

HARFORD SWIM LEAGUE

RULES & REGULATIONS

Key: Existing HSL Rule. Revised HSL Rule. Deleted HSL Rule. New Rule.

Index: See last page.

Except as otherwise noted, all provisions under the Rules & Regulations, are effective beginning May 11, 2009, and until changed. Rules in effect on the first day of a meet shall govern throughout that meet.

All competitive swimming events held within the Harford Swim League (HSL or League) shall be conducted in accordance with the following rules that are designed to provide fair and equitable conditions of competition.

It is not the purpose of the Rules and Regulations of the League contained herein to set standards of care for the safety of the swimmer. The swimmer, the swim coach, the swim club and the local public entity or pool owner should address safety considerations where events are held. Each team will follow the safety procedures designated by the host pool.

All rules, as listed below, have been agreed upon by the member pools and will not be open for change until the next even numbered year, unless deemed necessary by a two-thirds (2/3) vote of the HSL Board. Any infractions of rules regarding a decision as to possible disciplinary action will be handled in accordance with the League's Protest Procedures.

Expenditures will be consistent with the budget approved by the League Board. Any expenditure in excess of 10% of the approved budget requires a majority vote of the League Board.

ARTICLE 10  
TEAM DUES & ROSTERS

- 10.1 Membership Dues. Each member team will submit the membership dues to the HSL Treasurer at the annual HSL Coaches meeting. Membership Dues will be determined during the off-season. 2009 dues will be \$0.
- 10.2 Team Head Tax Dues. Each team, when submitting the Official Team Roster, must submit the appropriate Head Tax, determined each year, to the HSL Treasurer. 2009 tax will be \$3.00 per swimmer. The HSL Statistician and the HSL Treasurer will compare figures to ensure the correct payments have been submitted. Each roster addition through July 1st is subject to this Head Tax. Head Tax payments cannot be transferred or refunded.
  - A. If the overall operating expenses should exceed the income of the HSL, each member team will be assessed an equal amount to make up the deficit.
  - B. Failure to comply with the above stipulations will result in a Team fine of \$75 each if not received within 10 days of the due date. The delinquent team will be suspended from all HSL activities until payment is made.
- 10.3 Roster Submission. Prior to July 1st, each team must electronically submit a copy of their entire team's roster (Hy-Tek Team Manager Athletes Zip File) to every HSL Coach and each Team Representative listed in the current season's directory. Teams delinquent with their roster submissions will forfeit each dual meet until the roster has been properly submitted.
- 10.4 ALL TEAMS ARE FROZEN AT 12 MIDNIGHT ON JUNE 30TH.
  - A. Failure to comply with the above stipulation will also result in a team fine of \$75.

ARTICLE 20  
TEAMS & POOLS

- 20.1 Team Abbreviations. All teams will use a unique team abbreviation in their HY-TEK Team Manager & Meet Manager programs (under team code) and will not deviate from this team code. The required team abbreviations are as follows:

<u>Abbrv</u>	<u>Team</u>	<u>Abbrv</u>	<u>Team</u>	<u>Abbrv</u>	<u>Team</u>
AB	ABERDEEN	BP	BELCAMP	JT	JOPPATOWNE
AQ	AQUA CULTURE	EM	EMMORTON	MG	MARYLAND GOLF
AR	ARENA CLUB	FC	FALLSTON CLUB	NH	NORTH HARFORD
BA	BEL AIR	FG	FOUNTAIN GREEN	RS	ROCKSPRING
				VB	VALLEYBROOK

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- 20.2 Pool Types. The following are the HSL member pool types. All are 6 lanes except as noted.
- A. 25-Yard Pools: Aberdeen, Bel Air, North Harford (5 lanes), Magnolia Middle School (Joppatowne), and Valleybrook.
  - B. 25-Meter Pools: Arena Club, Box Hill (Emmorton), Fallston (7 lanes), Fountain Green (8 lanes), Mariner Point, Maryland Golf and Rock Spring.
  - C. Non-Conforming Course Factor. Hy-Tek Team Manager program supports 25 Yard, 25 Meter, and 50 Meter pool sizes. If your club is swimming at Belcamp, 86 feet 3 inch (Meter) pool, you must enter a specific conversion factor (.945) so that when you enter a meet result, Team Manager will apply this factor to what you key in and display and store the resulting computed time.
  - D. Certified Pool Dimensions.

LENGTH									
Pool	Course	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
AB	Yards	74'-11"	74'-10 3/4"	74'-10 1/2"	74'-10 3/4"	74'-10 3/4"	74'-11"	NA	NA
AR	Meters								
BA	Yards	75'-1 3/8"	75'-1 3/8"	75'-0 3/4"	75'-0 1/2"	75'-0 3/8"	75'-0 1/4"	NA	NA
BP	Meters	86'-3"	86'-3 1/4"	86'-2 5/8"	86'-2 5/8"	86'-3 1/4"	86'-3 1/4"	NA	NA
BOX HILL	Meters	82'-6 1/2"	82'-6 1/4"	82'-6 3/4"	82'-6 3/8"	82'-6 1/2"	82'-6 5/8"	NA	NA
FC	Meters	82'-3 1/4"	82'-3 3/8"	82'-3 5/8"	82'-3 3/4"	82'-4 1/2"	82'-4 3/4"	82'-5 3/8"	NA
FG	Meters	82'-5"	82'-5 1/8"	82'-5 1/8"	82'-5 1/4"	82'-5 1/4"	82'-4 7/8"	82'-5"	82'-5 1/8"
JT	Yards	USA Swimming Certified Pool						NA	NA
MNR PT	Meters	82'-9 1/4"	82'-9 1/8"	82'-8 5/8"	82'-8 1/2"	82'-8 1/8"	82'-8"	NA	NA
MG	Meters	82'-0 1/8"	82'-0 1/4"	82'-0 3/8"	82'-0 1/4"	82'-0 1/8"	81'-11 3/4"	NA	NA
NH	Yards	74'-11 1/2"	74'-11"	74'-11 1/8"	74'-10 5/8"	74'-10 1/2"	NA	NA	NA
RS	Meters	82'-4"	82'-4"	82'-4 1/8"	82'-3 7/8"	82'-4 3/8"	82'-4 3/8"	NA	NA
VB	Yards	75'-1"	75'-0 5/8"	75'-0 5/8"	75'-0 1/2"	75'-0 1/2"	75'-0 1/4"	NA	NA

WATER DEPTH					
Pool	Course	Start End (1)	Center	Turn End	Blocks Ht.
AB	Yards	10'	10'	4'-7"	2'-0 5/8"
AR	Meters				
BA	Yards	4'-10 1/2"	4'-11 1/2"	3'-8 7/8"	2'-5 1/4"
BP	Meters	4'-11 1/4"	4'-11 1/2"	3'-0"	(Note 2)
BOX HILL	Meters	3'-2"	3'-1 1/2"	2'-9 7/8"	(Note 2)
FC	Meters	4'-10"	4'-9"	3'-4 1/2"	(Note 2)
FG	Meters	4'-6 1/2"	4'-5 1/8"	3'-6"	2'-6 1/4"
JT	Yards				
MNR PT	Meters	4'-5 1/2"	4'-2 3/4"	3'-4 3/8"	(Note 2)
MG	Meters	4'-10"	4'-8 3/8"	3'-7"	(Note 2)
NH	Yards	5'-0 7/8"	5'-1"	3'-2 1/4"	(Note 2)
RS	Meters	5'-2 1/2"	5'-3 1/8"	3'-8 3/4"	1'-7"
VB	Yards	5'-0"	5'-2 1/4"	3'-2 3/8"	1'-10 1/4"

ALL DEPTHS ARE THE LOWEST MEASUREMENT RECORDED.

(Note 1) See Section 103.2 for Water Depth Requirements.

(Note 2) The Platforms were not installed at the time of Measurement.

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ARTICLE 30

COACHES & THEIR RESPONSIBILITIES

- 30.1 Meet Entries. The visiting Team Coach and the home Team Coach must provide an electronic version of their meet line-up (Hy-Tek Team Manager Meet Entries Zip File) to each other by the following deadlines. If there are extenuating circumstances in meeting the submission deadline, there should be a courtesy phone call between the two Coaches.
- A. Saturday Meet – Line up due by Thursday @ 9PM.
  - B. Wednesday Meet – Line up due by Monday @ 9PM.
  - C. Only after agreement by both Coaches, may changes be made to the line-up.
  - D. The Computer Operator must receive the official relay line-ups from each Coach prior to the start of event #52.
- 30.2 Meet Results. The Home Team Coach is responsible for electronically communicating the meet results (Hy-Tek Meet Manager Meet Results Zip File) to every Coach and Team Representative listed on the current seasons contact list. Communications must adhere to the following schedule:
- A. Saturday Meet – Must be sent before Sunday @ midnight.
  - B. Wednesday Meet – Must be sent before Thursday @ midnight.
  - C. Rain delayed meets must be sent before midnight the day after the meet.
  - D. Failure to provide electronic documents to the HSL Statistician and each Team's Coach will result in a penalty assessed by the HSL Board, after an initial warning, in accordance with the following range of \$25 for the second occurrence and \$50 for each additional occurrence.
- ~~30.3 Safety. The home Team Coach has the final say in any safety related decisions related to the meet.~~
- 30.4 Team Conduct. Ensure sportsmanlike conduct of his/her team.

ARTICLE 40

MEET OPERATIONS

- 40.1 Meet Start Times. Unless otherwise approved by the HSL Board, meets must start promptly on Saturdays at 8:00AM and on Wednesdays at 6:00PM.
- 40.2 Meet Cancellation Procedures. The person in charge of the pool facility will determine the ultimate decision regarding the pool use. If a decision to cancel cannot be firmly decided and communicated by 3:00PM for evening meets and 6:00AM for morning meets, then the meet is considered to be on.
- 40.3 Meet Programs Distribution. Meet Programs printed from Meet Manager are distributed as follows:
- A. Announcer - 1 Copy
  - B. Starter/Referee - 2 Copies
  - C. Scoring Table - 1 Copy
  - D. Stroke/Turn - 4 Copies (2 to each team)
  - E. Clerk of Course - 2 Copies (1 to each team)
  - F. Team Coaches - 4 Copies (2 to each team)
- 40.4 The Home Team Will Provide The Following:
- A. Provide lane lines.
  - B. Provide clip boards (or other backing for writing) and sharpened pens/pencils to the Recording Timer in each lane along with watches for home team Timers.
  - C. Provide a table for the Meet Manager system and the results coordinators.
  - D. Provide ~~gun, ammo or~~ electronic starting equipment.
  - E. Allow the visiting team a 30 minutes warm-up.
  - F. Provide a swimmer triage area for the Clerk of Course.
  - G. Provide an assembly area for the Clerk of Course.
  - H. Provide a designated lifeguard on deck during the entire swim meet, including warm-ups.
- 40.5 Warm-Ups. No diving is permitted during warm-ups except during the last ten (10) minutes of each warm-up session.
- 40.6 National Anthem. The following procedure is to be followed at all meets. After warm-ups and prior to the start of the meet, teams will stand for the playing of the national anthem.
- 40.7 Interrupted Meets. Unless a different agreement is reached by the Coaches, Starter/Referee, and the League Representatives prior to the meet, postponed meets are to be rescheduled according to rain dates. Rain dates for all meets are the following Monday for Saturday meets and the following Thursday for Wednesday meets. If the rain date is rained out, then the two Coaches will mutually agree on a make-up date. If a meet is interrupted after the completion of the first event, the line-up will remain frozen for the rescheduled meet. Other swimmers may be added into the meet as exhibition only. Unfinished dual meets postponed for any reason will continue from the last completed event. After a delay of one hour or sooner if agreed to by both Team Representatives, or as determined by the pool manager, rescheduling of the unfinished meet will be held in accordance with Rule 102.8, or, the meet can be considered complete if both teams agree.

