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|  | <b>POLICY &amp; PROCEDURE</b>                                 | <b>POLICY NUMBER:</b><br><br>244  |
|  | <b>Subject:</b><br><br><b>Meets</b><br><br><b>4 Hour Rule</b> | <b>EFFECTIVE DATE:</b><br>11-21-2013<br><br>Amended:<br>2-21-2012<br>11-21-2013<br><br>Retired: |

USA Swimming rules specify that non-championship meets must be planned such that events for 12&Unders can reasonably be concluded within four (4) hours for a timed finals session.

Events that are scored multi-age are impacted by the rule if the multi-age scoring involves 12U designations, such as 11-12, 10U, 12U, etc.

The rule does NOT apply to Open events even if swimmers 12 years of age or younger are entered.

Measurement of the time duration applicable to this rule begins with the published meet start time of a session that offers 12U events and ends with the conclusion of the last 12U event of the day for the same gender.

Seeding of the meet entries shall be performed using a 30 second interval (+ 15 for backstroke) between heats. A shorter interval may be used with the consent of the

- a. MSI General Chair; or
- b. MSI Administrative Chair; or
- c. MSI Officials' Chair

An interval shorter than 15 seconds is prohibited.

In the event that the length of any session exceeds 4 hours, the host organization shall reject entries on the basis of the last entries submitted are the first entries rejected. The host organization shall then again seed the meet. This process shall continue until each age group session is completed within 4 hours.

Planning shall not include the elimination of any event listed in the published order of events.

**HISTORICAL NOTES:**

This policy covers the definition of 12&U events and the measurement of the time duration as interpreted by the USA Swimming Rules & Regulations Committee.