

Welcome to the Official's Home Page!!  
Officials are Honored  
For  
Giving Their Greatest Gift, their TIME!!

# Sierra Nevada Swimming Officials Newsletter

January 1, 2016

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*to become an official for  
USA Swimming*

Five Reasons to Become  
an Official

**You'll be working with the greatest  
group of volunteers in all sports.  
You'll be close to the action. The  
bleachers aren't comfortable anyway!  
High satisfaction; low pay.  
It's a great way to meet future  
Olympians — unless you already  
have one in your home  
Great food in hospitality, and you  
can't beat the price!**



# Sierra Nevada Swimming Name Tag's Anybody?

All name tags will now be purchased by you by going onto the Hasty Awards web site, that is written below, and then filling in the needed information, like your name, mailing address, where the name tag will be shipped, your credit card information and the "in hands" date. When the information is entered properly, you will submit your order. You will use a credit card and the name tag will be mailed to you when completed. Please allow two to three weeks for delivery.

**Copy and paste the link below onto your browser:**

<http://www.hastyawards.com/sports/swimming/nametags/nametag-sierra-nevada.html>

The name tags will be mailed to you, when they are completed by Hasty Awards.

**All name tags now are made with the new Sierra Nevada Swimming Miner Pin.**



The cost of one name tag is \$5.95, which includes shipping and handling.

If you want to phone directly and not use the Hasty Awards web site method to order you name tag, please dial (800) 448-7714 or (785) 242-5297

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# BUYING A WHITE POLO SHIRT FROM LAND'S END

THE ONE TIME SETUP FEE HAS BEEN PAID

YOU WILL PAY FOR:

THE PRICE OF THE POLO SHIRT - mine was \$29.95, less 20% because of a sale, but check for promotions, sales and different types of polo shirts.

THE LOGO APPLICATION - each shirt will be charged \$8.95 for embroidery.

PLUS SHIPPING AND HANDLING

PLUS TAX

## WHAT YOU NEED TO DO:

GET A LANDS' END CATALOG AND PICK OUT THE SHIRT, SIZE AND COLOR.

CALL LANDS' END BUSINESS OUTFITTERS AT 1-800-663-2193

PHONE ONLY Monday through Friday from 7:00 AM to 7:00 PM, CST.

ASK TO PURCHASE A POLO SHIRT WITH THE Logo Number: 1146603W



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Sierra Nevada Swimming  
Annual Awards Banquet  
With guest speaker:  
2012 Olympic Gold Medalist

Alyssa Anderson

(Former SMST swimmer and 3-time SN Female Swimmer of  
the Year)

When: Sunday, January 3, 2016

Time: 5:00 pm – 8:00 pm (dinner served at 5:30 pm)

Where: Arden Hills Resort Club & Spa  
1220 Arden Hills Lane  
Sacramento, CA 95864

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## How to Survive Your Child's First Year as a Competitive Swimmer

### Meet Terminology

You have entered a realm of new language. You will hear terms bantered about by veteran parents who assume that you have some basic idea of what they are talking about. You will probably smile and nod, then walk away wondering what on earth that person just said. I was fortunate; I made friends with a veteran who translated for me. Here are some of the terms that puzzled me, before you know it, you will be speaking

swim slang yourself:

**Meet:** A meet is not something that you eat, or when you say hello to a new friend. A meet is an adventure in confusion and anarchy. A meet is a competitive swimming event. This is where competitive swimmers race each other. Swimmers are paired for races based on age groups established by USA Swimming. The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16, 17-18. At your first meet, you will want to run screaming in to the night. Don't despair, it gets easier. I promise.

**Practice:** A practice is the location where you take your child to prepare for a meet. At practice, you do not exist. You are a chauffeur. Once at practice it is a violation of protocol to communicate with the child you labored with, feed, and clothe. Don't take this personally. If your child was on the football field, you would not want a parent running around on the field with water bottles, towels, and snacks. It would prevent the team from practicing as a team. Swimming is a team sport. Do not run out beside the pool to talk, encourage, scold, or provide for your child. They are just fine, the coach has it all under control. Bring your child, sit down, read or leave. They will be just fine.

***Items to bring to practice:***

The exception to your chauffeur status at practice is ensuring that your child has everything that they need at practice:

- A water bottle containing WATER not juice, soda, or drink mixes. Only exception might be a sport drink if you feel it is necessary.
- Swim goggles plus an extra pair in their swim bag.

- A swim bag to hold their stuff
- A towel
- An extra swim suit, clothing malfunctions happen just ask Janet Jackson.
- Swim cap and an extra one.

**Coach:** This is the person who will drive your child to victory. He or she is usually busy. He needs to focus on the swimmers not the parents. It is a violation of protocol to interrupt the coach during a practice. Email your coach, talk to him/her before or after practice, but do not distract him/her from the swimmers during practice. If you want everyone including the other parents (sitting politely on the designated bleachers) to look at you as if horns are sprouting from the top of your head: Approach the coach while he is on the deck.

**Deck:** The area surrounding the pool. This is the area that is around three feet around the pool, sometimes more, sometimes less. Parents are not allowed on the deck during practice or meets. In fact, one of the biggest faux pas committed by families at meets is assuming that it is OK to allow younger brothers and sisters to “play on the steps” of the pool during a meet. It is not. It is dangerous for the small ones and distracting to the swimmers. You and your child will most likely be publicly humiliated on a loud speaker if you allow your child into the pool. The only persons allowed in the pool or on the deck are the swimmers at the time of their races. They start their races on the block.

**Block:** This is the platform where the swimmer starts the race. It may be raised, or flat. Blocks can also be permanent or

removable. Some pools have blocks only on one end, and others have them on both.

Heat: In most races, there are more competitors than there are lanes to swim in. That is when you have the race broken out into heats. A heat is an extension of the one race. Ultimately, the swimmer with the fastest time across all heats is the winner. Some meets will have heat winners as well. A heat winner will not usually receive a ribbon.