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When the Meet is completed, the home team must electronically submit the final results to the HSL Statistician, all Coaches, and Team Representatives.

- 40.8 Protest Procedures. The protest must be made in writing on an official HSL Protest Form within 30 minutes of the infraction to the meet Starter/Referee. If the protest is not resolved by the end of the meet, the protest procedures will be followed as listed below:
- The protest will be made to the HSL President or any HSL Officer by phone and followed in writing to the HSL Executive Board.
  - A meeting will be called of the HSL Representatives by the President.
  - If the League President's team is involved in the protest; he/she will remove them self and appoint another officer to preside at the hearing in the order of President Elect, Secretary, Treasurer and Head Official. If all current officers are involved in the protest then a chairman will be drawn by lot.

#### ARTICLE 50

##### EVENTS, HEATS & OFFICIAL TIMES

- 50.1 Event Order. The order of the events will follow the HSL format.
- 50.2 Pre-Seeded Meets. HSL meets are considered to be pre-seeded meets.
- 50.3 Scratches. A scratched event is considered an entry.
- 50.4 Eligibility.
- Swimmer's Age. A swimmer's age on June 1st determines the age group in which he/she will compete. A swimmer will only be allowed to compete in his/her age group.
  - Ineligible Swimmers. If a swimmer is not properly registered or is found to be ineligible, any points awarded to the swimmer in question will be awarded to the opposing team.
  - Unofficial Swimmers. Unofficial swimmers may swim in any event in which lanes are available. Unofficial entries must be clearly identified in Meet Manager and on the Timer Sheets.
- 50.5 Entries. A swimmer is limited to competing in only four (4) events, including relays. He/she is further limited to three (3) individual events. Two (2) individual events and two (2) relays are permissible.
- 50.6 Novice Swimmers. Any swimmer age 8 or under who is a member of a club in the HSL has the option with the Coach's approval to swim as novice or official. A novice heat is an unofficial or exhibition heat and is permitted in freestyle, breaststroke, backstroke, and butterfly. Participation in these events is contingent upon the swimmer being able to swim the length of the pool without assistance from the walls, lane lines, or bottom of the pool. Swimmers in this event will not be disqualified, but advised of their stroke irregularities by the officials. Novice heats will be limited to one (1) each in freestyle and backstroke events and one (1) heat each in butterfly or breaststroke events. No points will be awarded for any novice placement.
- 50.7 Official Times. The achieved individual event times for each swimmer from regular season and any HSL Board approved meet count toward the submitted times for the HSL Championship Meet and qualify toward any HSL Records. Swim-off's, relay lead-off leg's, split times, time trials or record attempts will not be recognized as an official League time.
- 50.8 Lane Assignments. The home team is assigned to the even lanes and the visiting team to the odd lanes unless prior arrangements are agreed between the two Coaches. Lane assignments are assigned by Meet Manager. See 102.5.
- 50.9 Heats are numbered 1, 2, 3, with the slowest heat being #1 progressing to the fastest #3.
- ~~There will be a three (3) heat maximum across the board for all events. ~~except for four (4) lane pools where four (4) heats are permissible.~~~~
  - IM's are limited to one heat except in five (5) ~~and four (4)~~ lane pools (two heats are permissible).
  - Skill strokes (Breast & Butterfly) will be limited to two (2) heats ~~except for four lane pools where three (3) heats are permissible.~~
  - If a team has 17 or more swimmers properly registered in an age group (i.e., 9-10 girls) an additional heat per event (freestyle, breast, back, fly, and IM's) may be added.

#### ARTICLE 60

##### HALL OF FAME

- 60.1 The Swimming Hall of Fame is for the purpose of honoring and perpetuating the memory of those persons who have distinguished themselves by their contribution to the sport of swimming and to the League. This contribution can be either competitively or through service.
- 60.2 Nomination for Induction into the Hall of Fame

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- A. Nominations for induction into the League Hall of Fame may be made by any member of the Harford Swim League who is in good standing.
  - B. Nominations must be submitted to the League Secretary prior to the September 1st, either through a League Coach, League Representatives or League Executive Board Member.
  - C. Nominee must have minimum 5 years service or competition within the League, have conducted themselves in such a way as to reflect honor on the League, and have demonstrated those qualities of character most desirable of a League Hall of Fame Member.
  - D. A short biography with achievements must be submitted with the nomination, indicating the achievements, exceptional service or notable accomplishments warranting selection into the League Hall of Fame.
- 60.3 Selection of Hall of Fame Inductee:
- A. The League Secretary will submit a list of eligible nominees at the League Fall Meeting to all League Representatives and Executive Board Members.
  - B. Each League Representative and Executive Board Member shall be entitled to vote for six nominees by secret ballot.
  - C. In order to be inducted into the Hall of Fame, a nominee must receive at least 2/3 of the votes by League Representatives or Executive Board Members, and be one of the top 3 vote getters.
  - D. No more than 3 Hall of Fame Inductees will be chosen each year. In case of a tie for the 3rd inductee, another vote will be taken until an inductee receives more votes than the others who they were tied with.
  - E. All selected League Hall of Fame inductees will receive a plaque recognizing their accomplishments and achievements while actively involved, either competitively or through service with the League.
  - F. Each inductee will then be sent a letter notifying them of their induction. It is the intention to honor the inductees at the All-Star Meet at the end of the season.

#### ARTICLE 70

##### LEAGUE DIVISIONS

- 70.1 Team Placement. The League has adopted a structure which segregates the participating teams into two (2) divisions. The initial two (2) division structure was established at the end of the 2000 summer season and the new three (3) division structure was established at the end of the 2007 summer season. At the end of each season, the winning team from Division II will move to the Division I conference and the last place team of the Division I conference will move to the Division II conference.
- 70.2 Division Balancing. The League board will determine the divisional structure for the upcoming season at the October meeting. Any new team(s) added to the league will be placed in the division which balances the number of teams per division. In the event that the divisions are balanced, the final decision for the initial placement of the team(s) will be by a majority vote of the active teams present at the October meeting.
- 70.3 Division Champions. There will be two (2) Division Champions determined at the end of the season. The team with the most recorded wins in a season in each division is the Division Champion. Only divisional meets are used to determine this ranking. In the event of a tie, head-to-head competition from the divisional dual meet season will be used to break the tie. In the event that head-to-head ranking still results in a tie, then the tie will be broken by summing the difference in the scores between the wins for the tied teams. The team with the greatest score demonstrates the greatest strength within the tied teams. Any teams tied after these criteria will be declared co-champions.

ARTICLE 80 Reserved.

ARTICLE 90 Reserved.

ARTICLE 100 Reserved.

ARTICLE 101  
INDIVIDUAL STROKES AND RELAYS

101.1 STARTS

- .1 Equipment. A loudspeaker start system and an electronic strobe signal visible to all manual timers and for forward and backstroke starts, shall be the required starting device. **A starting pistol or whistle starts may not be used.**
- .2 The Start
  - A Omit.
  - B When the swimmers and officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control.
  - C **On the Starter's command "take your mark", the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck.** Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal.
  - D When a swimmer does not respond promptly to the command "take your mark", the Starter shall immediately release all swimmers with the command "stand up" upon which the swimmers may stand up or step off the blocks.
- .3 False Starts
  - A **Any swimmer starting before the starting signal is given shall be disqualified if the Administrative Referee independently observes and confirms Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "Stand up" command and may step off the blocks. The Starter shall restart the race upon signal by the Referee.**
  - B **If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Administrative Referee independently observes and confirms the Starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race.**
  - 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 Administrative 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. (Example: Backstroke – Toes over the gutter at the start.)**
  - F Omit.
- .4 Omit
- .5 Deliberate Delay or Misconduct
  - A Any swimmer who delays the start by entering the water or by willfully or deliberately disobeying a command to step on the blocks or to take a starting position, or for any other misconduct taking place at the start, may be disqualified from the event by the Starter with concurrence of the Referee.
  - 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 his/her heat.
  - C Such disqualification shall not be charged as a false start.

101.2 BREASTSTROKE

- .1 Start. The forward start shall be used.
- .2 Stroke. From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- .3 Kick. After the start and each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter

or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

- .4 Turns and Finish. At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

#### 101.3 BUTTERFLY

- .1 Start. The forward start shall be used.
- .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. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.
- .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. A scissors or breaststroke kicking movement is not permitted.
- .4 Turns. At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
- .5 Finish. At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

#### 101.4 BACKSTROKE

- .1 Start — 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.
- .2 Stroke — The swimmer shall push off on his 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 is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.
- .3 Turns — **The backstroke turn shall be in accordance with the Harford County High School rules.**
  - A From the 2005-2006 National Federation of State High School Associations Swimming Rule Book, page 48, Rule 8-2
  - B "The turn requires that some part of the swimmers body contact the end wall. After the swimmer's head has passed the backstroke flag, prior to the turn, the swimmer's right shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed provided such rotation is accompanied by an initiation of the turning action or continuation into the wall.
  - C The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by a downward, underwater movement of the head.
  - D After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted."
  - E If during the swim, a swimmer attains a vertical position in the water (vertical = at a right angle to the normal water level), the swimmer is deemed to be no longer on the back as prescribed by the stroke rules for the backstroke. The swimmer shall be disqualified.
- .4 Finish — Upon the finish of the race, the swimmer must touch the wall while on the back.

#### 101.5 FREESTYLE

- .1 Start. The forward start shall be used.
- .2 Stroke. In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an 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.
- .3 Turns - Upon completion of each length the swimmer must touch the wall.
- .4 Finish - The swimmer shall have finished the race when any part of his person 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.
- .1 Start - The forward start shall be used.
  - .2 Stroke - The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.
  - .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 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 101.2.4. Once a legal touch has been made, the swimmer may turn in any manner.
  - .4 Finish - The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.
- 101.7 RELAYS
- .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.
  - .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; and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.
  - .3 Rules Pertaining to Relay Races
    - A. No swimmer shall swim more than one leg in any relay event.
    - B. When automatic relay take-off judging is used, each swimmer must touch the touch plate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.
    - C. In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
    - D. Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
    - E. Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
    - F. In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
    - G. In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.
  - .4 ~~Relays. Each team will be restricted to one (1) official "A" relay entry per event at all meets. The official "A" relay must be declared and must be competed in the middle lanes of the pool.~~ Not In Use for 2009.
  - .5 ~~Step Up Relays. Step-Up Relays will be swum in age group order beginning with 9-10, then 11-12, followed by 13-14 and finally 15-18. The mixed medley relay will consist of two (2) males and two (2) females. The swimmers names must be entered into Meet Manager in the correct sequence of swimming the event – NO EXCEPTIONS. Only the official "A" relays are entered into Meet Manager.~~ Not In Use for 2009.

