.4.3; NCAA Rule 2, Section 2, Article 1c]

MS1.6 Butterfly—The breaststroke kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. Only one breaststroke kick is permitted per arm

pull, except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull. A scissors kicking movement is not permitted. [USMS 101.3.2 and 101.3.3; NCAA Rule 2, Section 2, Article 3d]

- MS1.7** **Finish**—Swimmers are not required to touch the touchpads at the finish when automatic timing is used. [USMS 101.2.4, 101.3.5, 101.4.4, 101.5.4, and 101.6.4; NCAA Rule 2, Section 4 and Rule 4, Section 16, Article 1]
- 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, E, and G; NCAA Rule 2, Section 2, Article 7e and Rule 2, Section 5, Article 3a] First and last names of eligible swimmers, their ages, and order of swimming shall be submitted to the clerk of course or to the head lane timer. Any changes in names of the competing swimmers or their order of swimming must be declared to the head lane timer prior to the start of the relay heat in which such relay team is entered. No changes will be permitted thereafter. [USMS 102.9.6; NCAA Rule 2, Section 2, Article 7d and Rule 5, Section 1, Article 1b]
- MS2** **Swimming competition**
- MS2.1** **Meet personnel**—The minimum personnel at USMS sanctioned Masters swimming meets or recognized events shall include one referee, one starter, two stroke and turn judges, and two timers per lane (if automatic timing is not being used), or one timer per lane if automatic timing is used. The referee and starter may double as stroke and turn judges, but the referee and starter may not be the same person. The referee shall be certified as a referee. A referee who is certified as a stroke and turn judge or starter (by USA Swimming, USMS, YMCA, or any other USMS-approved certifying body) shall receive training in the duties of a referee. Starters and stroke and turn judges who are uncertified shall receive training in the duties of their positions. [USMS 103.2, 103.3, and Appendix B, “USMS-Approved Certifying Bodies”; NCAA Rule 4, Section 1] 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; NCAA none]

- MS2.3 Timed finals**—All short course meters events, long course meters events, and national championships shall be conducted on a timed-final basis. Other short course yards events may be conducted on a timed-final basis or other basis (e.g., trials/finals). In a trials/finals format, competitors shall be limited to three individual events per day. [USMS 102.10.1A and 102.6; NCAA Rule 5, Section 7, Articles 3 and 4]
- MS2.4 Seeding**—Age groups, genders, and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled. Seeding at meets other than national championships may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events (400 yards or longer) within a meet. Women's and men's heats may be alternated in the distance events. [USMS 102.10.1B—D; NCAA Rule 5, Sections 6 and 7]
- MS2.5 Counters**—A swimmer in any individual event of 16 lengths or more, except the individual medley, may appoint one counter to call lengths or indicate lengths by visual sign. Verbal counters may use watches and signal intermediate times to the swimmer. If visual counters are used, they may be stationed at the end or either side of the pool beyond the halfway point toward the end of the course opposite the starting end. The count may be ascending or descending order. Violations of these provisions are not grounds for disqualification. [USMS 102.10.6; NCAA Rule 2, Section 3]
- MS2.6 Timing system designation**—A manual timing system with two watches per lane, each operated by a separate timer, is the minimum requirement. [USMS 103.17.2A(3); NCAA Rule 4, Section 16 and Section 21, Article 2]
- MS2.7 Records and Top 10 submissions**
- MS2.7.1** 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. Any person can be assigned to conduct the course measurement. [USMS 105.1.6] The pool measurement certification must include all lanes used in competition. [USMS 105.1.7A; NCAA Appendix A, Section 2, Article 2i] When a moveable bulkhead is used, the length of the course must be confirmed prior to the start of the meet, and the course measurement of the two outside lanes and a middle lane must be confirmed at the conclusion of the session in which the time was achieved. [USMS 105.1.7C; NCAA Rule 4, Section 6, Article 1k and Appendix A, Section 2, Article 2i]
- MS2.7.2** USMS records may only be established by USMS members in USMS-sanctioned meets or USMS-recognized events. [USMS 105.1.1 and 105.3.1; NCAA Appendix A, Section 1, Article 3] Because swimmers from different age groups and genders may compete in the same event or heat, winning the heat or event is not required to establish a record. Relay leadoff split times will be considered for USMS Top 10 times, provided the swimmers complete the event without being disqualified and will be considered for USMS records provided fully automatic timing is used. The swimmer's relay leadoff split time shall not count if the second swimmer starts in the water when automatic timing is

used. The request to have a split time recorded must be brought to the attention of the meet referee, in writing, prior to the swim. Leadoff splits obtained from three semiautomatic buttons or three watch times are acceptable for FINA records, but not for USMS records. [USMS 105.2.2, 105.3.6, 103.18.1, and 103.18.4; NCAA Rule 5, Section 5, Article 2, Rule 8, Section 3, and Appendix A, Section 1]

- MS2.7.3** 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 (when automatic timing is used). [USMS 103.18.1B(1) and (2), 103.18.1D, 105.2.2 and 105.3.6; NCAA Rule 5, Section 5, Article 2, Rule 8, Section 3, and Appendix A, Section 1, Article 1]
- MS2.7.4** 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 105.3.8 and 103.18.4; NCAA Appendix A, Section 2]
- MS2.8** **Scratch procedures**—Any swimmer or relay team not reporting for or competing in an event shall not be penalized. [USMS 102.8.1; NCAA Rule 5, Section 1, Article 1a; Rule 5, Section 3, Article 4; and Rule 8, Section 4, Article 8d]
- MS2.9** **Protests**
- MS2.9.1** Protests affecting the eligibility of any swimmer to compete or to represent an organization in any race shall be made in writing to the meet director or referee before the race is held, and if the meet committee deems it advisable, the swimmer may compete under protest and it shall be so announced before the race. The meet committee shall immediately refer such protest to the LMSC officers (local meets) or championship meet protest committee (national championship meets) having jurisdiction for adjudication at the earliest possible time. [USMS 102.14.2 and 104.5.9; NCAA Rule 9]
- MS2.9.2** Protests arising from the competition itself shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester shall at that time file a written protest with the chair of the Local Masters Swimming Committee (LMSC) or the chair's representative having jurisdiction over the event. If the LMSC does not satisfactorily resolve the protest within 10 days, the protester may appeal in writing to the USMS Rules Committee chair within the next five days for final adjudication, whose decision shall then be binding on all parties. [USMS 102.14.4&5; NCAA Rule 4, Section 2 and Rule 8, Section 4, Article 9]
- MS2.10** **Age determining date**—For short course yards, the eligibility of a participant for a particular age group shall be determined by the swimmer's age as of the last day of the meet. For short course meters and long

course meters, the eligibility of a participant for a particular age group shall be determined by the swimmer's age as of December 31 of the year of competition. [USMS 102.2; NCAA none]

MS2.11 Swimwear—For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knees. Any kind of tape on the body is not permitted unless approved by the referee; Kinesio tape is prohibited [USMS 102.12.1E, interpretation; NCAA Rule 3, Section 1, Article 5]. Products involving tobacco, alcohol, or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule. [USMS 102.12.1 and 2; NCAA Rule 3, Section 1, Articles 1 and 3]

MS3 Facility standards

MS3.1 Water depth—In pools with water depth 3 feet, 6 inches, to less than 4 feet at the starting end, the swimmer must start from the deck or from within the water. [USMS 107.2.3A; NCAA Rule 1, Section 1, Articles 1b and 2]

MS3.2 Water temperature—Water temperature from 25 to 28 degrees Celsius (77 to 82 degrees Fahrenheit) shall be maintained for competition. USMS does not address air temperature. [USMS 107.6; NCAA Rule 1, Section 3, Article 12]

Differences Between National Federation of High School Swimming and USMS Rules

NFHS and USMS rule references in brackets.

MS1 Starts, strokes, and relays

MS1.1 Forward start—The forward start may be taken from the starting block, the pool deck, or a push from the wall. At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they may take and maintain their positions with at least one foot at the front of the starting platform, the edge of the deck, or on the wall. On the command, "Take your mark," the swimmer shall immediately assume the starting position with at least one foot at the front of the platform, the deck, or the wall. A swimmer starting in the water must have one hand on the wall or starting platform and one foot on the wall. Either the forward start or the backstroke start shall be used for freestyle events. [USMS 101.1.1, 101.5.1, and 103.8.5A; NFHS Rule 8, Section 1, Article 1 and Note]

MS1.2 Backstroke start—At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear. At the referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.

When using a backstroke ledge, the toes must be in contact with the end wall or face of the touchpad. USMS does not specify that swimmers must step into the water feet first. [USMS 101.1.2 and 103.8.5A; NFHS Rule 8, Section 1, Articles 2 and 3b]

- MS1.3 Backstroke turn**—Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action. A swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a “continuous turning action.” [USMS 101.4.3; NFHS Rule 8, Section 2, Article 1f]
- MS1.4 Butterfly**—The breaststroke kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. Only one breaststroke kick is permitted per arm pull, except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull. A scissors kicking movement is not permitted. [USMS 101.3.2 and 101.3.3; NFHS Rule 8, Section 2, Article 3d]
- MS1.5 Butterfly turns and finish**—The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. [USMS 101.3.4 and 101.3.5; NFHS Rule 8, Section 2, Article 3e and g]
- MS1.6 Breaststroke turns and finish**—The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. [USMS 101.2.4; NFHS Rule 8, Section 2, Article 2g and h]
- MS1.7 Relays**—A relay team member who wishes to start from the water, shall notify the starter and be careful not to disturb or interfere with another swimmer or the timing system pad when in use. Relay swimmers who cannot exit the water quickly enough to prevent interference with automatic officiating equipment may be allowed to hold on to the lane line until all relays have finished, allowing them to exit the pool more slowly or via the ladders at the conclusion of the race. Mixed relays shall consist of two men and two women who may swim in any order. [USMS 101.7.3D, E, and G; NFHS Rule 8, Section 3, Articles 5 and 7] First and last names of eligible swimmers, their ages, and order of swimming shall be submitted to the clerk of course or to the head lane timer. Any changes in names of the competing swimmers or their order of swimming must be declared to the head lane timer prior to the start of the relay heat in which such relay team is entered. No changes will be permitted thereafter. [USMS 102.9.6; NFHS Rule 8, Section 3, Article 4]
- MS1.8 Finish**—The finish occurs when any part of the swimmer touches the wall. Swimmers are not required to touch the touchpads when automatic timing is used. [USMS 101.2.4, 101.3.5, 101.4.4, and 101.5.4; NFHS Rule 8, Section 1, Article 7 and Rule 8, Section 3, Article 6]

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MS2 Swimming competition

MS2.1 Swimwear

MS2.1.1 For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knees. [USMS 102.12.1C; NFHS Rule 3, Section 3, Article 3b.5]

MS2.1.2 Products involving tobacco, alcohol, or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule. [USMS 102.12.2; NFHS Rule 3, Section 3, Article 2]

MS2.1.3 Kinesio tape is prohibited. [USMS 102.12.1E, interpretation; NFHS Rule 3, Section 3, Article 4, Play Rulings, 3.3.4 Situation C]

MS2.2 Meet personnel—The minimum personnel at USMS-sanctioned or USMS-recognized swimming meets 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 103.2; NFHS Rule 4, Section 1, Articles 3 and 5]

The referee shall be certified as a referee. A referee who is certified as a stroke and turn judge or starter (by USA Swimming, USMS, YMCA, or any other USMS-approved certifying body) shall receive training in the duties of a referee. Starters and stroke and turn judges who are uncertified shall receive training in the duties of their positions. [USMS 103.3; NFHS none] The head lane timer determines that the swimmer or relay is in the correct lane, heat, and event, and that relay swimmers are swimming in the order listed. [USMS 103.11.2A; NFHS Rule 4, Section 2, Article 2a] Note: NFHS is a USMS-approved certifying body. USMS does not use a ballot system as a backup judging system.