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## **Proper Etiquette at Practices and Meets**

There are certain unwritten rules to practices and meets that you are more often than not going to figure out by mistake. If you follow by example, you could very likely be grouping yourself and your child with the people who have no manners. At every meet you will see someone who is just plain rude. I find this to be truer during summer leagues when more neophytes are present. In the past year, I have been amazed more times than I can count by the behavior I have seen adults display at their child's sporting events. Everyone is there to see their swimmer swim. Be respectful and try not to block another parent's view. Let the shorter viewers get closer, if you are tall, you can see over them.

Basic etiquette applies first and foremost. If you would not do it in front of your Grandma, don't do it in public. Remember that there are children present and watch your language! In the

sport of Swimming, it is the Judge and referee who determine if a disqualification has been made. There is no recourse if you disagree. Even if you see a swimmer commit a rules infraction, it doesn't matter unless the judge sees it. It is poor sportsmanship to make a scene about it.

Do not berate your child for getting a "DQ" (a disqualification i.e. an infraction of the swim association rules). Everyone learns more from their mistakes than they do their achievements. Every swimmer will at one time or another get DQ'd. It is not an embarrassment. It is a blessing. That is one mistake that they will never make again. It is beneficial to know the rules that you and your child will be performing under. These rules are located at:

[http://www.usaswimming.org/\\_Rainbow/Documents/d058dc69-ffc9-4e75-9069-fc977a102a33/2015%20Rulebook.pdf](http://www.usaswimming.org/_Rainbow/Documents/d058dc69-ffc9-4e75-9069-fc977a102a33/2015%20Rulebook.pdf)

Knowing these rules will help you and your child as you advance in this sport. You are not only setting an example for your children, you are responsible for your children and their behavior.

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## **What do You Have to do to Make it all Run Smoothly?**

Meet times are given well in advance. Plan to get to the meet at least one hour in advance. Don't panic when you walk into the facility. It can be daunting the first few times. Follow these

little steps and stay calm, you will do just fine.

## 1. Arrive one hour early

- Bring a backup of everything that your child usually has in his/her swim bag.
- Goggles
- Towel
- Swim cap
- Swim suit
- Cover up
- Bring at minimum two Sharpie permanent markers (you will need to write your child's race number, heat number, lane number, and name on them somewhere visible to them)
- Pack a cooler with healthy snacks and water.

Sometimes venues have snack bars. These do not provide the type of high quality nutrition that a swimmer needs to perform at their best.

- Lots of water. Keep your swimmer hydrated.
- Have chairs and towels or blankets for your swimmer to relax on in between events. (Races that your swimmer participates in)
- Cash to purchase t-shirts, snacks, heat sheets, etc. I usually have at least \$20 in cash on hand at a meet.
- Bring books, Gameboys, whatever that will keep your child occupied in between events.

## 2. Purchase a Heat Sheet (it is like a performance program, it tells you when each race is swum)

- Heat Sheets vary in price and can be shared
- They are usually under \$10.00

### 3. Locate your team

- Set up your cooler/blanket and chairs with the rest of your team
- Have your child check in with the coach
- Print your child's race number, lane number, heat number and name on their arm or leg where they can see it.
- Keep track of what race is swimming. This is easier if you are with the more experienced parents on your team.

4. Make sure that your child is lined up for their race about two races in advance of their scheduled event.

5. Once your child has completed swimming for that day you are clear to go. However, if you wait until the end, times are posted and you can see your child's placement in the races.

6. Your child's race times will also be listed on your team's website or you can check results online with your smart phone. Most meets will list live results on the APPS "Live Results" or "MeetMobile". You can also check your swimmers events and past results on Swim Connection.

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## **So How Much Does All This Cost?**

So now you know how it all works, you have a list of the terminology. The overachievers will have flashcards of them. You are ready to take on the chaos of a meet, but first you have to pay for it all. Yes, children, swimming like every other sport is far from free. The cost starts to rack up with the swim team

itself. All swim teams charge a fee. This is a quick tally of what I expect to pay this year:

My daughter's team fee for winter league is \$700.00.

Competition swim suit \$ 80.00

Practice swim suits \$60.00

Goggles (2) \$ 50.00

Swim Caps \$ 15.00

Towels (2-3) \$ 50.00

**Sub-Total: \$955.00**

Now let's talk about the meets. There are fees for each meet. Fees vary and are usually set by how many events (races) that your child will swim in. My daughter is just starting out so she doesn't usually swim in more than six events per meet. Generally, this fee is around \$5.00 per event. That means that I can expect each meet to cost me about \$30.00 in meet fees. Then I have to add in a heat sheet at about an average \$10.00. That means that each meet will cost me about \$40.00.

My daughter's league plans one meet a month. Winter league lasts about five months. That means that for me a minimum additional cost of \$200.00. that makes *my grand total of minimum costs to be \$1155.00 for this swim season.*

## The Good News

\$1155.00 is not cheap. I could let my child sit at home in front of the TV for free. No wait, then she would get obese and sick and I would have the additional expense of medicines and doctor co-pays. It might be cheaper, but is it better? NO. I could make

her get outside and run. The downside to that is messed up joints, knee surgery, ankle braces, and more meds. Of all of the sports that your child can get involved in, competitive swimming is the least likely to cause physical harm even over a lifetime. Swimming burns more calories than most other sports preventing obesity and juvenile diabetes. Team sports have been proven to build confidence and improve a child's chances for adjusting well as an adult. The physical exertion of swimming helps to relieve stress which prevents having to pay those expensive Psychiatrist bills.

So get out there and learn the lingo. Study the rules. Use common sense when it comes to etiquette. You have taken the steps to learn how to maneuver the maze of the meets. You have cracked open your wallet. All you have to do now is remember that to your child and his/her future, Competitive Swimming is not cheap it is priceless.