## ARTICLE 102

## CONDUCT AND OFFICIATING OF ALL SWIMMING COMPETITION

- 102.1 Events. Meets should be planned to terminate within a maximum period of three (3) hours of competition.
- .1 Championship Events. The following events for the All-Star Championship are recognized by the League. Eligibility for the championship shall be determined by the League. ~~Swimmer eligibility for the Championship Meet will vary each year depending on the schedule. If the season has competing teams where the overall number of dual meets is an odd number (example 7 meets - then the swimmers throughout the league must participate in three (3) dual meets to qualify).~~ If all the



teams have 8 meets, then the swimmers must have competed in four (4) dual meets to be eligible for the Championship Meet. Any exceptions must be approved by the League Board.

Freestyle 25, 50 yards and meters  
 Backstroke 25, 50 yards and meters  
 Breaststroke 25, 50 yards and meters  
 Butterfly 25, 50 yards and meters

Individual Medley 100, 200 yards and meters  
 Freestyle Relay 200 yards and meters  
 Medley Relay 100, 200 yards and meters

- .2 Dual Meet Events. Competitions will be composed of events selected from the following recognized list of events as sanctioned by the League. See Appendix, ORDER OF EVENTS.

Freestyle 25, 50 yards and meters  
 Backstroke 25, 50 yards and meters  
 Breaststroke 25, 50 yards and meters  
 Butterfly 25, 50 yards and meters

Individual Medley 100, 200 yards and meters  
 Freestyle Relay 200 yards and meters  
 Medley Relay 100, 200 yards and meters

102.2 ENTRIES - GENERAL RULES

- .1 In order to compete in a meet a swimmer must be entered in compliance with the event entry requirements stated in the meet announcement or in this section.
- .2 Omit.
- .3 In a timed finals meet a swimmer may compete in not more than four (4) events, including relays. He/she is further limited to three (3) individual events. Two (2) individual events and two (2) relays are permissible.
- .4 If, due to conditions beyond the meet officials' control (e.g., a thunderstorm), an event or events are postponed to a subsequent day of the meet, such postponed events shall not be included in the above events-per-day limitations.
- .5 Omit.
- .6 Omit.
- .7 Omit.
- .8 If a meet or an event has no qualifying time standards, a swimmer who has no official time for an event may enter that event with no submitted time.

102.3 OMIT

102.4 RELAYS

- .1 In all cases relay teams must be composed of League members of the same club, which is a member of the League. This requirement does not apply to relay teams representing the League sanctioned or approved meets.
- .2 Relays may be conducted on a timed final basis.
- .3 Clubs entering two or more relay teams in an event shall designate them as Relay A, Relay B, etc.
- .4 The best time of each relay team shall be entered for seeding purposes.
- .5 First and last names of swimmers eligible to compete in relay events shall be entered.
- .6 Omit.
- .7 First and last names of eligible relay swimmers, their ages, and order of swimming shall be submitted to the Computer Operator. Any changes in names of the competing swimmers or their order of swimming must be declared to the Computer Operator prior to the start of Event #52. No changes will be permitted thereafter.
- .8 The competing teams, first and last names of members, must be listed in the meet results.

102.5 LANE ASSIGNMENTS. SEEDING. COUNTERS. ORDER OF HEATS

- .1 In order to assure seeded positions, the best competitive times of all entries must be submitted. These times shall be assembled (listed) with the fastest swimmer first and the slowest swimmer last. Swimmers whose submitted times are identical should be assigned places in the list by draw. Swimmers with no submitted times shall be considered the slowest and shall be placed at the end of the list by draw. Swimmers shall be seeded in lanes under the procedure outlined for seeding in 102.5.
- .2 Swim-Offs. A swim-off is considered to be part of the total preliminary process of qualifying for the finals. In no case will there be swim-offs allowed in the League.
- .3 Lane assignments. Lane assignments shall be made in descending order of qualifying times by placing the fastest swimmer or team in the center lane in a pool with an odd number of lanes, or in lanes 3, 4, or 5 respectively in pools having 5, 6, 7 or 8 lanes. The swimmer having the next fastest time is to be placed in the lane to the left, then alternating the other swimmer(s) to the right and left in accordance with the submitted times. (See chart below)

HARFORD SWIM LEAGUE

RULES & REGULATIONS

								Lanes in Pool
			4	2	1	3	5	5
		6	4	2	1	3	5	6
	6	4	2	1	3	5	7	7
8	6	4	2	1	3	5	7	8
8	7	6	5	4	3	2	1	< Lane #

.4 Seeding.

- A. Heats. In order to assure seeded positions, the best competitive times of all entries must be submitted. 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. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in .3 above. When there are two or more heats there shall be a minimum of three swimmers or relay teams seeded into the first heat. The last heat should be a full heat, but the requirement of seeding three swimmers or relay teams into the first heat may result in failure to fill the last heat.
- B. Places. All places shall be determined on a time basis, subject to the order of finish within each heat and based upon the ranking system used for the League. Any ties resulting from the procedure used shall be declared officially tied for awards and points, with no further attempt at resolution.

.5 Omit.

.6 Omit.

.7 Order of Heats

- A. The normal order of heats will be swimming the fastest heats last.
- B. In the event of scratches, the empty lanes may be filled by moving the swimmers up in order from the slower heats and by using the available alternates in the slowest heat without reseeding the heats.

102.6 AWARDS. When two or more swimmers tie for any place, duplicate awards shall be given to each of such tied swimmers. In such cases no awards shall be given for the place or places immediately following the tied positions. If two tie for 1st place, no award for 2nd place; if three tie for 1st place, no awards for 2nd or 3rd, and so on.

.1 Each team is responsible for printing their award ribbon labels. Each team is responsible for managing their own award labeling of the ribbons distributed at the beginning of the season.

.2 At the end of each season, each team will report its remaining quantities to the Ribbon Coordinator.

102.7 SCORING

.1 Dual Meets Individual events: 7-5-4-3-2-1-0, no team shall be awarded more than four place points; Relays: 10-6-3-0, no team shall be awarded more than two place points.

.2 Omit.

.3 Omit.

.4 Omit.

.5 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 between such swimmers; i.e., if two tie for first place, the points to be credited to first place and the points to be credited to second place shall be added and divided one-half and one-half. If three tie for first place, the points credited to first, second and third places shall be added and divided one-third, one-third and one-third, 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.

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

102.8 CHANGE OF PROGRAM AND POSTPONEMENT

.1 The order of events 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 Starter Referee, to the extent of consolidating the heats.

.2 At the Starter Referee's discretion, events may be combined by age, gender, distance, and/or stroke provided there is at least one empty lane between such combined events.

.3 The entry provisions and starting time of any event, meet or portion thereof shall stand (except as permitted under .4 below) and may not be changed to an earlier time or date unless notice of such change is delivered to the affected visiting club.

.4 Postponement or Cancellation

- a. If, prior to its commencement, unusual or severe weather or other conditions preclude the possibility of safely and effectively conducting a meet or an event, the home team League representative 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 Referee, in his/her sole discretion, may suspend the meet or event 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 League representatives.
- c. A decision to cancel or postpone shall be final.
- d. Should an event have actually commenced but is terminated prior to an official finish, and is postponed to another time or date, it shall then be conducted between the swimmers who were officially competing in the event at the time of the termination.

#### 102.9 SWIMWEAR

- .1 Design. The swimsuits worn for competition must be non-transparent 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.
- .2 Insignia. Swimmers may wear the insignia and/or name of the League club they represent or of which they are a member. Swimmers shall not be allowed to wear the insignia and/or name of any other club or organization, if such action is objectionable to that League club.
- .3 Advertising
  - A. In the competition venue or complex of all events conducted by and under the control of the League, no swimsuit shall carry any visible marquee or insignia in the form of advertising (except design or trademarks of member teams) other than the trademark on technical equipment or clothing, that is in excess of 16 sq. cm. (2.48 sq. in.) in area. A trademark may be repeated provided a name is used only once on a suit. Offenders may be barred from competition, until they comply with this rule.

#### 102.10 DISQUALIFICATIONS

- .1 A disqualification can be made only by the official within whose jurisdiction the infraction has been committed. Except for the relay take-off judges when dual confirmation relay take-off judging, as provided in 102.15.6B, is used, the Referee, Stroke, Turn, or Relay Take-Off Judge upon observing an infraction, shall immediately raise one hand overhead. If the official does not do so, there shall be no disqualification.
- .2 The designated official making a disqualification shall make every reasonable effort to seek out the swimmer or his/her coach and inform him/her as to the reason for the disqualification.
- .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 Starter.
- .4 A swimmer must start and finish the race in the same lane.
- .5 Standing on the bottom during a freestyle race shall not disqualify a swimmer, but a swimmer must not leave the pool, or walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification.
- .6 Obstructing another swimmer by swimming across or otherwise interfering shall disqualify the offender, subject to the discretion of the Referee.
- .7 Any swimmer not entered in a race who enters the pool or course in the area in which said race is being conducted before all swimmers therein have completed the race shall be barred from the next individual event in which that swimmer is entered on that day or the next meet day, whichever is first.
- .8 Dipping goggles in the water or splashing water on the competitor's face or body prior to an event shall not be considered as entering the pool unless the Referee finds that such action is interfering with the competition.
- .9 Should a foul endanger the chance of success of a swimmer(s), the Referee may allow the affected competitor(s) to re-swim the event. In case of collusion to foul another swimmer, the Referee may, at his/her discretion, disqualify the swimmer for whose aid the foul was committed, as well as the swimmer doing the fouling.
- .10 No swimmer is permitted to wear or use any device or substance to help his/her speed, pace or buoyancy during a race. Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee.
- .11 Grasping lane dividers to assist forward motion is not permitted.
- .12 For relay disqualifications, refer to 101.7.3.
- .13 The time and/or place of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event. If awards have been made prior to the decision to disqualify they shall be returned and made to the proper recipient(s) and if points have been scored by those disqualified the event shall be re-scored.
- .14 Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.

## 102.11 PROTESTS

- .1 Protests against the judgment decisions of Starters, Stroke, Turn and Relay Take-Off Judges can only be brought to the Starter Referee by the Head Coach or Team Representative and protests to the Starter Referee's decision shall follow the Meet Protest Form.
- .2 Omit.
- .3 Omit.
- .4 All other competition-related protests, including protests concerning eligibility and representation, must be made to the Starter Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred.
- .5 Except as provided in 102.11.1, the Starter Referee's ruling may be appealed as follows:
  - A All Protests shall be submitted in writing within ten (10) days to the League Board who shall issue a ruling within three (3) days from the date of the receipt of such protest. This ruling shall be final and binding on all parties.
  - B Omit.
- .6 The official results of any protested race shall not be announced, the affected awards shall not be given, and points scored shall not be allocated until the protest is resolved or is withdrawn in writing.