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, and in pools of four or fewer lanes, swimmers shall be allowed to swim to the other end of the pool at the end of each heat, and a warm-up/warm-down period shall be offered at least once every half hour of competition. [USMS 102.4; NFHS “Guidelines for Meet Warm-Up”]

MS2.4 Events—USMS competition may be conducted in any of the events listed in Article 102.5. [USMS 102.5; NFHS Rule 5, Section 1, Article 1]

MS2.5 Event limit—A swimmer may compete in not more than five individual events per day. [USMS 102.6; NFHS Rule 3, Section 2, Article 1]

MS2.6 Timed finals—All short course and long course meters events and national championships shall be conducted on a timed-final basis. Other short course yards events may be conducted on a timed-final or other basis (e.g., trials/finals). In a trials/finals format, competitors shall be limited to three individual events per day. [USMS 102.10.1A; NFHS none]

- MS2.7 Seeding**—Age groups, genders, and events of the same distance 200 yards or longer may be combined so that no swimmer has to swim alone and lanes may be filled. Seeding at meets other than national championships may be either fast-to-slow or slow-to-fast. Seeding may differ for sprint and distance events (400 yards or longer) within a meet. Women’s and men’s heats may be alternated in the distance events. [USMS 102.10.1B—D; NFHS Rule 5, Sections 2 and 3]
- MS2.8 Counters**—A swimmer in any individual event of 16 lengths or more, except the individual medley, may appoint one counter to call lengths or indicate lengths by visual sign. Verbal counters may use watches and signal intermediate times to the swimmer. If visual counters are used, they may be stationed at the end or either side of the pool beyond the halfway point toward the end of the course opposite the starting end. The count may be in ascending or descending order. Violations of these provisions are not grounds for disqualification. [USMS 102.10.6; NFHS Rule 3, Section 4]
- MS2.9 Records**
- MS2.9.1** 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 and .7; NFHS Rule 2, Section 2 and nfhs.org/RecordBook/RecordApplication]
- MS2.9.2** USMS records may only be established by USMS members in sanctioned meets or recognized events. Because swimmers from different age groups and genders may compete in the same event or heat, winning the heat or event is not required to establish a record. Relay leadoff split times will be considered for Top 10 times, provided the swimmers complete the event without being disqualified, and relay leadoff split times will be considered for USMS records, provided fully automatic timing is used. The swimmer’s relay leadoff split time shall not count if the second swimmer starts in the water when automatic timing is used. The request to have a split time recorded must be brought to the attention of the meet referee, in writing, prior to the swim. Leadoff splits obtained from semiautomatic or manual times are acceptable for FINA records and USMS Top 10, but not for USMS records. [USMS 105.1.1, 103.18.1, 103.18.4, 105.2.2, and 105.3.6; NFHS Rule 8, Section 3, Article 8 and nfhs.org/RecordBook/RecordApplication]
- MS2.9.3** 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 (when automatic timing is used). [USMS 103.18.1, 103.18.4, 105.2.2, and 105.3.6; NFHS Rule 8, Section 3, Article 8 and nfhs.org/RecordBook/RecordApplication]
- MS2.9.4** 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

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entry card bearing times and signatures from three timers. [USMS 105.3.8; NFHS nfhs.org/RecordBook/RecordApplication]

MS2.10 Scratch procedures—Any swimmer or relay team not reporting for or competing in an event shall not be penalized. There are no “declared false starts.” [USMS 102.8.1; NFHS Rule 3, Section 2, Articles 2 and 3]

MS2.11 Protests

MS2.11.1 Protests affecting the eligibility of any swimmer to compete or to represent an organization in any race shall be made in writing to the meet director or referee before the race is held, and if the meet committee deems it advisable, the swimmer may compete under protest and it shall be so announced before the race. The meet committee shall refer the protest to the LMSC officers (local meets) or the championship meet protest committee (nationals) having jurisdiction for adjudication at the earliest possible time. [USMS 102.14.2; NFHS none]

MS2.11.2 Protests arising from the competition itself shall be made within 30 minutes after the race in which the alleged infraction took place. If the protest is not resolved immediately, the protester can file a written protest with the chair (or representative) of the Local Masters Swimming Committee (LMSC) having jurisdiction over the event. If it is not satisfactorily resolved within 10 days, the protester may appeal in writing to the USMS Rules Committee chair within the next five days for final adjudication, whose decision shall then be binding on all parties. [USMS 102.14.5; NFHS Rule 4, Section 2, Article 2g]

MS2.12 Age determining date—For short course yards, the eligibility of a participant for a particular age group is determined by the swimmer’s age as of the last day of the meet. For short course meters and long course meters, the eligibility of a participant for a particular age group is determined by the swimmer’s age as of December 31 of the year of competition. [USMS 102.2; NFHS none]

MS2.13 Shaving—USMS does not address on-site shaving [NFHS Rule 3, Section 5, Article 7] in USMS rules.

MS3 Facility standards

MS3.1 Water depth—In pools with water depth 3 feet, 6 inches to less than 4 feet at the starting end, the swimmer must start from the deck or in the water. [USMS 107.2.3A(2); NFHS Rule 2, Section 7, Article 2]

Information for USMS Participants at FINA Events

USMS recognizes times achieved at meets sanctioned by a FINA member federation and conducted in accordance with FINA rules. The following information summarizes the differences between FINA and USMS rules (FINA and USMS rule references in brackets).

FMS1 Swimming Competition

FMS1.1 Age groups—The youngest age group recognized by FINA is 25–29. [FINA MSW 1.1; USMS 102.1.1 and 102.3]

FMS1.2 Relay age groups—The youngest relay age group recognized by FINA is 100–119 and may not include competitors younger than 25. [FINA MSW 1.2; USMS 102.3.2B]

- FMS1.3 Deadline to submit names of relay swimmers**—The composition of a relay can be changed up to the deadline announced by the Organizing Committee on the day prior to the relay event. [Bylaw 10.2.6; USMS 102.9.6]
- FMS1.4 Warm-up guidelines**—USMS prohibits hand paddles in warm-ups. FINA does not have this restriction. [FINA MSW 3.8 and FINA Warm-up Guidelines; USMS 102.4.2]
- FMS1.5 Course type**—FINA does not recognize short course yard competition. [FINA MSW 2.1 and 2.2; USMS 102.5.2 and 102.5.1]
- FMS1.6 Event limits**—A swimmer may enter not more than five individual events at a World Masters Swimming Championship meet. [FINA Bylaw 10.2.5; USMS 102.6 and 102.10.1A]
- FMS1.7 Two-to-a-lane seeding by gender**—FINA allows two swimmers of the same gender to swim in a single lane for freestyle events 400 meters or longer, while USMS allows two swimmers of either gender to swim in a single lane for freestyle events over 200 meters [FINA MSW 3.7; USMS 102.10.4A(1)(a)]
- FMS1.8 Backstroke start**—When FINA-required touchpads extending 0.3 meter above the water surface are in place and there are no exposed gutters on which to place the toes, the toes may be placed above the water surface for the start. [FINA FR 2.4.3 and SW 6.1; USMS 107.18.3 and 101.1.2B]
- FMS1.9 Assigned Lane**—The swimmer must start, swim, and finish in the assigned lane. [FINA SW 10.3; USMS 102.13.4]
- FMS1.10 Counters**—FINA officials count laps for swimmers, count only for 800 and 1500 meter races, and show the remaining number of laps to be completed. FINA may use semi-electronic equipment, including underwater display. [FINA SW 2.6.3; USMS 102.10.6]
- FMS1.11 Warning signal**—FINA requires a warning signal for each swimmer in each lane in the 800 and 1500 freestyle events. USMS requires a warning signal for the lead swimmer or may give a warning signal for each swimmer in each lane. [FINA SW 2.6.4; USMS 103.8.7]
- FMS1.12 Splits and timing system**—FINA allows splits to be recorded by three watches, three semiautomatic buttons or fully automatic timing for FINA records. For USMS records, splits must be recorded by fully automatic timing equipment. [FINA MSW 5 and FINA World Record Application Form and Instructions #4; USMS 103.18.4 and 105.3.6A]
- FMS1.13 Splits and relay disqualification**—USMS will not allow the initial relay split to count as an individual time if the relay is disqualified. FINA requires only that the leadoff swimmer is not disqualified for the leadoff split to count as an individual time. [FINA SW 11.5 and 11.6; USMS 103.18.1C and 105.2.2D]
- FMS1.14 Records**—Applications for FINA Masters world records must be submitted within 60 days from the end of the event. Applications may be submitted only for performances at USMS-sanctioned meets. World records can be established only in fresh water and will not be recognized in any kind of sea or ocean water. Applications for USMS records must be submitted within 90 days of the end of the season. A one-time pool measurement is required unless there are changes to the pool causing the measurements

to change. Measurement procedures are determined by each Federation. [FINA MSW 5, SW 12.10, and Masters Swimming World Record Detailed Application Instructions, Point 6; USMS 105.3.8, 105.5, and Appendix B, “Application for USMS and/or World Record” and Instructions]