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## Tips for your first swim meet..

- Arrive slightly early to get a seat. On my first time I arrived at the pool only to be greeted by "...sorry, someone is sitting there..... and there..... and there...."
- Always take a towel or a cushion to sit on.... After 6 hours your butt goes numb on those hard stands (bleachers), seriously, I can still feel a dull ache in those cheeks just sitting here at the computer! At many meets there will be no stands or

no free spaces so do yourself a favour and bring camping chairs.

- Wear summer attire, even if the weather is freezing outside. It is so hot and humid in those indoor pools, it can feel quite hard to breath!
- Bring a pair of summer flip flops to wear on the pool deck. Many pools will not allow you to wear outside shoes near the pool area, and if you haven't brought inside shoes, you will be expected to go barefoot, which can be a bit squishy! Yuck!
- Bring your own healthy food and water for you and your swimmers. The chips and other treats they serve from the pool canteens will do nothing but weigh down your kid with stodgy grease and won't even help cushion your butt either (well not immediately anyway).
- Pack an extra set of goggles and swim cap, in case there is an 'equipment malfunction'
- Bring pens to record times and write event numbers on the kids arms, Nervousness or excitement may cause young kids temporary forgetfulness whilst standing, exposed, on the starting blocks. You don't want them to start swimming the wrong stroke. My girls are comforted by having the information on their arm.
- Get the kids to drink plenty (even though mine don't feel like it after swimming) and make sure you drink plenty of water or less you will wind up with one thumping headache.
- Bring something for you and the kids to kill time, like

iphone, itouch, DS or even books and magazines. Sometimes there can be long wait between events, for you and the kids!

- Remember, everyone is sitting in close proximity and may be able to hear what you say....so be nice.
- Don't tell your kids how to swim, or what they did wrong! Just leave that up to the coaches. Tell them instead how great, brave, persistent they were. Or concentrate on a thing that they did well like a great dive or turn. It's better for you and the kids in the long run...really it is.
- Concentrate on aiming to achieve personal best times rather than beating others. Sometimes it can help to set other goals like doing a good turn, or not looking around the pool whilst doing breaststroke.
- Occasionally you will see coaches standing on the edge of the pool, their hands up above their head, doing rather grotesque looking pelvic thrusts!!!...don't worry, they are simply demonstrating correct butterfly technique.

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## **SNS Updated Timer Policy for meets**

Good afternoon SN Members ~

At the recent Board of Directors meeting, a new policy was established and voted on regarding filling Timing Chairs, including the Host Team, at SN meets. This policy will be effective January 1, 2016 and is as follows:

Single ended meet:

1 timer chair: 15 swimmers

Max of 3 lanes

Host Team supplies timers at same ratio as visiting teams.

Host Team responsible for filling unassigned chairs.

Double ended meet:

1 timer chair: 10 swimmers

Max of 6 lanes

Host Team supplies timers at same ratio as visiting teams.

Host Team responsible for filling unassigned chairs.

If you are a meet director in charge of handling the meet announcement, this verbiage will need to be added to the meet announcement, as we do with the Officials volunteer requirements.

While the policy itself does not have a penalty in place to teams who do not supply the required timers, we trust that our SN Teams will do their best in fulfilling their obligations to help fill the timing chairs. Giving your "time" to our athletes is a worthwhile cause and can be a very rewarding and fulfilling experience!

Thank you in advance for your continued support to this great sport!

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**SIERRA NEVADA SWIMMING LSC BOARD MEETING**

**Please plan to attend this LSC Board Meeting and get involved!**

Meeting Date: January 26, 2016

**Time:** 7:00 PM  
**Quarterly Meeting:** Third meeting of the 2016 Swimming Year  
**Hosted by:** Sierra Nevada Swimming  
**Location:** **Mike Shellito Indoor Pool**  
**10210 Fairway Drive**  
**Roseville CA 95678**

**Google Directions:**

<http://maps.google.com/maps?hl=en&rlz=&q=10210+Fairway+Drive+%09%09%09%09+Roseville+CA+%C2%A095678&um=1&ie=UTF-8&hq=&hnear=0x809b21eebffaf01b:0x21418f190250e36a,10210+Fairway+Dr,+Roseville,+CA+95678&gl=us&daddr=10210%20Fairway%20Dr,%20Roseville,%20CA%2095678&sa=X&ei=MpxHUNWICJHSiAL-yoHYDw&ved=0CCIQwwUwAA>

**Contact Information:** Denna Culpepper <[dennac@snswimming.org](mailto:dennac@snswimming.org)>

**Remember: Silence is consent!!**

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**IF YOUR TEAM WOULD LIKE TO HOST A  
STROKE AND TURN CLINIC FOR THE 2016  
SWIMMING YEAR PLEASE CONTACT**

**BILL ROSE AT:**  
**<[cbrose@omsoft.com](mailto:cbrose@omsoft.com)>**

**The new 2016 swimming year started on September 1st, and Stroke and Turn Clinics have been offered at many places, throughout our LSC. There is an “Athlete Protection Training” online program and a**

**Criminal Background Check, that will be required for all first time non-athlete volunteers, Officials and Coaches, before your 2016 USA Swimming membership becomes valid.**

**After the 2016 USA Swimming Convention, there were many of the yearly required clinics offered. At this time, many clubs are trying to figure when to offer just such a clinic for their Officials, who have not attended a clinic yet for this swimming year.**

**REMEMBER, when we host clinics in your neighborhood, attend this yearly required clinic. Don't wait for us to come back, we might not be able to come back a second time.**

**ALL Officials have to attend a yearly clinics!!**

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**Future Administrative Official Clinics on the Calendar**

**There are **ZERO** 2016 Admin Official Clinics on the calendar.**

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## Future Stroke and Turn Clinics on the Calendar

There is **ONE** 2016 Stroke and Turn Clinics on the calendar.