## 102.12 OFFICIALS

- .1 All officials accepting an invitation to officiate at a swimming meet should arrive promptly and report immediately to the Starter Referee.
- .2 All officials acting in the capacity of **Administrative Referee, Starter, or Stroke and/or Turn Judge at a swimming meet shall be certified in such position by the League prior to being assigned to officiate in that capacity.**
- .3 For all swim meets there should not be fewer than the following officiating positions filled. Officials other than the Starter may act in more than one officiating capacity only when sufficient qualified officials are not available, but no one may simultaneously time and judge Stroke and Turn.
- .4 Minimum Number of Officials Required for Dual Meets

The home and visiting team will supply the following personnel to run the meet.

Home Team Responsibility

1 Starter Referee

2 Stroke And Turn Judges

9 Timers for 6 Lanes, 11 for 7 Lanes, 12 for 8 Lanes

1 Back-Up Head Timer

1 Announcer

1 Clerk Of Course

1 Results Recorder

1 Computer Operator

1 Results Poster

Visiting Team Responsibility

1 Administrative Referee

2 Stroke And Turn Judges

9 Timers for 6 Lanes, 10 for 7 Lanes, 12 for 8 Lanes

1 Results Recorder

1 Results Reviewer

## 102.13 ADMINISTRATIVE REFEREE

- .1 The Administrative 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 Administrative Referee does not make such a signal there shall be no penalty. The false start must be confirmed by the Starter.
- .2 The Administrative Referee has the responsibility for providing support to the Starter during the conduct of the meet.
- .3 The Administrative Referee should be a senior official from the visiting team. If the visiting team does not have an qualified individual to fill the Administrative Referee position, the position may be filled by a senior official from the home team.
- .4 The Administrative Referee may confirm a false start call that is made by the Starter. Confirmation must be requested by the Starter for the false start call to be permitted.
- .5 The Administrative Referee is to report the decisions made by Stroke and Turn Officials to the Starter for confirmation. The Administrative Referee can either support or decline the call if appropriate.
- .6 Along with the Starter, the Administrative Referee is to assist in the continuous improvement of Stroke and Turn officials.
- .7 Along with the Starter, the Administrative Referee is to act as Take-off Judge at the Start End of the pool for relays.
- .8 The Administrative Referee will assist all Stroke and Turn officials in reporting disqualifications to the appropriate swimmers.

## 102.14 STARTER REFEREE

- .1 Preparation. The Starter Referee shall stand within ten feet of the starting end of the pool shall assume control of swimmers until a fair start has been achieved.
- .2 Optional Instructions. The Starter Referee may:
  - A Announce the event.

- B For backstroke starts, give the command, "Place your feet."
- .3 Shall have full authority over all officials and shall assign and instruct them; shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules; **can overrule any meet official on a point of rule interpretation, or on a judgment decision** pertaining to an action which the Starter Referee has personally observed. The Starter Referee may accept Stroke/Turn Officials from only one club and may act as a Stroke/Turn Official if necessary.
- .4 **The Starter Referee is the only one who can determine a false start. The false start must be confirmed by the Administrative Referee.**
- .5 Shall give a decision on any point where the opinions of the judges differ; shall have authority to intercede in a competition at any stage, to ensure that the racing conditions are observed. **The Starter has the authority to settle all disagreements pertaining to the actual swimming of the meet. The Starter Referee's decision is final unless a formal protest is submitted to the League.**
- .6 May prohibit the use of any device that disrupts or interferes with the meet, such as a laser pointing device or artificial noisemaker.
- .7 **The Starter may only adjust the number of heats to reduce the number of heats in an event. The official may not re-seed an event to balance the number of participants in an event.**
- .8 May modify any rule for a competitive swimmer who has a disability. Such modification shall be in accordance with Article 105 of the League Rules and Regulations.
- .9 **He/she has the responsibility to call the meet when instructed to do so by the person in charge of the pool facility.**
- .10 **The Starter must arrive at the meet 30 minutes prior to the start.**
- A At least 15 minutes prior to the start of the meet, the Starter instructs the Timers as follows:
- B Digital watches must be used on all lanes.
- C Insures there is a Recording Timer for each lane.
- D Walks Timers through a practice timing session to make sure all Timers know how to work and read watches accurately.
- E Instructs the Recording Timer for each lane to verify lane number on each sheet and last name of each swimmer.
- F Verify that there are three (3) Timers per lane as well as a Back-Up Head Timer supplied by the Home Team. Home lane Timers will consist of two (2) Visiting Timers and one (1) Home Team Timer and vice versa. Timers must be at least 13 years of age. **Each team must provide an equal number of Timers & Watches.** Note: If on the day of the meet either team fails to comply with the above, a penalty of \$50 will be assessed by the League Treasurer after notification. **by the host team.**
- 102.15 JUDGES. Shall have jurisdiction over the swimmers immediately after the race has begun.
- .1 Omit. Chief.
- .2 Omit. Place Judge. The League does not utilize place judges to record the order of finish of swimmers.
- .3 Stroke Judge. Shall operate on both sides of the pool, preferably walking abreast of the swimmers during all strokes except freestyle, during which events they may leave poolside, at the Referee's discretion; shall ensure that the rules relating to the style of swimming designated for the event are being observed; and shall report any violations to the Referee on signed slips detailing the event, the heat number, the lane number, the swimmer's name and the infraction.
- .4 Turn Judge. Shall operate on both ends of the pool; shall ensure that when turning or finishing the swimmer complies with the turning and finishing rules applicable to the stroke used; and shall report any violations to the Referee on signed slips detailing the event, the heat number, lane number, the swimmer's name and infraction observed.
- .5 Jurisdiction of Stroke and Turn Judges. Before the competition begins the Starter shall determine the respective areas of stroke and turn responsibility and jurisdiction, which may include joint, concurrent, and coordinated responsibility and jurisdiction. The Starter shall insure that all swimmers shall have fair, equitable, and uniform conditions of judging.
- A At each meet there should be a minimum of four (4) Stroke/Turn Officials available (two from each club).
- B At no time will two officials have jurisdiction over any one lane (except during relays).
- .6 Relay Take-Off Judges—
- A Relay take-off judges shall be assigned by the Referee and shall stand so that they can clearly see both the touch of the incoming swimmer(s) and the feet of the departing swimmer(s) as they leave the starting platform, and shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.
- B If dual relay take-off judging is used, the lane and side take-off judges shall independently report infractions in writing without the use of the infraction hand signal. A relay will be disqualified only if the lane take-off judge has reported an infraction and the assigned side take-off 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 back-up 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.
- .7 Infraction Signal. See 102.10.1 DISQUALIFICATIONS for the infraction signal.
- .8 **Qualifications.** A qualified Stroke/Turn Official is one who has: Attended a Stroke/Turn Clinic conducted by the League prior to the start of the current season and/or obtained certification from the League Head Official or has active certification by a National Swimming Organization.
- .9 **Starter/Referee and S/T Officials Requirements.** By June 1st of each year, each team is required to have or have made provisions with other teams/ organizations to fulfill HSL obligations by providing at least one (1) Starter/Referee and two (2) certified Stroke/Turn Officials for the summer swim season. The HSL Head Official will prepare a list of certified Stroke/Turn Officials prior to the first meet. This list of certified Officials will be distributed to all starters prior to the first meet. If an individual is not on the approved list, the individual will not be allowed to officiate.

#### 102.16 TIMING

- .1 Timing Systems. 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 that is started by an electric impulse generated by a starting device or a transducer capable of detecting a gun report and stopped at the finish by the swimmer touching the touchpad.
  - B Semi-Automatic. A timing system that is started by an electric impulse generated by a starting device or transducer capable of detecting a gun report and stopped by buttons pushed by timers at the finish touch of the swimmer.
  - C Manual. A timing system consisting of individual lane timers, each operating a manual watch that is both started and stopped by the timer as described in 102.16.3C. Only hand-held, battery powered, digital read-out type watches designed for timing purposes shall be used.
- .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) Semi-Automatic, with three (3) or two (2) buttons per lane, each operated by a separate timer.
    - (3) Manual, with three (3) or two (2) 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 must be used. The secondary system may be:
    - (1) Back-up timing cameras recording a minimum of 100 images per second. The cameras must be fully integrated with the timing system.
    - (2) Semi-Automatic with one (1), two (2), or three (3) buttons, each operated by a separate timer.
    - (3) Manual with one (1), two (2) or three (3) watches per lane, each operated by a separate timer.
  - C Omit. Tertiary System.
- .3 Timing Personnel and Their Duties—
  - A Head Back-Up Timer. The Head Back-Up Timer shall:
    - (1) Assure the assignment of Lane Timers to lanes and the designation of one timer on each lane to be the Head Back-Up Lane Timer.
    - (2) 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.
    - (3) Be responsible for delivering all manual watch times, including those of disqualified swimmers, to the Runner.
  - B Head Lane Timer. The Head Lane Timer shall:
    - (1) 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.
    - (2) Determine and record manual watch times or the absence of a swimmer or the relay team seeded in that lane.
    - (3) Report if the swimmer has delayed in touching or has missed the touch pad at the finish, or if there is reason to believe the semi-automatic or manual times may be inaccurate.
  - C Lane Timers. **Timers will be provided by the home team and the visiting team. All Timers should arrive at least 20 minutes prior to the start of the meet. Timers must be at least 13 years of age. They are charged with the duty of taking accurate times and following all instructions given by the Starter Referee. Digital watches with hundredth readout should be used in all lanes. The Recording Timer on each lane should record all times; check the lane assignments and swimmers first and last names. Watches will not be cleared after a race until all Timers in that lane verify the time written. If a**

Timer misses the start, they will raise their hand and call for the Back-Up Head Timer. There shall be three (3) Timers per lane as well as a Back-Up Head Timer supplied by the Home Team. Home lane Timers will consist of two (2) Visiting Timers and one (1) Home Team Timer and vice versa. **Each team must provide an equal number of Timers & Watches.** Note: If on the day of the meet either team fails to comply with the above, a penalty of \$50 will be assessed by the League Treasurer after notification. **by the host team.**

~~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 the Lane Timer's jurisdiction to judge if the swimmer's touch conforms to the applicable finish rules or if a relay take-off infraction has occurred unless assigned concurrent responsibility as a Lane Timer and Turn Judge or Relay Take-off Judge.~~ Each timer shall:

- (1) 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.
- (2) 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 semi-automatic system button when any part of the swimmer's body touches the wall.
- (3) Report the watch time to the Head Lane Timer or the designated recorder and, if requested, present the watch for inspection. Lane Timers shall not clear their watches until a command to "clear watches" is given or the Starter's signals that the next heat is ready to start.

D Timing Equipment Operator. The Timing Equipment Operator shall be responsible for the automatic or semi-automatic timing equipment, including the electronic starting system and scoreboard (if used), and shall advise the Starter 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.

E Omit. Timing Judge.

F Results Reviewer. The Results Review Coordinators will be provided by the home team and the visiting team. They receive the event time sheets from the Runner. They review each sheet and circle the official time for the swimmer prior to entry in Meet Manager. Each Results Review Coordinator will double-check the others circled time prior to submitting it to the Computer Operator. The official time is determined by one of the following ways:

- (1) If the times of 2 of the 3 watches agree, that shall be the official time.
- (2) If all 3 watches disagree, the time of the intermediate watch shall be the official time.
- (3) If only 2 watch times are available, the times are averaged. The digits representing thousandths of a second shall be dropped with no rounding.
- (4) If only 1 watch time is available, it is official time.
- (5) The official time shall be recorded to one one-hundredth ( $1/100 = 0.01$ ) of a second.
- (6) After the official time is determined, the sheets are then passed down to the Meet Manager Computer Operator.