- FMS1.15 Time standards**—Any swim that does not meet the qualifying standard at FINA world championships will receive “NT” in the results, with no official time or place. [FINA Masters policy; USMS 104.5.8 and Appendix B, “Preparation of Meet Results”]
- FMS1.16 Report and notification of disqualification**—FINA stroke and turn judges are required to report violations on signed cards and are not required to raise a hand. FINA requires notification of disqualification via posted code in the meet results. USMS rules state that the official will make every effort to contact the swimmer. [FINA SW 2.6.6, 2.7.3, and MSW 3.10; USMS 102.13.1, 102.13.2, and 103.6.2]
- FMS1.17 Announcing results of protested events**—FINA does not appear to have an explicit rule on this subject. [FINA GR 9.2; USMS 102.14.1]
- FMS1.18 Competing under protest**—FINA has no explicit rule regarding competing under protest. [FINA GR 9.2; USMS 102.14.2]
- FMS1.19 Protests of swimming rules**—FINA gives authority for the final decision to the referee. USMS gives authority to the referee for protests against judgment decisions of starters and stroke, turn, and relay take-off judges and for some final decisions, USMS gives authority to the meet committee or protest panel or to the LMSC or USMS Rules Committee chair with an explicit timeline and communication structure. [FINA GR 9.2; USMS 102.14.3-5 and 104.5.9]
- FMS1.20 Fees for protests**—FINA requires a fee of 100 Swiss francs or its equivalent to be submitted with the protest (the fee is refunded if the protest is upheld). USMS does not require a fee for filing protests. [FINA GR 9.2.2 and 9.2.4; USMS 102.14 and 104.5.9]
- FMS1.21 Rejection and appeal of protests**—FINA allows the referee to reject protests. The team leader may appeal the rejections to a Jury of Appeal for a final decision. USMS uses a meet committee, a protest committee, the LMSC, or the USMS Rules Committee. [FINA GR 9.2.3 and 9.3; USMS 102.14.2, 102.14.4, and 102.14.5]
- FMS1.22 Smoking and tobacco**—FINA bans smoking in any area designated for competitors. USMS bans the use of all tobacco products on the pool deck, in locker rooms, in the spectator seating and standing areas, and in all areas used by swimmers. [FINA GR 8; USMS 102.15]

Preparation of Meet Results

Meet results (pool and open water) must include the name of the meet, the location of the meet (name of pool or open water venue, city, and state), the date of the meet, the name, address, or email address of the meet director, the name and certification status of the officials (referee, starter, and stroke and turn judges), and the sanction or approval number.

The results of each event shall be published in the following order:

Individual events:

1. Print women's results first, then men's results.
2. For each gender, print results by age group from youngest to oldest.
3. For each age group, print results in the following stroke order: freestyle, backstroke, breaststroke, butterfly, and individual medley.
4. For each stroke, print events in order from shortest to longest.

Relay events:

1. Print women's relay results first, then men's relay results, then mixed relay results. Results must include the names and ages of all swimmers.
2. For each gender, print the relay results in the order of age groups, youngest to oldest.
3. For each age group, print results in the following order: 200 freestyle relay, 200 medley relay, 400 freestyle relay, 400 medley relay, and 800 freestyle relay.

Split results:

All splits from split notification forms that have been certified by the meet referee shall be listed separately with swimmer's name, event, and split time.

Storage requirements for meet documents:

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

**Adjustments for Women's National
Qualifying Times for Swims at Altitude**

Age Group	3,000–4,249 ft.				4,250–6,499 ft.				6,500+ ft.			
	200	400–500	800–1000	1500–1650	200	400–500	800–1000	1500–1650	200	400–500	800–1000	1500–1650
18-24	0.47	2.37	4.75	10.44	1.14	4.75	9.49	21.83	1.52	6.64	14.24	30.85
25-29	0.50	2.50	5.00	11.00	1.20	5.00	10.00	23.00	1.60	7.00	15.00	32.50
30-34	0.48	2.38	4.75	10.46	1.14	4.75	9.51	21.87	1.52	6.66	14.26	30.90
35-39	0.51	2.56	5.13	11.28	1.23	5.13	10.25	23.58	1.64	7.18	15.38	33.32
40-44	0.51	2.55	5.10	11.23	1.22	5.10	10.21	23.48	1.63	7.15	15.31	33.18
45-49	0.52	2.60	5.21	11.45	1.25	5.21	10.41	23.95	1.67	7.29	15.62	33.84
50-54	0.54	2.72	5.44	11.97	1.31	5.44	10.89	25.04	1.74	7.62	16.33	35.38
55-59	0.55	2.75	5.49	12.09	1.32	5.49	10.99	25.27	1.76	7.69	16.48	35.71
60-64	0.58	2.90	5.80	12.75	1.39	5.80	11.59	26.66	1.85	8.11	17.39	37.68
65-69	0.66	3.30	6.60	14.52	1.58	6.60	13.20	30.36	2.11	9.24	19.80	42.90
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	0.80	3.98	7.95	17.50	1.91	7.95	15.91	36.58	2.54	11.13	23.86	51.69
80-84	0.87	4.34	8.69	19.11	2.08	8.69	17.37	39.95	2.78	12.16	26.06	56.45
85-89	0.95	4.75	9.51	20.92	2.28	9.51	19.02	43.74	3.04	13.31	28.52	61.80
90-94	1.10	5.50	10.99	24.19	2.64	10.99	21.99	50.57	3.52	15.39	32.98	71.46
95-99	1.31	6.55	13.11	28.84	3.15	13.11	26.33	60.30	4.20	18.35	39.33	85.21
100+												

**Adjustments for Men's National
Qualifying Times for Swims at Altitude**

Age Group	3,000–4,249 ft.				4,250–6,499 ft.				6,500+ ft.			
	200	400–500	800–1000	1500–1650	200	400–500	800–1000	1500–1650	200	400–500	800–1000	1500–1650
18-24	0.52	2.58	5.17	11.37	1.24	5.17	10.34	23.77	1.65	7.24	15.50	33.59
25-29	0.50	2.50	5.00	11.00	1.20	5.00	10.00	23.00	1.60	7.00	15.00	32.50
30-34	0.53	2.67	5.33	11.73	1.28	5.33	10.66	24.53	1.71	7.46	16.00	34.66
35-39	0.53	2.63	5.25	11.55	1.26	5.25	10.50	24.16	1.68	7.35	15.76	34.14
40-44	0.54	2.69	5.38	11.84	1.29	5.38	10.76	24.75	1.72	7.53	16.14	34.98
45-49	0.55	2.77	5.53	12.17	1.33	5.53	11.06	25.44	1.77	7.74	16.59	35.95
50-54	0.56	2.82	5.64	12.42	1.35	5.64	11.29	25.96	1.81	7.90	16.93	36.68
55-59	0.59	2.96	5.92	13.02	1.42	5.92	11.83	27.22	1.89	8.28	17.75	38.46
60-64	0.62	3.08	6.17	13.57	1.48	6.17	12.34	28.38	1.97	8.64	18.51	40.10
65-69	0.64	3.20	6.39	14.06	1.53	6.39	12.79	29.41	2.05	8.95	19.18	41.55
70-74	0.70	3.50	7.00	15.40	1.68	7.00	14.00	32.19	2.24	9.80	21.00	45.49
75-79	0.70	3.50	7.00	15.41	1.68	7.00	14.01	32.22	2.24	9.81	21.01	45.52
80-84	0.80	3.99	7.97	17.54	1.91	7.97	15.95	36.68	2.55	11.16	23.92	51.82
85-89	0.93	4.64	9.28	20.41	2.23	9.28	18.55	42.67	2.97	12.99	27.83	60.29
90-94	1.09	5.44	10.87	23.92	2.61	10.87	21.75	50.02	3.48	15.22	32.62	70.68
95-99	1.50	7.50	15.00	32.99	3.60	15.00	29.99	68.98	4.80	20.99	44.99	97.47
100+	2.26	11.32	22.64	49.82	5.43	22.64	45.29	104.16	7.25	31.70	67.93	147.18

United States Masters Swimming, Inc. Pool Length Certification Form

1. Pool name _____ LMSC _____

Address _____

City _____ State _____

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

c. Bulkhead placement confirmation Before meet After Session (name/#) _____
(If measurements are a confirmation of bulkhead placement, only the outermost lanes and a center lane must be measured. Measurements must be taken before the meet starts and again after each session)

d. Measuring device (see below): Steel tape Laser Other _____

e. Number of touchpads per lane at time of measurement: None One Two
(In some cases, two touchpads may be used, one at each end of the pool.)

3. Measurements: (Minimum distances measured)

Distances measured in (circle one):

_____ feet with feet displayed as a decimal to 1/100 like 75.01 feet

_____ feet/inches with inches displayed as a fraction to 1/8 like 75ft 3/8 in.

_____ meters with meters displayed as a decimal to 1/100 like 50.01m

_____ meters/centimeters with centimeters displayed as 50m 1cm.

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: _____ Name: _____

Title: _____ Title: _____

Address: _____ Address _____

City _____ City _____

State _____ State _____

ZIP _____ ZIP _____

Date _____ 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. If a bulkhead is used, a copy of this form from the beginning of the meet and for each session must be included with meet results sent to the LMSC Top Ten Recorder, in order to verify bulkhead placement. For a record application, the bulkhead measurement on this form should be attached to and submitted with the Record Application form. To add the pool to the USMS List of Measured Pools, e-mail a copy of this form to Mary Beth Windrath, Records Administrator, records@usms.org. Measure before applying for a sanction.

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

Measurement Procedures

- Note that existing certification forms may be used if on file with the pool, the LMSC, USMS, or FINA, as long as all lanes have been measured.
- A 25 meter pool measures 82 feet 0.25 inch. A 50 meter pool measures 164 feet, 0.50 inch.
- Measurements must be conducted using a measuring device with a minimum measuring quality of a steel tape over the nominal distance. A laser measuring device may be used, but it must be as accurate as required for steel tapes. The accuracy of the measuring device must provide accuracy of at least ± 0.005 m (± 0.20 inch or 0.016 foot). This tolerance refers to the tolerance of the measuring device only. A pool must always be at least as long the specified distance in the rule book, which has a minus zero tolerance.
- Tapes may not be combined to perform the measurements. Fiberglass or other flexible tapes may not be used to perform measurements.
- Measurements may be reported in either the English system (feet/inches) or the metric system (meters/centimeters).
- For initial certification, one measurement must be conducted for each lane of competition. For bulkhead confirmation, only the outermost lanes and a center lane must be measured.
- Inspect each end of the pool. In general, if a protrusion would have an adverse impact on the length of the course in the area where a touchpad would be placed (to 0.80 meter below the surface of the water), the protrusion must be used as a measurement point. Otherwise, measurements must be taken in the center of each lane at water level.
- Measurements may be conducted with or without touchpads in place. If no touchpads are in place at the time of measurement and will be used for competition, the LMSC Top 10 Recorder will apply a correction of 1 centimeter (or 0.25 inch) per lane per pad.
- Permanent courses need only be measured once unless structural changes, including resurfacing, have occurred since original measurement.
- For a pool with a moveable bulkhead, if the initial pool length certification for all lanes is on file, the following rules must be observed.
 - For events sanctioned by USMS, proper bulkhead placement must be confirmed before the meet and after each session of the meet. **Bulkhead placement is confirmed by course measurement of the two outside lanes and a middle lane.**
 - The measurement rules and policies of FINA shall be the standard for events sanctioned by a FINA Masters member federation other than USMS. Currently (January 2015), FINA does not require bulkhead measurements for either FINA Top 10 or records.
 - The measurement rules and policies of USA Swimming shall be the standard for Top 10 eligibility for events sanctioned by USA-S. Currently (January 2015), USA-S only requires bulkhead placement measurements for national records, so times achieved by USMS at USA-S meets are eligible for Top 10 consideration without bulkhead measurements. The measurement rules and policies of USMS shall apply for dual sanctioned events, so at these meets bulkhead measurements must be performed for times to be considered for either USMS Top 10 or records.