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### Clinic #1

**What:** 2016 Stroke & Turn Clinic

**For Who:** **All certified Officials or new parents wanting to be professional swimming Officials**

**Where:** Davis, California

**Location:** Brady Family Building  
23 Russell Blvd.  
Davis, CA 95616

**Time:** 9:00 AM to 12:00 noon

**When:** **Saturday, January 9, 2016**

**Directions:** Driving on I-80 W, toward San Francisco, take I-80 W to 72B for Richards Blvd N toward downtown in Davis. Follow Richards Blvd, 1st Street and B Street to Russell Blvd. Merge onto Richards Blvd. Continue straight to stay on Richards Blvd. Richards Blvd turns left and becomes 1st Street. Turn right onto B Street. Turn left onto Russell Blvd. Destination will be on the right.

**Google Directions:**

<https://www.google.com/maps/dir/%27%27/23+Russell+Blvd,+Davis,+CA+95616/@38.5465379,->

[121.7478911,17z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x808529a097b65e9f:0x9690f44d89b6c7fb!2m2!1d-121.7457453!2d38.5465379](https://www.google.com/maps/dir/%27%27/23+Russell+Blvd,+Davis,+CA+95616/@38.5465379,-121.7478911,17z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x808529a097b65e9f:0x9690f44d89b6c7fb!2m2!1d-121.7457453!2d38.5465379)

If you need further directions, e-mail Miriam Fisk at [miriamfisk@sbcglobal.net](mailto:miriamfisk@sbcglobal.net)

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The online test is an every other year requirement.

FOR THE **2016** USA SWIMMING YEAR,  
THERE ARE **19 STROKE AND TURN JUDGES** WHO NEEDS TO  
COMPLETE THE STROKE AND TURN/TIMER RE-  
CERTIFICATION TEST!! IN ADDITION THERE ARE  
**4 REFEREES** WHO HAVE TO COMPLETE THEIR REFEREE  
RE-CERTIFICATION TESTS. THERE ARE ALSO **5 CERTIFIED  
ADMINISTRATIVE OFFICIALS** WHO HAVE TO COMPLETE  
THEIR RE-CERTIFICATION AO TEST

**The 2015 Rulebook will be the only book used for ALL the online tests, until April 15, 2016!!**

The 2015 Rulebook can be downloaded from the USA Swimming web site if you like, but in most cases you do not need the whole Rulebook for your test. The Rules and Regulations is one book that can be seen on the web site, in it's entirety, for free. The Rulebook can be found on the USA Swimming web site by going to the home page of the USA Swimming web site, then click on **About** (at the top) , then click on **Rules & Regulations** and finally click under **USA Swimming Rulebook**.

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## REMEMBER PAST CERTIFIED OFFICIALS

**After you have attended your 2016 Swimming Clinic, you will receive a message from me reminding you**

**about taking an online test if this is your year to take the re-certification test. This is one of the requirements to complete in order to be certified to work the deck after January 1, 2016.**

## **TAKE YOUR 2016 ONLINE TESTS NOW**

**Using the 2015 Rules and Regulations.**

**Officials: When taking your on-line tests, please...**

### **TAKING THE ON-LINE SWIMMING TESTS**

**<http://www.usaswimming.org>**

1. Once you are on the USA Swimming web site, look for “**Sign In**” at the top of the web page and then click on **Sign In**.
2. Fill in the information needed to become a member and then click on **Log In**. This step is only done the first time you sign-in on the USA Swimming web site.
3. When you return to the USA Swimming web page, click on **MEMBER RESOURCES** at the top of the web page.
4. Look for **Officials** in the middle of the web page, then click on **Testing & Certification**.
5. You will now get a page that has in the center of the page a statement which says, “**INSTRUCTIONS TO ‘SIGN IN’ TO TAKE THE OFFICIALS TESTS**.” You have two choices: to click on **this link** to create an account or to click **this link** to be automatically redirected to the Online Test Sign-in page. Look for the button, saying **START THE TEST** at the bottom of this screen. On my screen the blue changes to red.
6. Pick the test you want to take by selecting a test to start. Click on **Select A Test** and drag your mouse until the test you want is highlighted. In the center of the page, you will find “**Select A Test**.” Make sure your pick is the correct one, there are 32 tests to choose. In most cases, your test will either be a Certification test or a Re- Certification test. You will then click

on the “**Start Test**” button, but it will go to your personal history page. Make any necessary changes and click “**Save Information & Proceed to Test.**” If no changes are necessary, then you will still click on the “**Save Information & Proceed to Test**” button at the bottom of the page.

7. Now click on **Start Test** button.

You now have 2 choices: **Choice one** is to click on “**Print Blank Version of Test.**” You will print a version of the test, so you can study at your leisure and mark up your printed version of the test with the correct answers, which can be found in your current Rulebook. When you click on this choice, you will get a PDF copy of the test. You have to go one step further to print the test and that is to look for the small icon of a printer in the top left hand corner of the PDF document. **Choice two** is to click on “**Next.**” If you now click on “**Next,**” you will see the first question of your test. If you don't have time to finish the whole test, one question at a time, make sure you click on “**Save and Restart Later.**” The web site will remember which test you have chosen **only** if you have clicked on “**Save and Restart Later**”.

I have heard that if you answer just the first question before you click on “**Save and Restart Later**” and then **Logoff**, you will be assured of returning to this same test the next time you have more time to spend completing the test. The tests, in most cases, have the questions in the same order, but the answers will be randomized. In just a few of the tests, some of the questions are randomized also.

Looking at the first question, answer the multiple-choice answer. When completed with the first question, click on the “**Next**” button. If you have to stop for some reason and start later, click on the “**Save & Restart Later**” button.