#### .4 Requirements for Official Time

A Performance Requirements

(1) An official time can be achieved only in a League approved competition, or in an observed swim in accordance with all applicable rules. It can only be achieved in:

(a) A final event heat.

**(b)-(e) Swim-off's, relay lead-off leg's, split times, time trials or record attempts will not be recognized as an official League time.**

(2) An official time for an event or a stroke can be achieved only in that event or stroke.

B Timing Resolution. All timing systems, including manual watches, shall have a resolution of one one-hundredth of a second (0.01 second). Times from all systems shall be recorded to hundredths of a second. The digits representing thousandths shall be dropped with no rounding.

C Omit.

D Backup Timing System Requirement —No swimmer shall be required to reswim a race due to equipment failure which results in unrecorded or inaccurate time or place. It is the home club's responsibility to provide the proper timing systems so that swimmers can expect to achieve official times that will satisfy the requirements of 102.16.4B.

E Use of Secondary and Tertiary Times. Secondary and tertiary times shall be recorded but shall not be used except to corroborate or correct missing or inaccurate primary/secondary results.

#### .5 Determination of Official Time

- A Automatic Timing. When recorded by properly operating automatic timing equipment, the pad time shall be the official time.
- B Semi-Automatic and Manual Timing. Whenever semi-automatic or manual timing is used, the times shall be determined as follows:
- (1) If two of the three button or watch times agree, that shall be the time for that timing system.
  - (2) If all three buttons or watches disagree, the time of the intermediate button or watch shall be the time for that timing system.
  - (3) If only two button or watch times are available, the time shall be the average of those two button or watch times. The digits representing thousandths of a second shall be dropped with no rounding.
  - (4) If only one button or watch time is available, the time of that button or watch shall be the time for that timing system.
- C Primary Timing System Malfunction. May have occurred if:
- (1) The difference between the time obtained by the primary system and the back-up system(s) is more than .30 second.
  - (2) A late or missed touch is reported by an official observing the finish.
- D Omit.
- E Omit.
- F Omit.
- .6 Determining Order of Finish —
- A Place and Ranking. The order of finish shall be by integration of official times including those times adjusted in accordance with 102.16.5.
- B Ties. Official times identical to the hundredths shall be ties.
- C Judging/Sweeps. No Judging shall be used to change the order of finish produced by ranking the Official Times.
- D Omit.
- 102.17 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. **Reviews the meet line-up prepared by meet manager. The primary responsibility of the Clerk of Course is to stage the swimmers for their events and organize the swimmers into their heats and lane assignments.**
- 102.18 Omit.
- 102.19 Omit.
- 102.20 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; and results. **Provides a verbal assessment of the meet and announces each event and heat. The announcer may be from either team.**
- 102.21 Omit.
- 102.22 Omit.
- 102.23 COMPUTER OPERATOR —The Computer Operator responsibilities include, but are not limited to: arranging equipment (including appropriate timing equipment), and supplies necessary for meet operation; processing of entries; printing of programs; preparing and distributing meet results to the League.
- .1 Record the Official Times and disqualifications;
  - .2 Determine the official Order of Finish;
  - .3 Publish the results; and
  - .4 Score of the meet.
  - .5 **The home team provides the Meet Manager System and the Computer unless other arrangements are agreed upon between the two Coaches. Results are entered into the computer for each event. Once an entire event is complete, the final results are printed for the event. This sheet is passed to the Results Reviewer to double-check the data entry. Any errors must be corrected and a new event sheet printed before posting the final results to the public. Results for each event should be printed, reviewed, and posted in a reasonable timeframe.**
- 102.24 MEET RESULTS. Electronic meet results (both Team Manager and Meet Manager files) shall be provided, as directed by the League, by 9:00PM the day after the meet. Meet results shall include the following information:
- .1 Meet name, date, location, and the pool length (25Y or 25M).
  - .2 Team scores.
  - .3 For each individual event, the order of finish listing the swimmer's first and last name, age, club affiliation and official time; disqualified swimmers shall be listed last and indicated "DQ", with no times listed. If the meet is computerized and



connected directly to or interfaced with the automatic timing system then all available initial distance times shall be provided upon request.

- .4 For relays, in addition to the order of finish, affiliation, and official time, the swimmers' first and last names, ages, the order in which they swam, shall be included.

Note: First names may be abbreviated within the limitations of the printing or computer program.

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

**102.26 ALCOHOLIC BEVERAGES.** Alcoholic beverages are prohibited in all areas of the venue, including, but not limited to, pool deck, locker rooms, spectator seating or standing areas, and in all areas used by swimmers. Exceptions to this provision can be made only with the approval of the League Board.

### ARTICLE 103 FACILITIES STANDARDS

#### 103.1 DEFINITIONS

- .1 /M/ = Indicates mandatory requirement for all competition.  
 .2 /C/ = Except as noted otherwise, indicates mandatory requirement for the League Championships.  
 .3 /L/ = Predicated on facility availability, the League may waive strict compliance with these requirements.  
 .4 Where dimensions are given, the dimension listed first shall govern and dimensions given in parenthesis are for reference only.

#### 103.2 WATER DEPTH—

- .1 Omit.  
 .2 /M/ Teaching Racing Starts – Minimum water depth for teaching racing starts in any setting from any height starting blocks or the deck shall be 5 feet (1.53 meters) measured for a distance of 3 feet 3-1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall.  
 .3 /M// Racing Starts – Minimum water depth for racing starts during practice and competition shall be measured for a distance 3'-3 1/2" (1.0 meter) to 16'-5" (5.0 meters) from the end wall. Starting requirements and height of starting block shall be:  
 A In pools with water depth less than 4' (1.22 meter) at the starting end, the swimmer must start from within the water;  
 B In pools with water depth 4' (1.22 meter) or more at the starting end, starting platforms shall meet the height requirements of 103.12.1.

Note: Local, state and municipal statutes, ordinances, rules and regulations may have depth limitations in conflict with this section. All Member Clubs should check for this at all times.

#### 103.3 RACING COURSE DIMENSIONS—

- .1 /M/ Length.  
 A Omit.  
 B Short Course: 25.00 yards (75 Feet) or 25.00 meters (82 feet and 1/4 inch).  
 C Dimensional Tolerance: Against the required length, a tolerance of plus (+) 0.03 meters (1 and 3/16ths of an inch) in a vertical plane extending 0.3 meters (12 inches) above and 0.8 meters (2 feet, 7 and 1/2 inches) below the surface of the water at all points of both end walls.  
 D When automatic officiating equipment touch pads are used at one or both ends, the course shall be of such length that ensures the required distance between the two touch pads or between either pad and the opposite end of the course.  
 E When the racing course is fixed by the use of movable bulkheads, such bulkheads shall be designed to resist lateral deflection due to tension exerted by the attachment of the lane dividers to ensure the required course distance in all lanes.  
 F See Article 104, Rules for Swimming Records, for course measurements certification requirements.  
 .2 Width.  
 A /L/ Minimum lane width for competitive swimming shall be 7 feet (2.13 meters).

#### 103.4 /L/ RACING COURSE WALLS—

- .1 Permanent Course Walls. 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 non-slip surface that extends no less than 0.8 meters (2 feet 7 and 1/2 inches) below the water surface.

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- .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 be not less than six inches (.15 meters) and designed in a manner to prevent the swimmer's fingers from contacting the back surface of the recess.
- 103.5 /L/ POOL AND BULKHEAD MARKINGS—
- .1 Pool bottom lane markers: Minimum 10 inch (25 centimeter) wide lines of a dark contrasting color (preferably black) shall be provided in the middle of each racing lane on the bottom of the pool. The lines should be uninterrupted the length of the course and shall end with a distinctive cross line 1.0 meters (3 feet 4 inches) long and the same width as the bottom marker. The line, including the cross line, shall terminate 2.00 meters (6 feet 7 inches) from each end wall. /L/
- .2 End wall targets: Flush, non-slip targets in a 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 meters) 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 water at the end of the course. /L/
- .3 A The lanes shall be numbered from right to left as the swimmers stand facing the course. /L/  
B Lane numbers shall clearly identify the lanes to officials stationed on each side of the course. /L/
- 103.6 /M/ OVERFLOW RECIRCULATION SYSTEM. The pool water recirculation and overflow system shall maintain water level in line with the overflow rim of the pool gutters without creating appreciable current or water turbulence and shall maintain smooth and calm water surface during competition. The pool recirculation system shall be turned off if, in the opinion of the Referee, the water movement interferes with the conduct of competition.
- 103.7 WATER AND AIR TEMPERATURE—
- .1 /M/ Water temperature between 25 to 28 degrees Celsius (77 to 82.4 degrees Fahrenheit) shall be maintained for competition.
- .2 Air temperature within 8 feet above deck level in indoor facilities shall be not lower than 76 degrees Fahrenheit, with relative humidity maintained at about 60% and air velocity at about 25 feet per minute.
- 103.8 /M/ LADDERS. All ladders, steps or stairs within the racing course shall be recessed in the pool side walls or shall be removed during competition. /L/
- 103.9 OTHER DECK EQUIPMENT—
- .1 Use of portable lifeguard chair stands and other deck fixtures is recommended and 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. /L/
- .2 /M/ 1 meter diving boards which overhang the racing course shall be hinged out of the way or removed during competition.
- 103.10 /L/ LIGHTING—
- .1 A minimum of one hundred (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.
- .2 Omit.
- 103.11 /M/ NO SMOKING SIGNS. No smoking indoors or outdoors shall be permitted in any area designated for swimmers and the facility shall be so posted. /L/
- 103.12 /M/ STARTING PLATFORMS—
- .1 Height.
- A Short course meters: The front edge of the starting platform shall be no less than 0.50 meters (1 foot 8 inches) nor more than 0.75 meters (2 feet 5 and ½ inches) above the surface of the water.
- B Short Course yards: The front edge of the starting platform shall be not higher than 2 feet 6 inches (0.762 meters) above the surface of the water.
- .2 The front edge of the starting platform shall be flush with the face of the end walls.
- .3 The top surface of the starting platform shall be not less than 0.50 by 0.50 meters (1 foot 8 inches square) and shall slope not more than 10 degrees from the horizontal. The entire surface of the platform shall be faced with permanent non-slip material.
- .4 Backstroke starting grips: Starting platforms shall be equipped with firm starting grips located between 0.3 meters (12 inches) and 0.6 meters (24 inches) above water surface. The front edge of the grips shall be parallel to and flush with the face of the end wall.
- .5 Starting platforms shall be clearly marked with lane numbers visible to competitors and officials. (See 103.5.3?)
- .6 Starting platforms shall be anchored to the deck or bulkhead to remain stable at all times.
- .7 /M/ The Home Team will provide starting blocks for each meet if available (swimmers are not required to use them). Blocks will be securely mounted to the deck by bolts or other means. They must have a non-slip surface.
- .8 /M/ The determination of using or not using starting blocks should be provided to the visiting Team Coach or Team Representative at least 48 hours prior to the start of the scheduled meet.