Application for USMS and/or World Record

1. Course SCY SCM LCM 2. Distance 3. Stroke

50-100-200-400-500-800-1000-1500-1650 free-back-breast-fly-IM-FR-MR

4. Official time : : 5. Date of swim (mm/dd/yyyy) and Hour (am/pm) :
mins. secs. hundredths

6a. Primary timing for this performance (check one below)

Electronic 6b. Non-electronic times: : .
 Semiautomatic (three buttons) : .
 Three stopwatches : .

7. For individual events: Age group

Last Name	First Name	Gender	Birth Date (mm/dd/yy)	Age	USMS Number

8. For relay events: Club name Age group

List names in order of competing:

Last Name	First Name	Gender	Birth Date (mm/dd/yy)	Age	USMS Number

9. Pool name City State

Last day of meet Sanction or recognition #

10. Select one: USMS sanctioned USMS recognized
 USA-S meet USMS/USA dual sanctioned

11. Is a copy of the swimmer's birth certificate (or passport) attached or on file with the USMS records administrator? Yes No

12. Is the pool length certification attached or on file with the USMS records administrator? Yes No

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

14. 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.)

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

16. **REFEREE:** I certify that the required number of personnel officiated during the above performance and were properly qualified officials, and the described performance complied with the rules of United States Masters Swimming including the use of Legal Swim Suits.

Name Date

Signature

17. **Record application submitted by:** If this is a world record, then I certify that this Masters meet has fulfilled the FINA Rule MSW 5.3 requirements.

Name Title

Address Phone ()

City State ZIP

Signature Email

18. USMS Records Administrator

Name Date

Signature



USMS and World Record Applications

Documentation requirements:

- Complete the above form, items 1 to 17, in its entirety. Item 18 is not to be completed. World records are due within 60 days of the swim. USMS records are due within 90 days of the end of the season of the swim.
- Attach the printout showing event number, heat number, splits, and backup from the electronic timing system. Meet results are not a substitute for the timing system printout.
- If the primary timing system is manual timing, attach a time card with the signatures of all three timers.
- Attach a copy of the heat sheet showing swimmer's name, event number, heat number, and lane number assignment.
- If a moveable bulkhead, attach a copy of the Pool Length Certification Form showing the measurements from the session of the record swim.
- Swims done at recognized or USA-S meets do not qualify for world records.
- World records can only be established in a Masters meet as per FINA Rule MSW 5.3, which states the meet must be:
 - a) formally sanctioned by a FINA member federation; and
 - b) organized for or on behalf of a club or an organization, which is a member of this FINA member federation or recognized by FINA; and
 - c) conducted under the rules of FINA (and specially those relevant to Masters Swimming); and
 - d) in which only swimmers registered in a club member of a FINA Member Federation participated.
- Swimmer's age is as of December 31 of the year of competition for LCM and SCM courses, and as of the last day of the meet for SCY courses.
- Send all information to: Mary Beth Windrath, 10235 SW Citation Drive, Beaverton, OR 97008, USMSRecords@usms.org

Documentation requirements for USMS long distance records:

- Completed "Application for USMS Long Distance Record." Refer to the GTO for the application forms.
- Proof of achieved time or distance swim.
- For postal events, a lap-count checkoff sheet listing all split times and bearing the signature, name, address, and phone number of the lap counter/timer.
- For cable swims, a copy of the course certification, if it is not already on file according to article 302.3.1A.

**United States Masters Swimming, Inc.
SPLIT NOTIFICATION FORM**

Event		
Event #	Heat #	Lane#
Split Event		Time
Swimmer's Name		
Sex		Age
Meet		Date
Approved by:		
<p>Initial split times from an individual or relay event will be accepted as an individual performance and will be considered for Top 10 if it is deemed an official time in accordance with Articles 103.17.3 and 103.18.4. Split times will be considered for a USMS record only if recorded by automatic timing (for a world record: automatic timing, three semiautomatic buttons, or three watches).</p> <p>The swimmer must notify the meet referee of the intent to record an initial split time prior to the conclusion of the meet. The request for relay leadoff split times and initial backstroke distance times in individual backstroke events must be made prior to the swim.</p>		

**United States Masters Swimming, Inc.
REPORT OF OCCURRENCE**

It is important to have written incident reports on file regarding injuries (to participants, spectators, coaches, or other volunteers), property damage or other incidents that occur during U.S. Masters Swimming sanctioned or approved activities or events.

Examples of incidents which need to be reported include, but are not limited to, the following:

- Bodily Injury or Illness
- Fatality
- Property Damage
- Missing Person(s)

The Incident Report form should be completed at the time of an accident, injury or other incident. The report is to be completed by a coach, meet director, or meet official.

The Incident Report form is posted online in the USMS Guide to Operations: **www.usms.org/admin/lmschb/gto_ins_report_of_occurrence.pdf**

Completed Incident Report forms should be submitted as soon as possible to:

USMS National Office
ATTN: Membership Department
1751 Mound Street, Suite 201
Sarasota, FL 34236
Email: USMS@usms.org
(941) 256-USMS (8767) Phone
(941) 556-SWIM (7946) Facsimile

APPENDIX C: NATIONAL AND INTERNATIONAL MASTERS SWIMMING SCHEDULE

2016

Speedo USMS 1-Hour ePostal Championship (SCY pool or longer)

January 1–31, Tamalpais Masters

Nationwide U.S. Masters Swimming Spring National Championship (SCY)

April 28 – May 1, Greensboro Aquatic Center, Greensboro, North Carolina

Speedo USMS 5K and 10K ePostal Championship (LCM pool only)

May 15–September 15, Western Hills Athletic Club

2-Mile Cable National Championship

June 18, Indy Aquatic Masters, Indianapolis, Indiana

>6/<9 Mile Open Water National Championship (10K)

July 16, Rogue Valley Masters, Jacksonville, Oregon

>9 Mile Open Water Championship (10 mile)

July 30, NEKOWSA, Newport, Vermont

1-Mile Open Water National Championship

August 12, Lake Lure Olympiad, Lake Lure, North Carolina

>3/<6 Mile Open Water National Championship (5K)

August 13, Lake Lure Olympiad, Lake Lure, North Carolina

>1/<3 Mile Open Water National Championship (2.7 miles)

August 13, Sierra Nevada Masters, Truckee, California

U.S. Masters Swimming Summer National Championship (LCM)

August 17-21, Mt. Hood Aquatic Center, Gresham, Oregon

Speedo USMS 3000/6000 ePostal Championship (SCY or SCM pool only)

September 15–November 15, Sawtooth Masters

National Convention

September 21-25, Hyatt Regency, Atlanta, Georgia

2017

Speedo USMS 1-Hour ePostal Championship (SCY pool or longer)

January 1-31, Ohio Masters Swim Club

>6/<9 Mile Open Water National Championship (7 miles)

April 22, Swim Around Lido Key, Sarasota, Florida

Nationwide U.S. Masters Swimming Spring National Championship (SCY)

April 27 - 30, Riverside Community College, Riverside, California

Speedo USMS 5K and 10K ePostal Championship (LCM pool only)

May 15-31, Swim Fort Lauderdale

>9 Mile Open Water National Championship (10 miles)

June 3, Chattanooga Open Water Swim Team, Chattanooga, Tennessee

>1/<3 Mile Open Water National Championship (2.4 miles)

June 4, Chattanooga Open Water Swim Team, Chattanooga, Tennessee

2-Mile Cable Open Water National Championship

June 24, Central Oregon Masters Association, Foster Lake, Oregon

>3/<6 Mile Open Water National Championship (5K)

July 30, Central Oregon Masters Association, Elk Lake, Oregon

U.S. Masters Swimming Summer National Championship (LCM)

August 2-6, University of Minnesota, Minneapolis, Minnesota

National Convention

September 13-17, Hyatt Regency Dallas at Reunion, Dallas, Texas

Speedo USMS 3000/6000 ePostal Championship (SCY or SCM pool only)

September 15-November 15, Loveland Masters Swim Club

1 Mile Open Water National Championship

September 23, Blue Wave Aquatics, Angle Lake, Washington

The contact information for meets and events can be found on the USMS Calendar of Events page at www.usms.org/comp/event_search.php.

APPENDIX D: ZONE AND LMSC BOUNDARIES

Zones

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

Colonies—Adirondack, Connecticut, Delaware Valley, Maryland, Metropolitan, New England, New Jersey, Niagara, Potomac Valley, Virginia.

Dixie—Florida, Florida Gold Coast, Georgia, North Carolina, South Carolina, Southeastern, Southern.

Great Lakes—Allegheny Mountain, Illinois, Indiana, Kentucky, Lake Erie, Michigan, Ohio, Wisconsin.

Northwest—Alaska, Inland Northwest, Montana, Oregon, Pacific Northwest, Snake River, Utah.

Oceana—Hawaii, Pacific.