8. Click **Logoff** at the top of the web page, if you want to take the test off line first.

9. Take the test off line at your leisure by using the printed version of your test.

10. When you are ready to fill-in the blanks, you will need to login on the USA Swimming web site where you will be on the USA Swimming [Home page](#), then you will click on [Member Resources](#), then go to [Officials](#), where you will click on [Testing & Certification](#) and now go to [Online Officials Test](#). You should see **CHOOSE A TEST TO START** at the bottom of the page. Click on this. This is your personal page listing the tests you have taken or signed up to take. What you are looking for is the **Prior Test List**. When you find the test that needs to be taken, click on “**Resume.**” You will notice the time and date when the test was saved. You will also see places to click, such as **Resume, Delete, Print Blank Test** or **Print Answer Sheet**. By clicking on **Resume**, you will be able to put your correct answers to the test that was saved and waiting for it's answers. When you resume your test at a later date, the system will take you to the first question. If you want to go to where you left off, type in the number of the question that you want to start with, in the little box and

click on the “Go” button. It will take you directly to the first question in need of an answer. **You might want to check and make sure the answers are in the order that they are listed on your printed test. If you didn't save and restart later correctly, most of the time the questions will be in the same order, but the multiple choice answers might be randomized. Double check your choices.**

Now you can continue to answer the questions in the same fashion.

11. **Please check and make sure you have answered all the answers correctly.**

When you get to the last question on the test, you can double check by clicking on the “**Previous**” button. If you click on the “**Save & Restart Later**” button, you may want to double check later.

12. When you have **double-checked** your answers, submit for grading by clicking on the “**End Test/Submit for Grading**” button. If you click on the “**End Test/Submit for Grading**” button, you will be finished with this test and receive a grade. Before your test will be graded, another window will show up on your computer screen, when it asks you if you are sure you want to end this test? Just click on **OK**. The LSC Officials Chair will receive the results at the same moment the test taker receives their score, which is seconds after the “**End Test/Submit for Grading**” button is clicked.

13. Remember: Haste makes waste or Measure twice and cut once. Once you have submitted your answers, it is too late for changes.

14. You will get immediate results as well as the LSC Officials' Chairperson. Now the screen that shows is your completed test results. You can review your results by clicking on “**Review Results**.” Your computer will download a PDF copy of the test. You will have to retrieve it where downloads are found on your computer. If you click on “**Return to Test Selection**” you will return to the location where all of the tests you have taken are kept. This is the window where you selected the test to start this test taking process. You can review the test that was just taken by clicking on “**View**” which can be found on the right of the screen, on the same line as this most recent taken test.

Remember, each time you take another test, you will have to answer all the same information that was asked of you the first time, when you selected a test and started that test.

15. Click **Logoff** at the top of the web page when you are finished.

## **COMMON MISTAKES**

**DID YOU CHECK TO MAKE SURE THAT YOU HAVE MARKED YOUR RESPONSES ON THE SAME TEST THAT YOU DOWNLOADED?**

**WERE THE MULTIPLE CHOICE ANSWERS IN THE SAME SPOT AS THE TEST YOU DOWNLOADED?**

**YOU CAN GO BACK AND CHECK ANY QUESTION BY CLICKING ON “GO” AFTER YOU INPUT THE NUMBER OF THE QUESTION YOU WANT TO CHECK.**

**MAKE SURE YOU HAVE DOUBLE CHECKED YOUR RESPONSES BEFORE YOU CLICK ON SUBMIT!!**

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**IF YOUR TEAM WOULD LIKE TO HOST A STROKE AND TURN CLINIC FOR THE NEW YEAR, PLEASE CONTACT**

**BILL ROSE AT:**  
**[<cbrose@omsoft.com>](mailto:cbrose@omsoft.com)**

**ALL Officials have to attend a yearly clinic!!**

**Besides attending a clinic, paying your non-athlete fees, completing or renewing your Criminal Background Check and completing your Athlete Protection Training, there is another requirement for some of you, if this is your year!!**

**That requirement is taking your on-line re-certification test.**

**The 2015 Rules and Regulations are now in effect for all on-line tests.**

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**Now**  
**that you are certified, you may work other USA Swimming, LSC’s or Sierra Nevada Swimming meets in [January of 2016](#)**

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**Meet Date:** January 8-10, 2016  
**Type of Meet:** SCY  
**Hosted by:** Spare Time Aquatics of Sacramento  
**Location:** Rio Del Oro Racquet Club, Sacramento

**Directions:** Use the website below to look at the map of the area around Rio Del Oro Racquet Club of Sacramento. [http://maps.google.com/maps?hl=en&source=hp&um=1&ie=UTF-8&cid=0,0,3826466632981135959&fb=1&hq=rio+del+oro&hnear=sacramento&gl=us&daddr=119+Scripps+Dr,+Sacramento,+CA+95825-6305&geocode=12809205724098204541,38.571450,-121.407866&ei=ZMP9SrvdBZCosgOntfWHCw&sa=X&oi=local\\_result&ct=directions-to&resnum=1&ved=0CAoQngIwAA](http://maps.google.com/maps?hl=en&source=hp&um=1&ie=UTF-8&cid=0,0,3826466632981135959&fb=1&hq=rio+del+oro&hnear=sacramento&gl=us&daddr=119+Scripps+Dr,+Sacramento,+CA+95825-6305&geocode=12809205724098204541,38.571450,-121.407866&ei=ZMP9SrvdBZCosgOntfWHCw&sa=X&oi=local_result&ct=directions-to&resnum=1&ved=0CAoQngIwAA)

**Contact Information:** Richard Levin  
<[coachrichard@riorapids.com](mailto:coachrichard@riorapids.com)>

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**Meet Date:** January 15-17, 2016  
**Type of Meet:** Blizzard Blast Pentathlon  
**Hosted by:** Carson Tigersharks  
**Location:** Carson City Aquatic Facility  
841 N. Roop Street  
Carson City, NV 89701

**Directions:** Carson Aquatic Facility, 841 N. Roop St. Carson City, NV. From Business Hwy. 395 go two traffic lights East on Hwy. 50 (E. Williams St.). Turn right on Roop St. and go one block south. Turn left behind the Carson City Community Center. From Reno on Hwy. 395 take exit 39. Turn right and travel West for 0.9 mile. Turn left into Mills Park and the Carson City Community Center. Additional parking is available at the Bank of America at the northwest corner of Roop St. and Hwy. 50 (E. Williams St.).