.9 /M/ If for legal reasons a team must start in the water, then the opposing team must follow suit. The Starter/Referee must be notified of this legal restriction by the home Team Coach prior to the start of the meet.

103.13 /M/ FLOATING LANE DIVIDERS—

- .1 Floating lane dividers 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 dividers shall be on the surface of the water with the bottom half uniformly submerged for its entire length. They shall:
  - A Separate the racing lanes. /M/
  - B Be outside the outermost lanes being used. /L/
- .2 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 for long course and 15 feet for short course 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' 2-1/2") from each end wall in both short course and long course pools. Additionally, in long course pools, a distinctive warning line or lane markers may be placed at a distance of 13 meters from each end wall. There shall be no exposed cables accessible to swimmers within the length of the racing course and the cable take-up spools and ratchet mechanisms shall be completely concealed with durable flexible covers. Damaged or broken floats shall be removed and replaced.
- .3 A single line of dividers between racing lanes shall be used short course meters competition. Multiple lines may be installed for short course yards competition, provided the width of water between dividers is not reduced to less than 7 feet. /L/

103.14 /M/ BACKSTROKE FLAGS AND LINES—

- .1 Design: At least three triangular pennants six (6) to twelve (12) inches in width at the base and twelve (12) to eighteen (18) inches in vertical length, of two or more alternating and contrasting colors shall be suspended on a firmly stretched line over each lane during all warmup periods and during competition for all backstroke, individual medley and medley relay events.
- .2 Location:
  - A 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.
  - B Short course yards: 15 feet (4.57 meters) from each end of the course, 7 feet (2.13 meters) above the water surface.
  - C Height shall be measured to the horizontal line from which the pennants are suspended.
- .3 Omit.

103.15 Omit.

103.16 Omit.

103.17 Omit.

103.18 AUTOMATIC OFFICIATING EQUIPMENT —

- .1 /M/ See Section 102.16 for Automatic and Semi-Automatic Timing equipment types and performance requirements. Equipment powered directly from the utility line electrical service shall have the capability to automatically switch to stand-by battery power source in case of line power failure without affecting the continuity and accuracy of the timing system.
- .2 /M/ Installation and safety: Equipment shall be installed so that it will not interfere with swimmers' start, turns, or finish and the normal overflow functions of the pool water recirculation system. All deck-level wiring shall carry no more than 12 volts.
- .3 /C/ Touch Pads:
  - A Size and thickness: Recommended pad size shall be 6 feet 6 inches (2 meters) wide and not less than 2 feet (0.60 meters) deep. Minimum width of pads shall be 5 feet (1.52 meters). Thickness shall not exceed 3/8 of an inch (1 centimeter).
  - B Markings: Panel face markings shall conform and superimpose on pool end wall markings as closely as possible. Perimeter edges of the panel shall have a one-inch wide black border.
  - C Sensitivity: Panels shall stop the timing system instantaneously by a light hand touch anywhere on the flat surface facing the racing course and the upper edge but shall not be activated by water turbulence.
  - D 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.

103.19 /M/ ELECTRICAL SAFETY. All permanent or temporary electrical connections to the electronic loudspeaker start system, automatic officiating equipment, and other electrical or electronic devices operating on line voltages in the vicinity of the racing course shall be made only from a ground-fault circuit interrupter (GFI) protected convenience receptacles or circuits. In the event such receptacles or circuits are not available in the facility used for competition, portable U.L. approved self-contained type GFI outlet fittings shall be provided (furnished and installed) at the non-protected convenience receptacles by the equipment operator whenever such equipment is connected and in use.

ARTICLE 104  
RULES FOR SWIMMING RECORDS

## 104.1 LEAGUE RECORDS

- .1 May be established only in 25 yard and 25 meter pools and shall conform to the recognized distance, stroke and other current effective governing regulations of the League. The League will only recognize times achieved by member swimmers in approved competition or in League observed swims.
- .2 All claims shall be sent by email transmission immediately following performance to the League Statistician. The Timer Sheet signed by the Starter Referee must be filed with the League Statistician, which must be in within 7 days following performance. Responsibility for this filing shall rest with the member team. Failure to do so may result in the swimmer(s) time(s) not being recognized by the League.
- .3 General Requirements and Conditions for Records
  - A The official time for establishing specific records must be achieved and determined in accordance with 102. No swim-off's, relay lead-off leg's, split times, time trials or record attempts will be recognized as an official League time.
  - B Record times registered by automatic equipment shall be submitted in hundredths of a second (two decimal places). If first place times are tied to a hundredth of a second, the results shall be declared to be a tie and the record shall be shared by each swimmer.
  - C Recognized Distances and Strokes (Boys and Girls)
    - (1) Short Course Yards and Meters
      - Freestyle 25, 50 yards and meters
      - Backstroke 25, 50 yards and meters
      - Breaststroke 25, 50 yards and meters
      - Butterfly 25, 50 yards and meters
      - Individual Medley 100, 200 yards and meters
      - Freestyle Relay 200 yards and meters
      - Medley Relay 100, 200 yards and meters
  - D Special Requirements and Conditions
    - (1) When a record is claimed, the timer sheet will be signed by the designated officials, and transmitted to the League Statistician with all supporting data, including official meet results, within 7 days after the performance.
    - (2) Pool Certification
      - (a) Record applications will not be accepted unless certification of course length accompanies them or is on file with the League.
      - (b) Pool certification shall be reported on the standard form available from the League Statistician.
      - (c) Certification data need only be filed once unless structural changes have occurred since original certification.
    - (3) Pool Measurement
      - (a) The exact length of the course, measured by a steel tape or other acceptable measuring device in feet and inches and fractions of an inch, or in meters and centimeters, must be attested to by an accredited surveyor or engineer.
      - (b) A statement of the conditions under which the course was measured must be included.
      - (c) Where a moveable bulkhead is used, course measurement of each lane must be confirmed at the conclusion of the session during which the time was achieved.
    - (4) Pending record claims properly documented and approved by the League Statistician may be approved and declared effective immediately.
    - (5) League records established at the League Championships, shall, upon receipt of final results, proper completion of pool certification, and approval by the Statistician or designee, be declared effective immediately unless a faster claim is pending.
    - (6) Record claims not previously accepted and declared effective under (5) above shall be considered by the League Statistician for recommendation and acceptance. Applications ruled incomplete may be reconsidered by and final action recommended to the League Board.
    - (7) Swimmers who establish a record shall be presented with a certificate signed by the President of the League and the League Statistician or designee.
  - D Reporting. The League shall determine the method of reporting League records.
  - E Recognition. The League shall determine appropriate recognition for League records.

## ARTICLE 105

## GUIDELINES FOR OFFICIATING SWIMMERS WITH A DISABILITY

## 105.1. GENERAL —

- .1 Authority. The League Rules & Regulations grant the Referee the authority to modify the rules for the swimmer with a disability. Disability is defined as a permanent physical or mental impairment that substantially limits one or more major life activities. This section contains guidelines and suggestions for making such modifications.
- .2 Responsibilities —
  - A Athlete. The athlete (or the athlete's coach) is responsible for notifying the Referee, prior to the competition, of any disability of the athlete. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.
  - B Referee. The Referee's responsibilities include:
    - (1) Inquiring regarding the athlete's needs and determining what modifications will be required.
    - (2) Instructing the Starter and Stroke & Turn officials as to the accommodations to be made for that swimmer.
- .3 Modifications. Some of the modifications which the Referee may make to accommodate the athlete with a disability are:
  - (1) A change in starting position.
  - (2) Reassignment of lanes within a heat, e.g., exchanging Lanes 2 and 7.
  - (3) Allowing the athlete's assistant(s) on the deck or in the water to assist with a start. Other allowable modifications are further described in this section under the type of disability.
- .4 Omit.

## 105.2. BLIND AND VISUALLY IMPAIRED —

- .1 Start. With an audible starting system, no modification is usually required for a blind or visually-impaired swimmer. They may, however, require assistance getting to and on the block. Should they feel insecure starting from the block or deck, an in-the-water start may be allowed.
- .2 Turns and Finishes. A blind or visually-impaired swimmer is permitted to have a "tapper", which is a pole with a soft-tipped end. The swimmer is tapped with the "tapper" as notification of turns and the finish. Sound devices shall not be used. It is the swimmer's responsibility to provide the tapper(s) and operator(s), who shall be positioned within the confines of the swimmer's lane at the ends of the pool.
- .3 Relay Take-Offs. A physical touch may be required to signal the relay swimmer when his/her 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 take-off or interfere with the timing.

## 105.3. DEAF AND HARD OF HEARING

- .1 Deaf and hard of hearing swimmers require a visual starting signal, i.e., a strobe light and/or Starter's arm signals. The Referee may reassign lanes within the swimmer's heat, i.e., exchanging one lane for another, so that the strobe light or Starter's arm signal can more readily be seen by the deaf or hard of hearing swimmer. Standard Starter's arm signals are shown in Figure 1. A false start rope is required in the event of a recall.
- .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 don't have to turn their heads to look backwards.

105.4. MENTALLY IMPAIRED. A deck or in-the-water start is allowable and 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.

## 105.5. PHYSICAL DISABILITIES —

- .1 Start. Swimmers with physical disabilities:
  - A May take longer to assume their starting position;
  - B May not be able to hold onto the starting grips or gutter for a start;
  - C May need assistance on the deck or from in the water to maintain a starting position;
  - D May need to assume a modified starting position on the blocks, deck, gutter or in the water in order to maintain their balance.
  - E For freestyle, breaststroke and butterfly, a forward start (facing the course) shall be used. The Referee, however, may allow modifications such as the following:
    - (1) The swimmer may start from a sitting position on the block or on the deck;
    - (2) The swimmer may assume a starting position in the water, with or without assistance;
    - (3) If the swimmer cannot use a hand and/or foot to maintain contact with the wall, some other part of the body may be used.

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- (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.
- .2 Stroke/Kick. In judging the stroke or kick of a swimmer with a physical disability, the Referee and Stroke & 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 League Rules and Regulations. 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 non-symmetrical stroke or kick, but as long as the arm or leg action is simultaneous, it would meet that portion of the rule. No flotation devices should be permitted.
- .3 Turn/Finishes. Touches shall be judged in the same manner as strokes and kicks, i.e., on the basis of the arm(s) and/or hand(s) that the swimmer can use. In breaststroke and butterfly events, the competitor must reach forward as if attempting a simultaneous two-hand touch. When a swimmer has a different arm length, 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.
- .4 Relays. Relay swimmers who cannot exit the water immediately may be allowed to remain in the lane until all relays have finished so long as they do not interfere with the other swimmers or the timing equipment.

APPROVED 2-18-04 (revised 11-23-08, pending approval)

#### CONSTITUTION

##### Article I – Name

The name of this organization shall be the Harford Swim League and shall hereinafter be referred to as the League.