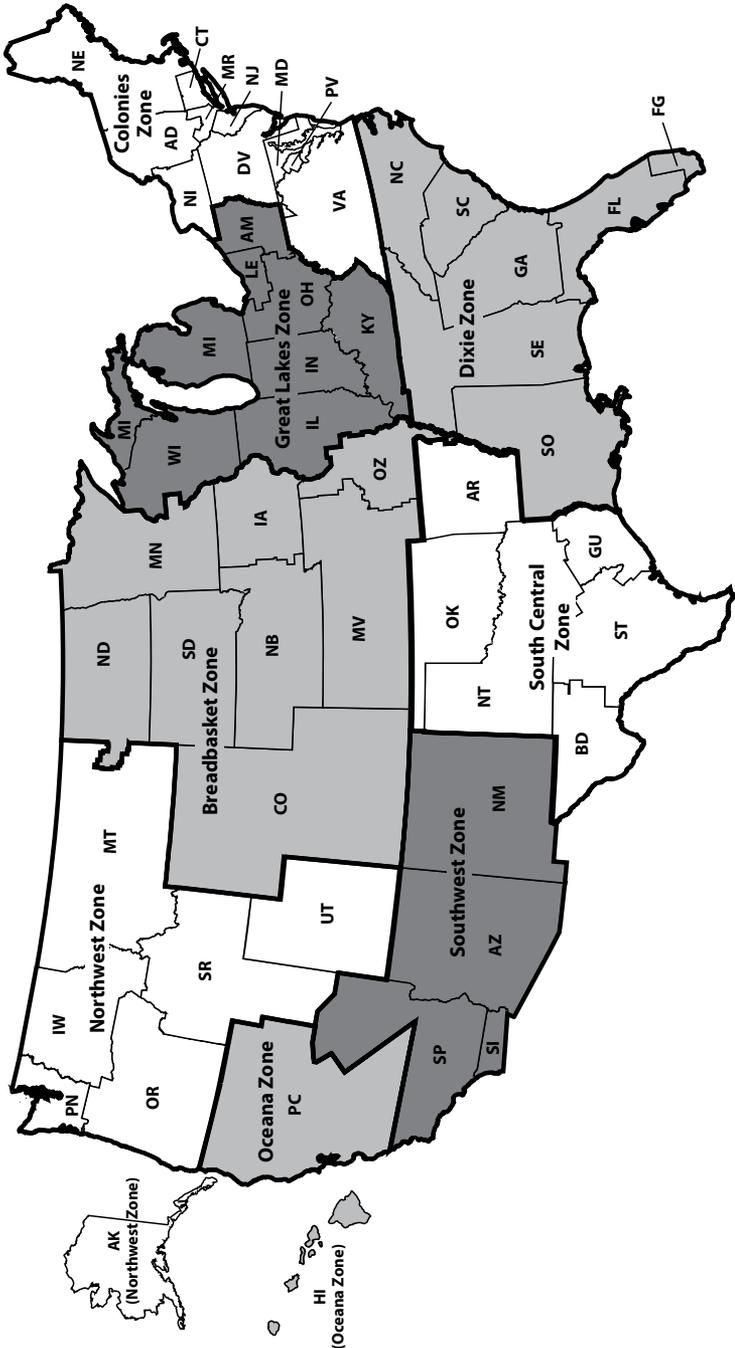
South Central—Arkansas, Border, Gulf, Oklahoma, North Texas, South Texas.

Southwest—Arizona, New Mexico, San Diego–Imperial, Southern Pacific.

LMSC Numeric Codes and Abbreviations

3	AD	Adirondack	29	NB	Nebraska
56	AK	Alaska	2	NE	New England
11	AM	Allegheny Mountain	7	NJ	New Jersey
48	AZ	Arizona	42	NM	New Mexico
23	AR	Arkansas	4	NI	Niagara
53	BD	Border	13	NC	North Carolina
32	CO	Colorado	52	ND	North Dakota
5	CT	Connecticut	26	NT	North Texas
8	DV	Delaware Valley	17	OH	Ohio
14	FL	Florida	27	OK	Oklahoma
50	FG	Florida Gold Coast	37	OR	Oregon
45	GA	Georgia	22	OZ	Ozark
25	GU	Gulf	38	PC	Pacific
39	HI	Hawaii	36	PN	Pacific Northwest
21	IL	Illinois	10	PV	Potomac Valley
16	IN	Indiana	44	SI	San Diego–Imperial
35	IW	Inland Northwest	59	SR	Snake River
40	IA	Iowa	55	SC	South Carolina
41	KY	Kentucky	54	SD	South Dakota
18	LE	Lake Erie	43	ST	South Texas
9	MD	Maryland	15	SE	Southeastern
6	MR	Metropolitan	24	SO	Southern
19	MI	Michigan	33	SP	Southern Pacific
30	MN	Minnesota	34	UT	Utah
28	MV	Missouri Valley	12	VA	Virginia
31	MT	Montana	20	WI	Wisconsin

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.

Arizona—The state of Arizona.

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

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 states of Colorado and Wyoming.

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, 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.

LMSC Boundaries (Continued)

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.

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.

Nebraska—The state of Nebraska.

New England—The states of New Hampshire, Vermont, Rhode Island and Maine, and the commonwealth of Massachusetts.

New Jersey—The state of New Jersey north of and including the counties of Mercer, Monmouth and Ocean.

New Mexico—The state of New Mexico.

Niagara—The state of New York west of and including the counties of Oswego, Onondaga, Cortland and Broome.

North Carolina—The state of North Carolina.

North Dakota—The state of North Dakota. In the state of Montana the counties of Dawson and Wibaux.

North Texas—The 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.

LMSC Boundaries (Continued)

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.

South Dakota—The state of South Dakota.

South Texas—The state of Texas bounded on the east by and including the counties of Milam, Bureson, 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.

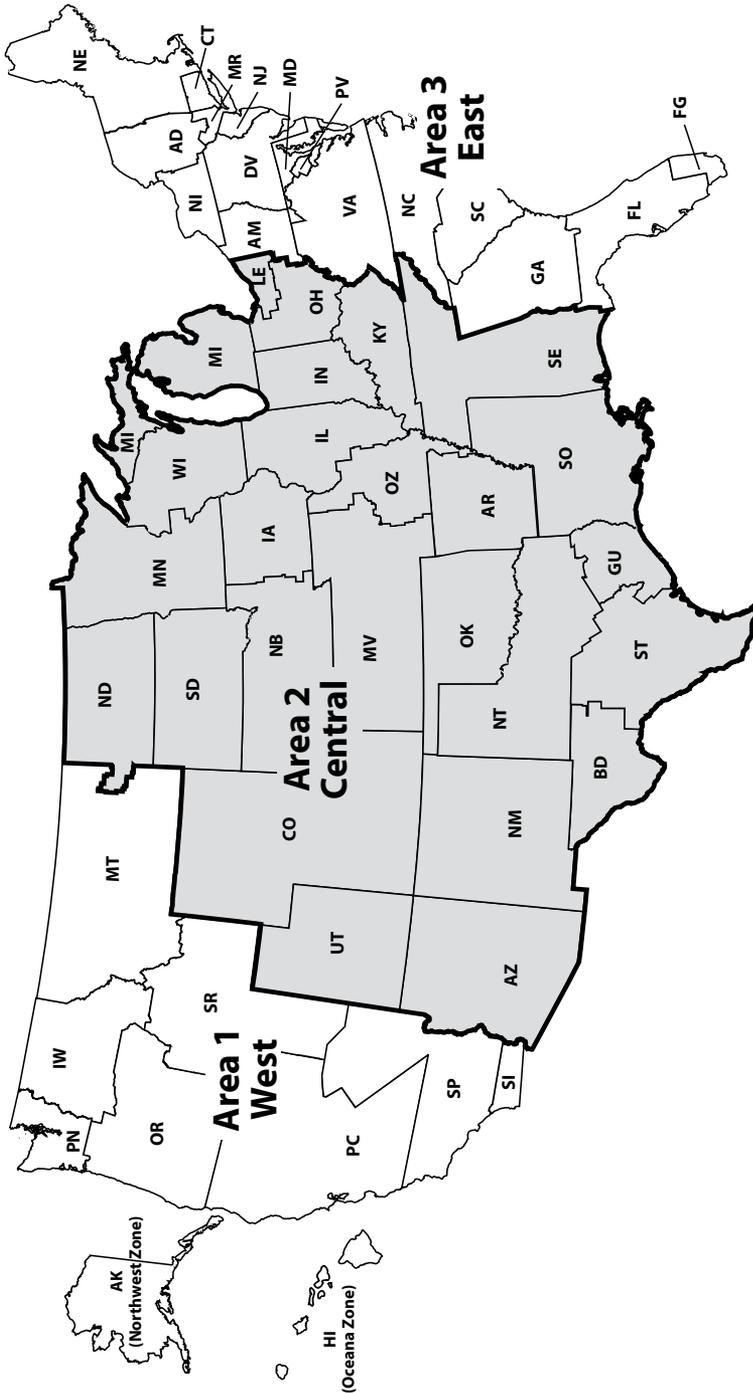
Bidding Areas for Long Distance National Championship Meets

Area 1—Area 1 shall be composed of the following LMSCs: Alaska, Hawaii, Inland Northwest, Montana, Oregon, Pacific, Pacific Northwest, San Diego–Imperial, Snake River and Southern Pacific.

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

Area 3—Area 3 shall be composed of the following LMSCs: Adirondack, Allegheny Mountain, Connecticut, Delaware Valley, Florida, Florida Gold Coast, Georgia, Maryland, Metropolitan, New England, New Jersey, Niagara, North Carolina, Potomac Valley, South Carolina and Virginia.

Bidding Areas for Long Distance National Championships



APPENDIX E: USMS DIRECTORY

USMS Board of Directors

President.....	Patty Miller
Vice President of Administration.....	Ed Tsuzuki
Vice President of Local Operations.....	Chris Stevenson
Vice President of Programs.....	Chris McGiffin
Vice President of Community Services.....	Frank “Skip” Thompson
Secretary.....	Chris Colburn
Treasurer.....	Ralph Davis
Immediate Past President.....	Nadine Day
Legal Counsel.....	Maria Elias-Williams
At-Large Director, Breadbasket Zone.....	Bruce Hopson
At-Large Director, Colonies Zone.....	David Diehl
At-Large Director, Dixie Zone.....	Sean Fitzgerald
At-Large Director, Great Lakes Zone.....	Dan Cox
At-Large Director, Northwest Zone.....	Sarah Welch
At-Large Director, Oceana Zone.....	Leianne Crittenden
At-Large Director, South Central Zone.....	Jill Gellatly
At-Large Director, Southwest Zone.....	Laura Winslow
Past President.....	F.H. “Ted” Haartz
Past President.....	Michael Laux
Past President.....	Tom Boak
Past President.....	Dan Gruender
Past President.....	Mel Goldstein
Past President.....	Nancy Ridout
Past President.....	Jim Miller
Past President.....	Rob Copeland
Past President.....	Jeff Moxie
Interim CEO.....	Bill Brenner
USA Swimming Liaison.....	Dave Coddington

(see the USMS Guide to Operations for an organization chart)

Zone Chairs and LMSC Chairs Breadbasket Zone—Marcia Anziano

Colorado.....	Brian Hoyt
Iowa.....	Norman Bower
Minnesota.....	Thomas Moore
Missouri Valley.....	Doug Hayden
Nebraska.....	Erin Sullivan
North Dakota.....	Bradley Myers
Ozark.....	Mary Pohlmann
South Dakota.....	Jenny Hodges

Colonies Zone—Natalie Taylor

Adirondack.....	Dan Wall
Connecticut.....	Jeff Sargent
Delaware Valley.....	Laurie Hug
Maryland.....	Michael Lee
Metropolitan.....	Roberta Saint-Amour
New England.....	Doug Sayles
New Jersey.....	Susan Kirk
Niagara.....	Gregory Danner
Potomac Valley.....	Jeff Strahota
Virginia.....	Dave Holland

Dixie Zone—Matt Hooper

Florida.....	Bob Jennings
Florida Gold Coast.....	Marty Hendrick
Georgia.....	Lisa Watson
North Carolina.....	Jon Blank
South Carolina.....	Michael Stresemann
Southeastern.....	Helen Naylor
Southern.....	Christine Frederic