**Contact Information:** Meet Director Christina Saenz <[christina.saenz@sbcglobal.net](mailto:christina.saenz@sbcglobal.net)>  
775-450-2984

**Map to Carson City Aquatic Facility:**

[http://maps.google.com/maps?hl=en&bav=on.2,or.r\\_gc.r\\_pw.r\\_qf.&bvm=bv.1355534169,d.cGE&bpcl=40096503&biw=1136&bih=981&q=841+North+Roop+Street,+Carson+City,+NV&um=1&ie=UTF-8&hq=&hnear=0x80990a996be0da01:0x35b3dc4376d7dc1b,841+N+Roop+St,+Carson+City,+NV+89701&gl=us&daddr=841%20N%20Roop%20St,%20Carson%20City,%20NV%2089701&sa=X&ei=flfTUNXNGeHWiwKdrYHICA&ved=0CDAQwwUwAA](http://maps.google.com/maps?hl=en&bav=on.2,or.r_gc.r_pw.r_qf.&bvm=bv.1355534169,d.cGE&bpcl=40096503&biw=1136&bih=981&q=841+North+Roop+Street,+Carson+City,+NV&um=1&ie=UTF-8&hq=&hnear=0x80990a996be0da01:0x35b3dc4376d7dc1b,841+N+Roop+St,+Carson+City,+NV+89701&gl=us&daddr=841%20N%20Roop%20St,%20Carson%20City,%20NV%2089701&sa=X&ei=flfTUNXNGeHWiwKdrYHICA&ved=0CDAQwwUwAA)

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**Meet Date:** January 22-24, 2016

**Type of Meet:** SCY - BB+

**Hosted by:** FAST - Foothill AquaSharks

**Location:** Vista del Lago High School  
1970 Broadstone Pkwy  
Folsom, CA 95630

**Directions:** Use the website below to look at a map of the area around Vista del Lago High School

<https://www.google.com/maps/dir/'/folsom+vista+del+lago+high+school/@38.6554988,-121.1759156,12z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x809ae519aa67027b:0x4ccf8643db1a1f1e!2m2!1d-121.1058756!2d38.6555197>

**Directions:**

**Vista del Lago High School**, Directions to the school: Get on US-50 heading East toward Lake Tahoe. Follow US-50 E to East Bidwell Street and take exit 27 from US-50 East. Drive to Broadstone Parkway in Folsom. Vista del Lago High School is located at 1970 Broadstone Parkway, Folsom, CA 95630

**Contact Information:** James Ranlett  
<[jimr@nexzor.com](mailto:jimr@nexzor.com)>

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**Meet Date:** January 22-24, 2016

**Type of Meet:** SCY - BB+

**Hosted by:** RMAV - Rocklin Mavericks

**Location:** Rocklin High School  
5301 Victory Lane  
Rocklin, CA 95765

**Directions:** Use the website below to look at a map of the area around Rocklin High School

<https://www.google.com/maps/dir/'/rocklin+high+school/@38.8132715,-121.2873356,13z/data=!3m1!4b1!4m9!4m8!1m0!1m5!1m1!1s0x809b18adfd536ae5:0x94edcaab887c73d3!2m2!1d-121.2523162!2d38.8132098!3e0>

**Directions:**

**Rocklin High School**, Directions to the school: Continuing toward Reno on I-80 to Stanford Ranch Road, take exit 307 from CA-65 N. Continue onto Stanford Ranch Road until you arrive at your destination on the right. at 5301 Victory Lane, Rocklin, CA 95765.

**Contact Information:** Rob Scanlan - Head Coach  
<[robscanlanjr@gmail.com](mailto:robscanlanjr@gmail.com)>

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**Officials: Ask your questions!!**

- changed January 1, 2016 -

**Often Asked Questions by USA Swimming Officials**

**Do I need to attend another class or do I just need to take a test to renew? If I need to attend a class is there a class that I can attend that is near Folsom?**

Yes, all past certified and new parents have to attend a yearly clinic to start the new year's membership process each year. We started the 2016 clinic in early October and have had about 15 to 20 in the LSC and maybe close to 5 in the Roseville, Sacramento and Folsom areas.

In your case, you will have to attend a clinic, pay you 2016 membership fee of \$60, renew your Athlete Protection Training and take your renewal Re-certification Stroke and Turn/Timer test to be certified and be able to work the deck after January 1, 2016.

Right now, there is only one clinic on the calendar, which is scheduled for Saturday, January 9, 2016 in Davis. The directions are listed in the December Newsletter, which is going out soon today.

**I am out of the country right now. I return December 21. What is the latest I have to get the online test and APT done?**

Before you can work the deck as an AO, you will have to complete these two requirements. If you don't do it until you return, that is OK. If you don't do it until the middle of January, that is OK too. You just won't be able to work as an AO until these requirements are completed.

**I was going off of what USA swimming said on their site. It says that I have to retake the test by 4/15/16. I will retake this month, as well as APT. Probably over Christmas break.**

Now I know where the 4/15/16 comes from. If you have started a test and needed to quit for some reason, all 2015 or 2016 not-completed tests have to be completed by 04/15/2016. At that time, the Test Committee will deactivate the testing site for two weeks, while we align all the questions to the 2016 Rulebook. All not-completed tests will be deleted on April 15, 2016.