##### Article II – Purpose

The purpose of the League shall be to:

1. Promote safe swimming in Harford County by providing swimming opportunities
2. Foster positive swimming experiences for the youth of participating swimming organizations
3. Promote "Good Sportsmanship"
4. Establish a communication channel among participating swimming organizations
5. Encourage the personal development of swimmers
6. Recognize the value of each individual swimmer
7. Encourage spectators to support all participating swimmers

##### Article III – Membership

Membership:

Membership is opened to any bona fide swimming organization in Harford County who has 40 eligible swimmers. Applicants must apply in writing to the League President by August 31<sup>st</sup> of the year prior to the applied season. Organizations may present an overview of their team to the Executive Board at the September meeting. Final admission to the League is achieved by a vote of the executive board at the October meeting after each team has evaluated the bona fide nature of the applicant. Written notification of the admission outcome will come from the President of the HSL in the month of October. Applications outside of this timeframe will be deferred until the next year.

(FALL of 2009 – Revised membership requirements will be placed here)

Dismissal:

1. Any existing team with less than 35 competing swimmers at any dual meet is subject to a request at the September meeting for a vote on removal from the League at the October meeting. A two-thirds (2/3) majority vote during the October meeting (as outlined in Article VIII, section II) to remove the team is required. Any team dismissed may petition for reinstatement the following September.
2. All teams must follow the League rules and regulations and articles as defined in the League Constitution. Any team not in compliance is subject to a vote of the League board for immediate dismissal from the swim league.

##### Article IV -Organization

Section I

General Membership to the League shall be Harford County swimming organizations that:

- A. Meet the application procedures established by the League
- B. Meet the financial obligations established by the League
- C. Maintain active representation on the League Board by providing team representation at 80% of the regularly scheduled League meetings. The League board meeting schedule runs from September through May. Meeting times and locations should be scheduled well in advance to ensure ample notification for team representation. Failure to meet this requirement will result in a one hundred dollar (\$100.00) fine to the League team.
- D. Follow the rules, regulations, and procedures established by the League.
- E. Support the purpose stated in Article II of the League Constitution.
- F. Have access to a pool that has a minimum of 25 yards, 5 lanes with a minimum depth of 3 ½ feet, and meets current safety standards.
- G. No team may compete if there are any outstanding amounts owed to the League.
- H. Each team must provide leadership to the Executive Committee, in two-year terms, on a rotational basis amongst the base of teams within the league.

Section II - The League Board shall:

- A. Consist of the Executive Committee and the swimming Organizations' representatives. The Executive Committee shall be comprised of five members: President, Secretary, Statistician, Treasurer and Head Official. Each swimming organization shall be allowed to have one (1)-voting representative on the Board.
- B. Executive committee members may dual function as the Team Representative with the exception of the President. Should any member's position (representing a team or as a Executive Committee member) be split between two or more individuals (due to time constraints on that individual), then the member must announce in writing (via email to the Executive Committee) or in person at the meeting, who is responsible for their specific vote prior to any meeting. No members may vote in absentia.
- C. Serve as the legislative body of the League.
- D. Meet in accordance to establish the Schedules, Rules, Regulations and Procedures for the League.
- E. Be chaired by the President or dually appointed individual.
- F. Have as duties and responsibilities:
  - 1 Coordinate all League activities.
  - 2 Oversee all League activities.
  - 3 Appoint persons to needed positions.
  - 4 Execute the League Constitution.
  - 5 Interpret Rules and Regulations governing the League.

#### Article V - Term of Office and Qualifications for the Executive Committee

Section I

The term of office for President, Secretary, Statistician, Treasurer, and Head Official shall run from September through August for a 2-year term.

Section II - Qualifications for Executive Committee:

- 1 Must be affiliated with a swimming organization that is a member of League.
- 2 Preferably has been a League Team Representative.

#### Article VI -Duties of the Executive Committee

Section I - President

1. Presides over League Executive Board meetings
2. Votes in the case of a tie
3. Attends Executive Committee meetings
4. Is Ex Officio member of all committees
5. Serves as past-president for the first year after the change of officers.

Section II - Secretary

1. Keeps accurate and clear records of all League Executive Board meetings
2. Handles all correspondence
3. Attends any Executive Committee meeting

4. Maintains accurate historical records of executive committee members and their terms of office.
5. Prepares Coach's Packets for the June meeting.

Section III - Statistician

1. Keep accurate and clear records of Dual Meet results, Team Rosters, and League records
2. Provides instruction to Coaches for the operation of the Hy-Tek software (Team and Meet Manager).
3. Arranges for the ordering and dispensing of all dual meet ribbons.
4. Imposes fines where applicable.

Section IV - Treasurer

1. Handles all League finances
2. Gives monthly Treasurer's Report
3. Submits annual budget proposal
4. Attends Executive Committee Meetings
5. Imposes fines where applicable

Section V - Head Official

1. Coordinates and schedules all officiating (dual and championship meet)
2. Attends Executive Committee meetings
3. Responsible for coordination of clinics for the training of Stroke/Turn Officials and starter referee's.
4. Responsible for the review and approval of starter credentials for all teams

Article VII -Succession

Section I

Any vacancy on the executive committee must be filled by the representative team.

Section II

In case of absence of any officer at a meeting, the order of succession to the President will be Secretary, Statistician, Treasurer and Head Official.

Article VIII -Constitution Amendments and Ratification

Section I

All proposed amendments to this document must be pre-filed with the Executive Committee two (2) weeks prior to vote by the League Board. The Executive Committee will review the proposed amendment for structure and wording.

Section II

All rule and amendment changes must be approved by a vote of the League Board. For a motion to pass, the following two situations must be adhered to:

- 1) A quorum must be established prior to the beginning of the meeting. It will be considered established if both 1) a minimum of 4 members of the Executive Committee and 2) at least nine team representatives are in attendance at the meeting (based on a 13-team league).

Should the number of teams in the league change, the team representative minimum shall be two-thirds (2/3) of the total number of teams in the league. The Executive Committee minimum shall not change regardless of the number of teams in the league.

- 2) This constitution may be amended by a two-thirds (2/3) vote of the League Board provided the said amendment has been introduced at the meeting prior to the meeting when the vote is taken.

Section III

This Constitution shall be adopted by a two-thirds (2/3) ratification of the League Board as noted in Section II above..

Article IX -Parliamentary Authority

Robert's Rule of Order, newly revised, shall govern all meetings of the League Board.

Article X -Bylaws, Rules and Regulations

Section I - Name



There shall be a set of fundamental and/often changing policies placed at the end of this document, which will be known as the Bylaws. Any action or issue not expressly covered in the League governing documents may be presented and approved with a two-thirds (2/3) acceptance vote by the League board.

Section II - Revision

Each new president shall review the Constitution and Bylaws and submit the recommendations for any changes to the League Board in the appropriate timeframe.

Section III - Amendments

1. Executive Committee amendments to the Bylaws shall be recommended by the Executive Committee
2. League Board - The Bylaws shall be amended by a two-thirds (2/3) vote of the League Board

Section IV - Rules and Regulations

The Rules and Regulations shall be reviewed and revised as appropriate by the League Board -biannually (every even year) unless requested by two-thirds (2/3) of the League Board. Changes should be submitted to the League Board prior to the March meeting for approval at the March meeting.

HARFORD SWIM LEAGUE

RULES & REGULATIONS

ORDER OF EVENTS

<u>GIRLS</u>		<u>BOYS</u>
<u>Event #</u>	<u>Event Name</u>	<u>Event #</u>
1	Mixed 8 & Under 100 Freestyle Relay	1
2	9-10 100 IM (1 Heat)	3
4	11-12 100 IM (1 Heat)	5
6	13-14 100 IM (1 Heat)	7
8	15-18 100 IM (1 Heat)	9
10	6 & Under 25 Freestyle	11
12	7-8 25 Freestyle	13
14	9-10 50 Freestyle	15
16	11-12 50 Freestyle	17
18	13-14 50 Freestyle	19
20	15-18 50 Freestyle	21
22	8 & Under 25 Breaststroke (2 Heats)	23
24	9-10 25 Breaststroke (2 Heats)	25
26	11-12 50 Breaststroke (2 Heats)	27
28	13-14 50 Breaststroke (2 Heats)	29
30	15-18 50 Breaststroke (2 Heats)	31
32	6 & Under 25 Backstroke	33
34	7-8 25 Backstroke	35
36	9-10 25 Backstroke	37
38	11-12 50 Backstroke	39
40	13-14 50 Backstroke	41
42	15-18 50 Backstroke	43
44	8 & Under 25 Butterfly (2 Heats)	45
46	9-10 25 Butterfly (2 Heats)	47
48	11-12 50 Butterfly (2 Heats)	49
50	13-14 50 Butterfly (2 Heats)	51
52	15-18 50 Butterfly (2 Heats)	53
54	Mixed 9-10 100 Medley Relay	54
55	Mixed 11-12 200 Medley Relay	55
56	Mixed 13-14 200 Medley Relay	56
57	Mixed 15-18 200 Medley Relay	57
58	9-18 200 Freestyle Relay	59

MEET PROTEST FORM

1. This form must be filed with the referee within 30 minutes of the finish of the meet and will be used for rule infraction disputes only.
2. The protesting Coach, opposing Coach and referee must sign the form.
3. The completed form will be delivered by the protesting team to the Head League Official within three days.
4. The head league official will investigate the protest and rule on the protest,
5. This form is to be used in regular season meets only.

Meet Date: \_\_\_\_\_

Meet Location: \_\_\_\_\_

Protesting Team: \_\_\_\_\_

Opposing Team: \_\_\_\_\_

Describe reason for protest (include event number, rule infraction, referee's ruling, etc.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(Use back of form if necessary)

Protesting Coach Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_

Opposing Coach Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_

The referee's signature designates that the protest is submitted on time and is valid.

Referee Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_

Print Stroke & Turn Officials Names: \_\_\_\_\_

\_\_\_\_\_

HARFORD SWIM LEAGUE

RULES & REGULATIONS

HSL RECORDS - YARDS  
GIRLS

<u>AgeGroup</u>		<u>Stroke</u>	<u>Time</u>	<u>Year</u>	<u>Team</u>	<u>Swimmer</u>
6 & U	25	Free	17.41	2007	FC	ALAYNA NIELSON
6 & U	25	Back	20.69	2007	FC	ALAYNA NIELSON
8 & U	25	Breast	19.32	1984	MG	ELIZABETH HARRIS
8 & U	25	Fly	15.44	2004	NH	CARRIE DUKES
7 - 8	25	Free	14.59	1984	MG	ELIZABETH HARRIS
7 - 8	25	Back	17.67	1992	JT	KERRY MCMILLIN
9 - 10	50	Free	27.46	2004	BA	SARAH KESHISHIAN
9 - 10	25	Back	15.52	1992	FC	MEGAN RIDDLE
9 - 10	25	Breast	16.56	1991	EM	NATIKA DANNEFELSER
9 - 10	25	Fly	13.63	2004	BA	SARAH KESHISHIAN
9 - 10	100	Medley	1:11.30	1992	FC	MEGAN RIDDLE
11 - 12	50	Free	25.22	1992	RS	KATY NOVOTNY
11 - 12	50	Back	29.11	2000	KD	ANNA MARIE BOTEK
11 - 12	50	Breast	32.28	1992	RS	KATY NOVOTNY
11 - 12	50	Fly	27.39	2006	BA	SARAH KESHISHIAN
11 - 12	100	Medley	1:03.32	1992	MG	JODI ENCAPERA
13 - 14	50	Free	24.15	1994	RS	KATY NOVOTNY
13 - 14	50	Back	28.56	1993	RS	KATY NOVOTNY
13 - 14	50	Breast	31.94	1997	EA	LINDSEY PRATHER
13 - 14	50	Fly	26.65	2007	BA	SARAH KESHISHIAN
13 - 14	100	Medley	1:00.37	1993	RS	KATY NOVOTNY
15 - 18	50	Free	24.35	1995	RS	KATY NOVOTNY
15 - 18	50	Back	27.28	2005	FC	COURTNEY KALISZ
15 - 18	50	Breast	30.94	1998	EA	LINDSEY PRATHER
15 - 18	50	Fly	26.06	1998	NH	BETH GOODWIN
15 - 18	100	Medley	1:01.35	2003	FG	AMANDA DUNNIGAN