Great Lakes Zone—CJ Rushman

Allegheny Mountain.....	Katherine Longwell
Illinois.....	Heidi Kafka
Indiana.....	Lisa Brown
Kentucky.....	Susan Ehringer
Lake Erie.....	Harry Greenfield
Michigan.....	Frank “Skip” Thompson
Ohio.....	Pete Tarnapoll
Wisconsin.....	Jeanne Seidler

Northwest Zone—Sally Dillon

Alaska.....	Ken Winterberger
Inland Northwest.....	Matthew Bronson
Montana.....	Jeanne Ensign
Oregon.....	Jeanne Teisher
Pacific Northwest.....	Mike Grimm
Snake River.....	Paula Moores
Utah.....	Gordon Gridley

Oceana Zone—Michael Moore

Hawaii	Malcolm Cooper
Pacific	John King

South Central Zone—Bruce Rollins

Arkansas	Carrie O’Banion
Border	Chris Lysinger
Gulf	Bruce Rollins
North Texas	David Young
Oklahoma	Dewey Smith
South Texas	Ed Coates

Southwest Zone—Mary Hull

Arizona	Terry DeBiase
New Mexico	Teddy Decker
San Diego—Imperial	Barbara Dunbar
Southern Pacific	Mark Moore

USMS Committees

Championship Committee—Jeff Roddin

Kim Crouch - Vice Chair	Jim Clemmons
Barry Fasbender	Don Gilchrist
Mark Moore	Patty Nardozzi
Sandi Rousseau	Ed Saltzman
Jeff Strahota	Pete Tarnapoll
Natalie Taylor	Charlie Tupitza
Jillian Wilkins	Paul Windrath
Ex Officio: Kyle Deery, Donn Livoni	
EC: Ed Tsuzuki	

Coaches Committee—Bob Jennings

Kenny Brisbin - Vice Chair	Scott Bay
Wyatt Bradbury	Dave Clark
Chris Campbell	Matthew Edde
Dean Hawks	Mark Johnston
Andrew Le Vasseur	Jennifer Masquelier
Erin Matthews	Crystie McGrail
Helen Naylor	Kerry O’Brien
Tim Waud	Steve Weatherman
Ex Officio: Bill Brenner	
EC: Frank “Skip” Thompson	



Appendix E

Fitness Education Committee—Mary Jurey

Brian Cummings – Vice Chair	Andrea Block
Stacy Broncucia	Brigid Bunch
Anita Cole	Karen Gernert
Aubree Gustafson	Fares Ksebati
Robin Smith	Robin Walker
Lisa Ward	Lisa Watson
Karin Wegner	Ken Winterberger
Ex Officio: Kyle Deery	
EC: Frank “Skip” Thompson	

History and Archives Committee—Barbara Dunbar

Meegan Wilson—Vice Chair	John Bauman
Marcia Benjamin	Jennifer Carlson
Betsy Durrant	Margie Hutinger
Lucy Johnson	Phillip Luebke
Gail Roper	Jayne Saint-Amour
Marie Vellucci	
Ex Officio: Anna Lea Matysek	
EC: Chris Stevenson	

Legislation Committee—Meg Smath

Richard Garza—Vice Chair	Joan Campbell
Chris Colburn	Rob Copeland
Sean Fitzgerald	Heather Hagadorn
Michael Heather	Cathy Kohn
Jane Moore	Teddy Palmer
Steve Peterson	Heather Stevenson
Erin Sullivan	Kris Wingenroth
Ex Officio: Charles Cockrell, Maria Elias-Williams, Tracy Grilli	
EC: Ed Tsuzuki	

LMSC Development Committee —Paige Buehler

Michael Moore—Vice Chair	Marcia Anziano
Lisa Brown	Linda Chapman
Jerry Clark	Sally Dillon
Viki Hill	Matt Hooper
Mary Hull	Tim Lecrone
Arni Litt	Hugh Moore
Lori Payne	Bruce Rollins
CJ Rushman	Natalie Taylor
Ex Officio: Anna Lea Matysek, Leianne Crittenden	
EC: Chris Stevenson	

Long Distance Committee—Donn Livoni

Ali Hall – Vice Chair	James Biles
Bob Bruce	Jim Davidson
Colleen Driscoll	Michael Fanelli
Melinda Greig-Walker	Laurie Hug
Phyllis Quinn	Greta Van Meeteren
Allison Ware	Jill Wright

Ex Officio: Tracy Grilli, Elaine Howley, Bill Roach, Doug Sayles
EC: Chris McGiffin

Officials Committee—Brian Albright

Ed Saltzman—Vice Chair	Pat Baker
Dave Coddington	Alina de Armas
Omar de Armas	Marilyn Fink
Judy Gillies	Steve Goldman
Michael Moore	Al Ness
Mary Pohlmann	Herb Schwab
Teri White	

Ex Officio: Laura Hamel, Jim Holcomb
EC: Chris McGiffin

Open Water Committee—Doug Sayles

Bob Bruce – Vice Chair	Sherry Brooks
Denise Brown	Charlotte Brynn
Rob Copeland	Suzi Green
Lynn Hazlewood	Jenny Hodges
Bob Kolonkowski	Sue Nutty
Rendy Opdycke	William Reeves
Ally Sega	Joanne Wainwright
Jim Wheeler	

Ex Officio: Donn Livoni, Elaine Howley, Bill Roach
EC: Chris McGiffin

Recognition and Awards Committee—Ray Novitske

Sally Dillon—Vice Chair	Carolyn Boak
Rich Burns	Chris Campbell
MJ Caswell	Colleen Driscoll
Cheryl Gettelfinger	F.H. “Ted” Haartz
Heather Howland	Megan Lassen
Nancy Ridout	Laura Val
Robert Zeitner	

Ex Officio: Tracy Grilli
EC: Chris Stevenson

Appendix E

Records and Tabulation Committee—Jeanne Seidler

MJ Caswell—Vice Chair	Michael Abegg
Cheryl Gettelfinger	Tait Michael
Ginger Pierson	Walt Reid
Erin Shields	Mary Sweat
Kim Thornton	Hans van Meeteren
Ex Officio: Jim Matysek, Mary Beth Windrath	
EC: Chris Stevenson	

Registration Committee—Leo Letendre

George Simon – Vice Chair	Marcia Anziano
J Scott Campbell	Susan Ehringer
Douglas Handler	Tim Lecrone
Arni Litt	Charlene O'Brien
Kim Thornton	
Ex Officio: Anna Lea Matysek	
EC: Ed Tsuzuki	

Rules Committee—Charles Cockrell

Kathrine Casey—Vice Chair	Carolyn Boak
Barry Fasbender	Marilyn Fink
Laura Groselle	Mollie Grover
Karen Harris	Matt Hooper
Brian Hoyt	Lucy Johnson
Claire Letendre	Barbara Protzman
Jessica Seaton	Ginny Trimble
Steve Unruh	Rand Vaillancourt
Ex Officio: Brian Albright, Tracy Grilli, Meg Smath, Jay Thomas	
EC: Ed Tsuzuki	

Sports Medicine and Science Committee—Meg Carlson

Sally Berry—Vice Chair	Cathy Fedako
Melinda Greig-Walker	Sally Guthrie
Jane Katz	Tait Michael
Jim Miller	Jane Moore
Mary Pohlmann	Clare Rudd
Jessica Seaton	Robin Tracy
Ex Officio: Laura Hamel	
EC: Frank “Skip” Thompson	

Board of Directors Committees

Audit Committee—Elyce Dilworth

Teddy Decker – Vice Chair	Phil Dodson
Jeanne Ensign	Jill Gellatly
Laura Winslow	
Ex Officio: Ralph Davis, Susan Kuhlman	

Compensation and Benefits Committee—Ed Coates

Sarah Welch—Vice Chair	Erika Braun
Hill Carrow	Jim Miller
Ex Officio: Patty Miller, Bill Brenner	

Finance Committee—Jeanne Ensign

Harry Greenfield—Vice Chair	Jon Blank
Tom Boak	Elyce Dilworth
Phil Dodson	Laszlo Eger
Jack Groselle	Peter Guadagni
Homer Lane	Sarah Welch
Laura Winslow	
Ex Officio: Ralph Davis, Susan Kuhlman	

Governance Committee—Leianne Crittenden

Jim Wheeler—Vice Chair	Dave Diehl
Sean Fitzgerald	Bruce Hopson
Hugh Moore	Chris Stevenson
Anthony Thompson	
Ex Officio: Patty Miller, Bill Brenner	

Investment Committee—Phil Dodson

Stan Benson—Vice Chair	Guy Davis
Jay Definis	Homer Lane
Bill Sherman	
Ex Officio: Ralph Davis, Susan Kuhlman	

Swimming Saves Lives Foundation—Brandon Franklin

Debbie Malafsky—Vice Chair	Nadine Day
Maria Elias-Williams	F.H. “Ted” Haartz
Tom Holmberg	Bill Meier
Patty Miller	Nancy Ridout
Ex Officio: Holly Neumann	



Special Appointments and Liaisons

FINA Masters Committee Vice Chair	Mel Goldstein
FINA Sports Medicine Committee	Jim Miller
ISHOF Liaison	Walt Reid
National Board of Review Chair.....	Barbara Delanois
Parliamentarian	William Tingley
Senior Games Liaison	William Tingley
UANA Masters Technical Committee Chair	Mel Goldstein
UANA Masters Technical Committee	Jim Miller
UANA Masters Athlete Representative	Nadine Day
U.S. Aquatic Sports Representative	Patty Miller
U.S. Aquatic Sports Treasurer.....	Tom Boak
USMS Liaison to International Gay and Lesbian Aquatics	Sean Fitzgerald
USMS Liaison to USA Swimming	Ed Tsuzuki

APPENDIX F: USMS HISTORY

Capt. Ransom J. Arthur, M.D. Award

Given in honor of Capt. Ransom J. Arthur, M.D., who, by his sacrifice, perseverance, and dedication to improving the health of adults through swimming, established USMS, to the person who has done the most to further the objectives of USMS.

1973	Ransom J. Arthur	1993	Gail Dummer
1974	June Krauser	1994	Nancy Ridout
1975	Hal Onusseit	1995	Mary Lee Watson
1976	F.H. "Ted" Haartz	1996	Suzanne Rague
1977	Dr. Paul Hutinger	1997	Mel Goldstein
1978	Mildred Anderson	1998	William Tingley
1978	Hamilton Anderson	1999	Jim Miller
1979	Ray Taft	2000	Joan Smith
1979	Zada Taft	2000	Richard Smith
1980	Enid Urich	2001	Carolyn Boak
1980	Ed Reed Sr.	2002	Hugh Moore
1981	Cindy Baxter	2002	Jane Moore
1982	Harry Rawstrom	2003	Sandi Rousseau
1983	Dorothy Donnelly	2004	Leo Letendre
1984	Reg Richardson	2005	Betsy Durrant
1985	Michael Laux	2006	Sally Ann Dillon
1986	Judge Robert Beach	2007	Jeanne Ensign
1987	Ross Wales	2008	Barry Fasbender
1988	John Spannuth	2009	Julie Heather
1989	Dan Gruender	2010	Lynn Hazlewood
1989	Eddie Gruender	2011	Rob Copeland
1990	Jack Geoghegan	2012	Doug Church
1991	Tom Boak	2013	Patty Miller
1992	Walt Reid	2014	Hill Carrow
1993	Kathrine Casey	2015	Meg Smath

Speedo USMS Coach of the Year Award

Presented to the coach who has done the most to further the objectives of USMS.