You will be surprised to see how much easier it will be to take the tests this year, without Part 2 to answer.

**I am in need of some assistance. I have completed my online work. I am now ready to do my shadowing. My plan is to work on it this weekend at the meet. I know they is a document that I need to file out but I am unable to find it. Would it be possible for you to resend the document please? What else do I need to complete? Thank you!**

In the "Welcome" letter that I sent you soon after you attended your initial clinic, there was one attached, but also attached to this email is the Sierra Nevada Training Slip for you use.

P.S. You might try to take the Certification online Stroke and Turn/Timer test.

Below are a few helpful tips when trying to find where to begin this task.

The Certification Stroke and Turn/Timer online test can be started by going to the USA Swimming website and signing in, then to Member Resources, then to Officials, then to Testing and Certification, then to Online Officials Test and then on the left hand side menu, please pick Online Officials Test that you need to take. Just follow the INSTRUCTIONS TO SIGN IN TO TAKE THE OFFICIALS TEST. Make sure to use the 2015 Rulebook.

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1514&Alias=Rainbow&Lang=en>

The current Rulebook is on the USA Swimming website. Once you are on the home page of the USA Swimming website, then click on **About** (at the top) , then click on **Rules & Regulations** and finally click under **USA Swimming Rulebook**. If you click on 2015 USA Swimming Rulebook, you should get a PDF copy of that Rulebook on your desktop.

**Looking forward to officiating. It has been a fun process. Learned a lot and met some really nice people. What are the renewal requirement and deadlines for 2017 certification? Are there a minimum number of meets I need to officiate each year?**

I guess it is a FUN process, since I have been doing it for over 30 years and it is still fun.

When the 2017 clinics are offered in October or early September, please attend one when the clinic is being offered close to your home. You only have to attend one yearly clinic. At that time, you will also have to pay the yearly membership fee and fill out two 2017 applications.

The requirement to remain certified for the next year is to work a MINIMUM of four sessions a year. That doesn't seem like enough, but that is the minimum standard that USA Swimming recommends. For example, by attending only one meet, like this years CRA Meet last weekend on both Saturday and Sunday, this requirement is met, because there were two sessions on both days.

Also, the Athlete Protection Training and Criminal Background Check have to be remain current.

The online test is taken every other year. I start the year on September 1st and the year ends on August 31.

**Quick question, my wife and I haven't received our 2016 US Swimming Membership cards. We paid for and filled out form at the clinic we took up in Sparks, Nevada last month. Any ideas or does our Officials Certification card suffice?**

Anyway, this year, Sierra Nevada Swimming is not using the colored USA Swimming Membership Cards, but instead will be using the USA Swimming Certification Cards, which I will update. Many LSC's no longer use these colored cards and it was very time consuming for Mark Brown to send and in some cases, multiply cards in the same year were sent, when the Background Check had to be renewed during the calendar year.

Now, I will update the Certification Cards, which has all the current certifications of the Official, even showing if they are in "training with a TR" or "certified with a CE" listed. This is time consuming for me, since I check every day to see if the APT has been renewed or the the Background Check has been renewed as well. I have many folks who need to do their online tests as part of their certification requirements this year. If the test, background check or APT are not renewed, I do not update the card or send it to the Official. If the only thing that the Official needs to do is the online test, when I receive these results as I did for you, I can update the lists and their certification card, so that USA Swimming will send this card to their computer's inbox for printing.

If the folks up in Pacific Swimming really want to see the 2016 green USA Swimming Membership Card, I can send you something so you can print it yourself. This card as you know, only shows that you are current with your USA Swimming membership (paying the fee), up to date with your Athlete Protection Training (shows the expiration date) and up to date with your Criminal Background Check (shows the expiration date).

The colored USA Swimming Membership Card is good for someone like a Meet Director, where no certification requirements are needed, but the Certification Card is the best way to show that an Official is really certified and not just a member of USA Swimming.

**First I extend my humblest apologies for what this email will communicate, as I am aware it was my responsibility to maintain. Prior to this week end I had worked five sessions as a stroke and turn judge.**

**2 Sessions at the Long Course Mel Enze Meet in Lodi in June.**

**2 Sessions at the Short Course Hot Dog Meet In Lodi in September.**

**1 Session at the Pumpkin Meet Lodi in October.**

**I am not finding my signed sheet for these meets, I could go on with a multitude of excuses, but will not.**

**I am working two sessions this weekend in Stockton, and will get those signed for on form I put together. I guess I am hopeful that there is some ability to back track, but would understand if there wasn't. Let me know and again my apologies.**

OK, here is where you stand.

You are correct in your "training session" history. I looked on the USA Swimming website and they appear to be the same.

Another requirement you need to complete is your Certification Stroke and Turn/Timer test.

Below are a few helpful tips when trying to find where to begin this task.

The Certification Stroke and Turn/Timer online test can be started by going to the USA Swimming website and signing in, then to Member Resources, then to Officials, then to Testing and Certification, then to Online Officials Test and then on the left hand side menu, please pick Online Officials Test that you need to take. Just follow the INSTRUCTIONS TO SIGN IN TO TAKE THE OFFICIALS TEST. Make sure to use the 2015 Rulebook.

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1514&Alias=Rainbow&Lang=en>

The current Rulebook is on the USA Swimming website. Once you are on the home page of the USA Swimming website, then click on **About** (at the top) , then click on **Rules & Regulations** and finally click under **USA Swimming Rulebook**. If you click on 2015 USA Swimming Rulebook, you should get a PDF copy of that Rulebook on your desktop.

So, to be certified for the rest of 2015 (only 17 days), you will have to complete that final session of deck training and the above mentioned Certification Stroke and Turn/Timer test. When I get the test results and the last training session appears, you will be certified for the rest of 2015.