BOYS

<u>AgeGroup</u>		<u>Stroke</u>	<u>Time</u>	<u>Year</u>	<u>Team</u>	<u>Swimmer</u>
6 & U	25	Free	18.16	2005	BA	ZACH DEAN
6 & U	25	Back	21.78	2005	BA	ANDREW MORGAN
8 & U	25	Breast	19.08	1988	EA	BEN SKURDAL
8 & U	25	Fly	16.01	1993	AB	BEN GARBACK
7 - 8	25	Free	14.52	2001	RS	CHRIS FIDATI
7 - 8	25	Back	17.69	1983	JT	BRAD FRANCIS
9 - 10	50	Free	28.19	1999	FC	SHAWN WEINBERG
9 - 10	25	Back	15.04	1999	NH	CONNER WILLS
9 - 10	25	Breast	17.01	1985	FG	KEVIN MURACH
9 - 10	25	Fly	14.01	2007	VB	DANIEL GOLCZEWSKI
9 - 10	100	Medley	1:10.74	1985	FG	KEVIN MURACH
11 - 12	50	Free	25.26	1999	EA	CORY KNOPP
11 - 12	50	Back	29.37	1997	EM	BEN GARBACK
11 - 12	50	Breast	31.72	1997	EM	BEN GARBACK
11 - 12	50	Fly	27.27	1989	RS	KEVIN GASS
11 - 12	100	Medley	1:02.36	1999	EA	CORY KNOPP
13 - 14	50	Free	23.37	2008	BA	CAMERON JAMES
13 - 14	50	Back	27.24	1994	EA	OMAR FRASER
13 - 14	50	Breast	28.88	1992	EA	SHERWIN SAPASAP
13 - 14	50	Fly	25.64	1994	EA	OMAR FRASER
13 - 14	100	Medley	56.93	1992	EA	SHERWIN SAPASAP
15 - 18	50	Free	22.18	2006	BA	SHANE KELSEY
15 - 18	50	Back	25.16	1993	JT	BRAD FRANCIS
15 - 18	50	Breast	28.67	2001	RS	FRANK TRIONFO
15 - 18	50	Fly	23.20	1993	JT	BRAD FRANCIS
15 - 18	100	Medley	54.96	1993	JT	BRAD FRANCIS

HARFORD SWIM LEAGUE

RULES & REGULATIONS

HSL RECORDS - METERS

GIRLS

<u>AgeGroup</u>		<u>Stroke</u>	<u>Time</u>	<u>Year</u>	<u>Team</u>	<u>Swimmer</u>
6 & U	25	Free	19.44	2007	FC	ALAYNA NIELSON
6 & U	25	Back	22.00	2007	FC	ALAYNA NIELSON
8 & U	25	Breast	21.41	1985	FG	JENNIFER MURACH
8 & U	25	Fly	17.40	1984	MG	ELIZABETH HARRIS
7 - 8	25	Free	16.20	1984	MG	ELIZABETH HARRIS
7 - 8	25	Back	20.10	1981	RS	JULIE KOLE
9 - 10	50	Free	31.62	2004	BA	SARAH KESHISHIAN
9 - 10	25	Back	17.78	2002	NH	LAUREN FOSTER
9 - 10	25	Breast	18.92	2005	FG	EMILY JORDAN
9 - 10	25	Fly	16.00	1982	RS	JULIE KOLE
9 - 10	100	Medley	1:18.39	1992	FC	MEGAN RIDDLE
11 - 12	50	Free	28.36	1992	RS	KATY NOVOTNY
11 - 12	50	Back	32.80	1992	RS	KATY NOVOTNY
11 - 12	50	Breast	37.69	2006	BA	SARAH KESHISHIAN
11 - 12	50	Fly	30.94	2006	BA	SARAH KESHISHIAN
11 - 12	100	Medley	1:11.28	1992	RS	KATY NOVOTNY
13 - 14	50	Free	27.84	1994	RS	KATY NOVOTNY
13 - 14	50	Back	32.16	1994	RS	KATY NOVOTNY
13 - 14	50	Breast	36.06	1997	EA	LINDSEY PRATHER
13 - 14	50	Fly	30.04	2007	BA	SARAH KESHISHIAN
13 - 14	100	Medley	1:09.69	1994	RS	KATY NOVOTNY
15 - 18	50	Free	27.84	1998	NH	BETH GOODWIN
15 - 18	50	Back	31.81	1995	RS	KATY NOVOTNY
15 - 18	50	Breast	35.00	2006	FG	AMANDA DUNNIGAN
15 - 18	50	Fly	28.84	1998	NH	BETH GOODWIN
15 - 18	100	Medley	1:09.21	1995	RS	KATY NOVOTNY

BOYS

<u>AgeGroup</u>		<u>Stroke</u>	<u>Time</u>	<u>Year</u>	<u>Team</u>	<u>Swimmer</u>
6 & U	25	Free	20.56	2005	BA	ZACH DEAN
6 & U	25	Back	26.09	2005	BA	ANDREW MORGAN
8 & U	25	Breast	21.55	1986	MG	J. SMITH
8 & U	25	Fly	17.81	2007	BA	ANDREW MORGAN
7 - 8	25	Free	16.19	2001	RS	CHRIS FIDATI
7 - 8	25	Back	19.53	1997	RS	SHAWN WEINBERG
9 - 10	50	Free	31.83	1985	FG	KEVIN MURACH
9 - 10	25	Back	17.38	1994	FC	ERIK WEINBERG
9 - 10	25	Breast	18.50	1985	FG	KEVIN MURACH
9 - 10	25	Fly	15.23	1998	FC	SHAWN WEINBERG
9 - 10	100	Medley	1:19.42	1985	FG	KEVIN MURACH
11 - 12	50	Free	28.73	1989	RS	KEVIN GASS
11 - 12	50	Back	32.25	1997	EM	BEN GARBACK
11 - 12	50	Breast	35.96	1990	EA	SHERWIN SAPASAP
11 - 12	50	Fly	30.75	1989	RS	KEVIN GASS
11 - 12	100	Medley	1:11.59	1997	EM	BEN GARBACK
13 - 14	50	Free	26.47	2008	BA	CAMERON JAMES
13 - 14	50	Back	30.96	2008	MG	COLE LINDNER
13 - 14	50	Breast	33.42	1992	EA	SHERWIN SAPASAP
13 - 14	50	Fly	29.58	1994	FC	J. GRAHAM
13 - 14	100	Medley	1:05.12	1998	FC	E. WEINBERG
15 - 18	50	Free	24.83	2006	BA	SHANE KELSEY
15 - 18	50	Back	28.22	2006	BA	SHANE KELSEY
15 - 18	50	Breast	31.93	2001	RS	FRANK TRIONFO
15 - 18	50	Fly	27.40	1981	EA	JIM BORN
15 - 18	100	Medley	1:02.59	2006	BA	SHANE KELSEY

HARFORD SWIM LEAGUE

RULES & REGULATIONS

RELAY - RECORDS

YARDS				METERS			
Swimmers	Year	Team	Time	Time	Team	Year	Swimmers
HEATHER RAY DON ROETS E. ASNER D. PIAZZON	1980	MG	1:06.45	8 & U 100 Free	1:13.76	MG	1980 HEATHER RAY DON ROETS E. ASNER D. PIAZZON
CHAD HOKE CAMERON JAMES DANIELLE KING SARAH KESHISHIAN	2004	BA	1:04.87	9 - 10 100 Medley	1:12.52	FG	1984 SHANNON RIADT KEVIN MURACH JENNIFER HUDSON SHAWN HUNT
CHAD HOKE CAMERON JAMES DANIELLE KING SARAH KESHISHIAN	2006	BA	1:59.60	11 - 12 200 Medley	2:14.41	BA	2006 CHAD HOKE CAMERON JAMES DANIELLE KING SARAH KESHISHIAN
CHAD HOKE CAMERON JAMES DANIELLE KING SARAH KESHISHIAN	2008	BA	1:50.62	13 - 14 200 Medley	2:08.88	BA	2008 CHAD HOKE CAMERON JAMES DANIELLE KING SARAH KESHISHIAN
CHRIS HOLLOWAY KEVIN MURACH JENNIFER MURACH SALLY PAINE	1992	EA	1:48.82	15 - 18 200 Medley	2:01.01	FG	2006 SHAUN WEINBERG AMANDA DUNNIGAN SEAN DUNNIGAN AMY MORLOCK
EMILY TIPTON AMANDA DUNNIGAN MAUREEN MCLAUGHLIN PATTY RAWLICK	2000	FG	1:48.61	Girls Step-Up 200 Free	2:01.88	MG	1982 HEATHER RAY KATHY DEAN LAURA SWIDERSKI CLAIRE BILAUSKAS
OMAR FRASER SHERWIN SAPASAP CHRIS HOLLOWAY KEVIN MURACH	1990	EA	1:42.70	Boys Step-Up 200 Free	1:57.37	EA	1990 OMAR FRASER SHERWIN SAPASAP CHRIS HOLLOWAY KEVIN MURACH
FROZEN EVENTS – HSL RECORDS							
MEGAN RIDDLE M. JOHNSON J. WERNER JD RAINEY	1994	FC	57.97	11 - 12 100 Medley	1:05.91	EM	1993 N. REYERSON N. DANNENFEISER B. FREDERICK M. TAYLOR

Name	Year	Team	Time	Age	Gender	Stroke
J. MCANANY	1986	EA	55.16	13-14	Girls	100 Yard Free
B. STRATTON	1982	MG	52.21	13-14	Boys	100 Yard Free
J. MCANANY	1989	EA	53.60	15-18	Girls	100 Yard Free
B. FRANCIS	1991	JT	48.42	15-18	Boys	100 Yard Free
HEATHER RAY	1985	MG	1:01.54	13-14	Girls	100 Yard Free
B. STRATTON	1982	MG	57.86	13-14	Boys	100 Yard Free
J. MCANANY	1989	EA	1:01.20	15-18	Girls	100 Yard Free
JIM BORN	1981	EA	52.60	15-18	Boys	100 Yard Free

# HARFORD SWIM LEAGUE

## RULES & REGULATIONS

### HSL EXECUTIVE BOARD

President	Tony Paxton/ Randy Slotnick	<a href="mailto:president@harfordswimleague.org">president@harfordswimleague.org</a>	410-638-6690 410-420-1806
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MEET SCHEDULE



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