1986	Jim Miller, M.D.	2001	Mel Goldstein
1987	Kerry O'Brien	2002	Jim Montgomery
1988	Keith Bell	2003	Bob Bruce
1989	William Tingley	2004	Scott Williams
1990	Michael Collins	2005	Mark Moore
1991	Judy Bonning	2006	Sue Welker
1992	Clay Evans	2007	Kris Houchens
1992	Gerry Rodrigues	2008	Susan Ingraham
1993	Emmett Hines	2009	Nancy Kirkpatrick-Reno
1994	Todd Samland	2010	Bobby Patten
1995	Scott Rabalais	2011	Chad Durieux
1996	Mo Chambers	2012	Stuart Kahn
1997	Bonnie Adair	2013	Whitney Hedgepeth
1998	Ed Nessel	2014	Cokie Lepinski
1999	Ron Johnson	2015	Marty Hendrick
2000	Frank (Skip) Thompson		

2015 USMS Dorothy Donnelly Service Award

Given in memory of Dorothy Donnelly, who served USMS meticulously and without reservation. USMS is forever grateful to the hundreds of talented volunteers who give their time, talent and expertise to help all phases of our programs. Among those volunteers are some whose service stands out in its scope, its impact on the program and the numbers of USMS members who have benefited from their efforts on the local, regional and national level.

Marc Anderson	Dan Kornblatt
Harold Boscovich	Sue Nutty
Denise Brown	Robin Smith
Nancy Brown	Jeff Strahota
Linda Chapman	Joanne Wainwright
Ed Coates	Mark Wussler
Suzi Green	Susie Young
Cathy Hallman-Kenner	

2015 USMS Kerry O'Brien Coaching Award

Awarded for grassroots coaching accomplishment.

Doug Springer	Rand Vaillancourt
Kathy Coffin-Sheard	Dave Samuelsohn
Joel Wilson	Steve Hennessy
Victor Hecker	

USMS Club of the Year Award

Recognizes clubs that embody the mission of USMS in the hopes that others may look to them as models of excellence.

2006	YMCA Indy SwimFit	2011	Michigan Masters (regional)
2007	Walnut Creek Masters	2011	Davis Aquatic Masters (local)
2008	Woodlands Masters Swim Team	2012	Sarasota YMCA Sharks (local)
2009	Noblesville Adult Swim Team	2013	Blue Wave Aquatics Masters
2009	Mission Viejo Nadadores	2014	Puget Sound Masters (regional)
2010	Asphalt Green Unified Aquatic Masters	2014	Indy Aquatic Masters (local)
		2015	Swim Fort Lauderdale

USMS June Krauser Communications Award

Recognizes outstanding contributions to communications within USMS. The award is named after June Krauser, editor of the first national newsletter.

2005	June Krauser	2011	Jane Katz
2006	Lynn Hazlewood	2012	Phil Whitten
2007	Julie Heather	2013	Sally Guthrie
2008	Dr. Paul Hutinger	2014	Frank "Skip" Thompson
2009	Meg Smath	2015	Rich Burns
2010	Pacific LMSC: Tracy Barbutes, Joanne Berven, Caroline Lambert, Michael Moore		

USMS Fitness Award

Presented by the Fitness Education Committee to individuals and organizations demonstrating outstanding contribution to fitness activities within USMS.

1997	Scott Rabalais	2007	Mary Sweat
2000	Bill Volckening	2008	Linda Shoenberger
2002	Bill Volckening	2010	Nancy Brown
2003	Dr. Paul and Margie Hutinger; Pam Himstreet	2011	Jane Katz
2004	Jody Welborn	2014	Susie Powell and Jim Wu
2005	Doug and Marianne Brogan	2015	Lisa Ward

USMS Open Water Service Award

Honors individuals who made significant contributions to promoting and building excellence in USMS open water swimming.

- 2013 Bob Bruce
- 2014 Glenda Carroll
- 2015 Jim Wheeler

USMS National Championship Meets Award

Presented by the Raleigh Area Masters to the person or persons who contributed the most to USMS national championship meets.

- | | |
|------------------------|----------------------|
| 1992 Hill Carrow | 2001 Jane Moore |
| 1993 Paul Windrath | 2002 Carolyn Boak |
| 1993 Wayde Mulhern | 2003 Mark Gill |
| 1993 June Krauser | 2004 Hill Carrow |
| 1994 Gene Donner | 2005 Tracy Grilli |
| 1994 George McVey | 2006 Michael Moore |
| 1994 Betty Barry | 2007 Bob Brown |
| 1994 Tom Boak | 2007 Helen Brown |
| 1995 John Zell | 2008 Tom Taylor |
| 1995 Mel Goldstein | 2009 Barry Fasbender |
| 1996 F.H. "Ted" Haartz | 2010 Mark Moore |
| 1997 Sandi Rousseau | 2011 Herb Schwab |
| 1998 Stu Marvin | 2012 Jeff Roddin |
| 1999 Jim Matysek | 2013 Ed Saltzman |
| 2000 Anneliese Eggert | 2014 Jacki Allender |
| 2000 Walt Eggert | 2015 Kim Crouch |
| 2001 Hugh Moore | |

Ted Haartz USMS Staff Appreciation Award

Recognizes individuals who have demonstrated excellence in assisting and supporting the staff in the National Office with its professional duties of servicing, promoting and building the membership.

- | | |
|------------------------|--------------------|
| 2009 F.H. "Ted" Haartz | 2013 Jeff Roddin |
| 2010 George Simon | 2014 Jeanne Ensign |
| 2011 Ralph Davis | 2015 Nadine Day |
| 2012 Ed Tsuzuki | |

For more information about USMS awards, go to the USMS Awards page at www.usms.org/admin/awards.

USMS Members Inducted into the International Masters Swimming Hall of Fame

Honor Masters Swimmers

- 2003 Jayne Bruner, Barbara Dunbar, Tim Garton, Graham Johnston, June Krauser,
G. Harold “Gus” Langner, Kelley Lemmon, Maxine Merlino, Ardeth Mueller,
Gail Roper, Ray Taft, Clara Walker
- 2004 Aldo da Rosa, Paul Hutinger, Frank Piemme, Laura Val
- 2005 Burwell Jones, Betsy Jordan, Sandy Neilson-Bell, Tod Spieker
- 2006 Drury Gallagher, Katherine Pelton, Walter Pfeiffer, Rita Simonton,
William Specht, Lavelle Stoinoff
- 2007 Woodrow Bowersock, Jean Durston, Sandy Galletly, Ronald
Johnson, Karlyn Pipes-Neilsen
- 2008 Maria Lenk, Jim McConica, Robert Strand
- 2009 Margery Meyer, Gertrud Zint
- 2010 Rich Burns, Lois (Kivi) Nochman
- 2011 Rich Abrahams, Jeff Farrell
- 2012 Tim Birnie, Carolyn Boak
- 2013 Edward Cazalet
- 2014 David Guthrie, Tim Shead, Jean Troy
- 2015 Jack Groselle, David Radcliff

Honor Open Water Swimmers

- 2007 Suzanne Heim-Bowen

Honor Contributors

- 2003 Ransom Arthur
- 2005 Phil Whitten
- 2012 Mel Goldstein
- 2013 F.H. “Ted” Haartz
- 2015 Nancy Ridout

USMS Members Inducted into the International Swimming Hall of Fame

Honor Swimmers

- 1995 Clara Lamore Walker and G. Harold “Gus” Langner
- 1996 Ardeth Mueller and Ray Taft
- 1997 Gail Roper and Tim Garton
- 1998 Jayne Owen Bruner and Graham Johnston
- 1999 Maxine Merlino and Kelley Lemmon
- 2000 Barbara Dunbar
- 2003 Laura Val
- 2015 Karlyn Pipes

Honor Contributors

- 1990 Ransom Arthur
- 1994 June Krauser

USMS Short Course National Championship Meets

Year	Date	Location	Swimmers
1970	5/2-3	Amarillo, Texas	46
1971	5/7-8	Amarillo, Texas	108
1972	5/19-21	San Mateo, Calif.	325
1973	5/18-20	Santa Monica, Calif.	500
1974	5/17-19	Fort Lauderdale, Fla.	561
1975	5/16-18	Fort Lauderdale, Fla.	663
1976	5/14-16	Mission Viejo, Calif.	800
1977	5/13-15	Fort Lauderdale, Fla.	611
1978	5/19-21	San Antonio, Texas	560
1979	5/4-7	Mission Viejo, Calif.	1,020
1980	5/16-18	Fort Lauderdale, Fla.	875
1981	5/23-26	Irvine, Calif.	1,209
1982	5/21-24	The Woodlands, Texas	910
1983	5/28-31	Fort Lauderdale, Fla.	1,208
1984	5/26-29	Industry Hills, Calif.	1,227
1985	5/9-12	Milwaukee, Wisc.	1,021
1986	5/15-18	Fort Pierce, Fla.	1,231
1987	5/15-18	Stanford Univ., Calif.	2,328
1988	5/19-22	Austin, Texas	1,405
1989	5/4-7	Boca Raton, Fla.	1,755
1990	5/18-21	Los Angeles, Calif.	1,592
1991	5/16-19	Nashville, Tenn.	1,529
1992	5/21-24	Chapel Hill, N.C.	1,502
1993	5/20-23	Santa Clara, Calif.	2,055
1994	5/13-16	Tempe, Ariz.	1,912
1995	5/18-21	Fort Lauderdale, Fla.	1,992
1996	5/9-12	Cupertino, Calif.	2,048
1997	5/15-18	Federal Way, Wash.	1,438
1998	5/7-10	Indianapolis, Ind.	1,738
1999	5/13-16	Santa Clara, Calif.	2,060
2000	4/27-30	Indianapolis, Ind.	1,390
2001	5/17-20	Santa Clara, Calif.	1,850
2002	5/14-17	Honolulu, Hawaii	1,103
2003	5/15-18	Tempe, Ariz.	1,922
2004	4/22-25	Indianapolis, Ind.	1,564
2005	5/19-22	Fort Lauderdale, Fla.	1,620
2006	5/4-7	Coral Springs, Fla.	1,276
2007	5/17-20	Federal Way, Wash.	1,456
2008	5/1-4	Austin, Texas	1,865
2009	5/7-10	Clovis, Calif.	1,582
2010	5/20-23	Atlanta, Ga.	1,975
2011	4/28-5/1	Mesa, Ariz.	1,817
2012	4/26-29	Greensboro, N.C.	1,864
2013	5/9-12	Indianapolis, Ind.	1,633
2014	5/1-4	Santa Clara, Calif.	2,249
2015	4/23-26	San Antonio, Tex.	1,888
2016	4/28-5/1	Greensboro, N.C.	
2017	4/27-30	Riverside, Calif.	

USMS Long Course National Championship Meets

Year	Date	Location	Swimmers
1972	8/11-13	Bloomington, Ind.	188
1973	8/10-12	Chicago, Ill.	500
1974	9/6-8	Santa Clara, Calif.	584
1975	8/29-31	Knoxville, Tenn.	394
1976	8/27-29	St. Louis, Mo.	514
1977	8/25-28	Spokane, Wash.	525
1978	8/31-9/3	Providence, R.I.	540
1979	8/23-26	Dearborn, Mich.	689
1980	8/29-9/1	Santa Clara, Calif.	987
1981	8/13-16	Canton, Ohio	741
1982	8/26-29	Portland, Ore.	915
1983	8/25-28	Indianapolis, Ind.	908
1984	8/23-26	Raleigh, N.C.	840
1985	8/17-20	Providence, R.I.	800
1986	8/21-24	Portland, Ore.	933
1987	8/21-24	The Woodlands, Texas	872
1988	8/25-28	Buffalo, N.Y.	1,071
1989	8/17-20	Grand Forks, N.D.	586
1990	8/17-20	The Woodlands, Texas	829
1991	8/22-25	Elizabethtown, Ky.	720
1992	8/20-23	Federal Way, Wash.	1,150
1993	8/19-22	Minneapolis, Minn.	1,085
1994	8/25-28	Buffalo, N.Y.	716
1995	8/24-27	Gresham, Ore.	1,010
1996	8/21-25	Ann Arbor, Mich.	1,176
1997	8/14-17	Orlando, Fla.	881
1998	8/20-23	Fort Lauderdale, Fla.	922
1999	8/19-23	Minneapolis, Minn.	949
2000	8/17-20	Baltimore, Md.	1,380
2001	8/16-19	Federal Way, Wash.	959
2002	8/16-19	Cleveland, Ohio	1,022
2003	8/13-17	Rutgers, N.J.	871
2004	8/12-15	Savannah, Ga.	1,084
2005	8/10-14	Mission Viejo, Calif.	1,109
2006	Not held due to World Championships in the U.S		
2007	8/10-13	The Woodlands, Texas	911
2008	8/14-17	Mount Hood, Ore.	1,131
2009	8/6-10	Indianapolis, Ind.	1,150
2010	8/9-12	San Juan, Puerto Rico	632
2011	8/3-6	Auburn, Ala.	688
2012	7/5-8	Omaha, Neb.	1,257
2013	8/7-11	Mission Viejo, Calif.	1,393
2014	8/13-17	College Park, Md.	1,024
2015	8/6-9	Geneva, Ohio	963
2016	8/17-21	Gresham, Ore.	
2017	8/2-6	Minneapolis, Minn.	

USMS Annual Meetings and National Officers

Date	Location	Officers
1971	Lake Placid, N.Y.	
1972	Kansas City, Kan.	Ransom J. Arthur P, Judge Robert Beach VP
1973	W. Yellowstone, Mont.	Ransom J. Arthur P, Judge Robert Beach VP
1974	Washington, D.C.	June Krauser P, David Beardsley S
1975	New Orleans, La.	June Krauser P, David Beardsley S
1976	Phoenix, Ariz.	June Krauser P, David Beardsley S
1977	Columbus, Ohio	June Krauser P, F.H. "Ted" Haartz S
1978	San Antonio, Texas	F.H. "Ted" Haartz P, Enid Urich S
1979	Las Vegas, Nev.	F.H. "Ted" Haartz P, Don Rankin VP, Enid Urich S, Reg Richardson T, Bobbi Turcotte ZC
1980	Snow Bird, Utah	F.H. "Ted" Haartz P, Michael A. Laux VP, Enid Urich S, Reg Richardson T, Bobbi Turcotte ZC
1981	Snow Bird, Utah	F.H. "Ted" Haartz P, Michael A. Laux VP, Enid Urich S, Reg Richardson T, Bobbi Turcotte ZC
1982	Memphis, Tenn.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Bobbi Turcotte ZC
1983	Cincinnati, Ohio	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Gail Dummer ZC
1984	Indianapolis, Ind.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Gail Dummer ZC
1985	Phoenix, Ariz.	Michael A. Laux P, Verne Scott VP, Dorothy Donnelly S, Reg Richardson T, Dore Schwab ZC
1986	Fort Worth, Texas	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Dore Schwab ZC
1987	Atlanta, Ga.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Edie Gruender ZC
1988	St. Louis, Mo.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Edie Gruender ZC
1989	Portland, Ore.	Tom Boak P, Gail Dummer VP, Nancy Ridout S, Kevin Kelly T, Pat Maley ZC
1990	Pittsburgh, Pa.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Pat Maley ZC
1991	Louisville, Ky.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Betsy Durrant ZC
1992	Minneapolis, Minn.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Betsy Durrant ZC

USMS Annual Meetings and National Officers

1993	Los Angeles, Calif.	Dan Gruender P, Nancy Ridout VP, Mel Goldstein S, Suzanne Rague T, Betsy Durrant ZC
1994	Kansas City, Mo.	Mel Goldstein P, Jim Miller, M.D., VP, Suzanne Rague S, Lucy Johnson T, Betsy Durrant ZC
1995	Houston, Texas	Mel Goldstein P, Jim Miller, M.D., VP, Suzanne Rague S, Lucy Johnson T, Betsy Durrant ZC
1996	Orlando, Fla.	Mel Goldstein P, Jim Miller, M.D., VP, Suzanne Rague S, Lucy Johnson T, Stephanie Walsh ZC
1997	Burlingame, Calif.	Mel Goldstein P, Jim Miller, M.D., VP, Suzanne Rague S, Lucy Johnson T, Stephanie Walsh ZC
1998	Cincinnati, Ohio	Nancy Ridout P, Jack Geoghegan VP, Betsy Durrant S, Jeanne Ensign T, Hugh Moore ZC
1999	San Diego, Calif.	Nancy Ridout P, Jack Geoghegan VP, Betsy Durrant S, Jeanne Ensign T, Hugh Moore ZC
2000	Kissimmee, Fla.	Nancy Ridout P, Jack Geoghegan VP, Betsy Durrant S, Jeanne Ensign T, Hugh Moore ZC
2001	Louisville, Ky.	Nancy Ridout P, Jack Geoghegan VP, Betsy Durrant S, Jeanne Ensign T, Lynn Hazlewood ZC
2002	Dallas/FortWorth, Texas	Jim Miller, M.D., P, Scott Rabalais VP, Sally Ann Dillon S, Doug Church T, Lynn Hazlewood ZC (Wayne McCauley, acting ZC)
2003	San Diego, Calif.	Jim Miller, M.D., P, Scott Rabalais VP, Sally Ann Dillon S, Doug Church T, Lynn Hazlewood ZC
2004	Orlando, Fla.	Jim Miller, M.D., P, Scott Rabalais VP, Sally Ann Dillon S, Doug Church T, Lynn Hazlewood ZC
2005	Greensboro, N.C	Jim Miller, M.D., P, Scott Rabalais VP, Sally Ann Dillon S, Doug Church T, Lynn Hazlewood ZC
2006	Dearborn, Mich.	Rob Copeland P, Mark Gill VPMS, Michael Heather VPCS, Leo Letendre VPNO, Julie Heather VPLO, Meg Smath S, Tom Boak T
2007	Anaheim, Calif.	Rob Copeland P, Mark Gill VPMS, Michael Heather VPCS, Leo Letendre VPNO, Julie Heather VPLO, Meg Smath S, Tom Boak T
2008	Atlanta, Ga.	Rob Copeland P, Mark Gill VPMS, Michael Heather VPCS, Leo Letendre VPNO, Julie Heather VPLO, Meg Smath S, Jeff Moxie T
2009	Chicago, Ill.	Rob Copeland P, Heather Hagadorn VPMS, Michael Heather VPCS, Leo Letendre VPNO, Julie Heather VPLO, Meg Smath S, Jeff Moxie T

USMS Annual Meetings and National Officers

2010	Dallas, Texas	Jeff Moxie P, David Diehl VPMS, Nadine Day VPCS, Michael Heather VPNO, Ed Tsuzuki VPLO, C.J. Rushman S, Ralph Davis T
2011	Jacksonville, Fla.	Jeff Moxie P, David Diehl VPMS, Nadine Day VPCS, Michael Heather VPNO, Ed Tsuzuki VPLO, C.J. Rushman S, Ralph Davis T
2012	Greensboro, N.C.	Nadine Day P, David Diehl VPP, Jody Smith VPCS, Michael Heather VPA, Ed Tsuzuki VPLO, C.J. Rushman S, Ralph Davis T
2013	Anaheim, Calif.	Nadine Day P, David Diehl VPP, Jody Smith VPCS, Michael Heather VPA, Ed Tsuzuki VPLO, C.J. Rushman S, Ralph Davis T
2014	Jacksonville, Fla.	Nadine Day P, Chris McGiffin VPP, Jody Smith VPCS, Ed Tsuzuki VPA, Chris Stevenson VPLO, Chris Colburn S, Phil Dodson T
2015	Kansas City, Mo.	Nadine Day P, Chris McGiffin VPP, Jody Smith VPCS, Ed Tsuzuki VPA, Chris Stevenson VPLO, Chris Colburn S, Phil Dodson T

World Championship Meets

Year	Date	Location	Swimmers
1986	7/12–16	Tokyo, Japan	3,400
1988	10/9–16	Brisbane, Australia	3,594
1990	8/6–13	Rio de Janeiro, Brazil	1,685
1992	6/25–7/5	Indianapolis, Ind., USA	2,406
1994	6/4–10	Montreal, Canada	3,474
1996	6/23–7/2	Sheffield, England	3,837
1998	6/19–27	Casablanca, Morocco	1,954
2000	7/27–8/9	Munich, Germany	6,184
2002	3/21–4/3	Christchurch, New Zealand	2,386
2004	6/3–31	Riccione, Italy	6,306
2006	8/3–17	Stanford, Calif., USA	5,535
2008	5/15–25	Perth, Australia	5,104
2010	7/27–8/7	Goteburg and Boras, Sweden	5,233
2012	6/8–17	Riccione, Italy	9,674
2014	7/27–8/10	Montreal, Canada	6,123
2015	8/3–19	Kazan, Russia	2,640

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