IF you want to be certified for the swimming year of 2016, which started on September 1, 2015 and will end on December 31, 2016, you will have to attend one of the required yearly

clinics we have been holding since the first part of October to get the 2016 membership process started. At that time you will pay your yearly membership fee (\$60 this year) and fill out the two required 2016 applications. We do this every year.

If you have completed your certification requirements before December 31, 2015, you will only have to attend the required yearly clinic, pay your membership fee and fill out those two 2016 applications. The only clinic I have on the calendar now will be in Davis on Saturday, January 9, 2016. Check the last Monthly Newsletter for directions and start time.

**I have been very busy. I have one question on the renew. Do I need to complete this before the expire, else I will start the new registration reprocess, is this correct? I like to attend your clinic at Davis during the Jan. But when I start the registration, do I place under renew or new registration? My goal is trying to renew instead of new registration. I like to know the timeline.**

USA Swimming is just trying to remind you to renew your Athlete Protection Training, which I have also done. I was planning to do it again to the rest of the Officials who have not renewed their APT.

In your case, you will have to attend a required yearly clinic and the only one on my calendar is on Saturday, January 9, 2016, in Davis. This is a requirement for all of us to start the yearly renewal process for our USA Swimming membership. At that time you will fill out two 2016 applications and pay your 2016 membership fee of \$60.

After that, you will have to take the re-certification Stroke and Turn/Timer test, since you last took the test in 2014 and received a passing score of 91.67%. This is an every other year requirement.

Your Criminal Background Check expires on 04/30/2017, so you are current with this requirement for the swimming year of 2016.

Simply, below is what you need to get re-certified for 2016:

Attend the yearly clinic on Saturday, January 9, 2016.

At the clinic, fill out the two applications and pay your membership fee of \$60. Check will be made out to Sierra Nevada Swimming.

Re-new your Athlete Protection Training - **you can do this now.**

Take the Re-certification Stroke and Turn/Timer test - **you can do this now too.**

**I just wanted to let you know that I have mailed out my application to renew my officials certification for 2016. I apologize for it being so late this year, but it should be to you before the 31st. Just wanted to let you know it's on its way to you.**

Thank you for the update. I noticed that you attended one of Valerie's 2016 clinics on October 7, 2015, so attending the required yearly clinic is good.

Now that there are requirements that don't get updated on the USA Swimming quickly, we

need to complete these requirements sooner rather than later, if we want to be certified by a certain date.

In your case, I just checked and noticed that your Athlete Protection Training shows that you have not taken the renewal course. Your APT shows that it still expires on 12/31/2015.

Another requirement that you will have to complete before being certified in 2016 is the completion of the re-certification Stroke and Turn/Timer online test.

So, before I can update your 2016 Certification Card, I will have to have the two applications and membership fee, which you say is on its way to me. You will also have to take the online test and take the renewal APT course.

**I'm having trouble logging onto the USA website to take my test. Can you look up my password and user name?**

I am not sure what your password might be, but according to your old test, that has almost expired, the user name was this on your test.

If you can't figure it out, Gina Mensay <[gmensay@usaswimming.org](mailto:gmensay@usaswimming.org)>, can tell you when she gets back to the office at USA Swimming.

You will need this information for your APT too, when you sign in to complete your Athlete Protection Training.

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## **SWIMMING SITUATIONS - changed January 1, 2016 -**

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**1.** A Coach approaches the Administrative Referee at a senior championship complaining that the scratch table would not accept a scratch from finals from one of his athletes since it was submitted two minutes after the posted deadline for scratches. The final seeding for the event in question had not yet been printed or posted? What should the Referee do?

***Recommended Resolution:*** If USA Swimming Championships scratch rules are in effect, then a swimmer who scratches after the heats have been seeded would be barred from further competition (except in the case of illness or injury). In this case, the seeding for the event is not complete, the results have not been printed or posted, and the Referee may allow this scratch, re-seed the Finals, and post the heats.

***Applicable Rules:*** 102.11.1, 207.11.10 E(2), 207.11.10 D(1)

2. The Meet Referee at a scored championship meet receives a note on Sunday morning stating that an athlete competing in the meet is not entitled to represent the club with which they currently registered since the athlete represented another club in USA Swimming competition less than 120 days ago. The swimmer had swum both individual and relay events on Friday and Saturday and the Coach planned to use the swimmer in a relay on Sunday. What should the Meet Referee do? What if the 120th day was Saturday? What if the 120th day was Sunday? When does the 120-day clock start and stop?

**Recommended Resolution:** The 120-day clock starts on the first day following the last day that the swimmer competed in a USA Swimming/LSC-sanctioned meet (other than for a closed meet—see definition in Glossary) for his/her former team. On the 121st day, the swimmer may represent his/her new team; however nothing prevents the swimmer from competing in the intervening time unattached to any team. Team representation impacts eligibility only for relay events; for individual events, there are no eligibility issues only that points scored by unattached swimmers do not accrue to any one team. So, regardless of the outcome in this situation, the results achieved by the swimmer in *individual* events will not change other than possibly the accrual of points to the swimmer's current team. The protest needs to include objective evidence that can substantiate the claim. The Referee can also call registration to help with the specifics of the situation. The Meet Referee needs to investigate what can be done on short notice and may find appropriate and compelling evidence to either substantiate or refute the claim. However, the most likely scenario is that the information required is not available at the meet -- especially on the morning of the final day -- and cannot be obtained before completing the meet. The Meet Referee then will need to preserve all of the relevant information, announce that the events involving the swimmer are being swum "under protest," and move on with the meet. All questions involving the swimmer's eligibility can be appealed, so final resolution can take days, weeks, or months.

**Applicable Rules:** 203.3, 102.23.3, 102.23.4, 102.23.6

3. The Timing Judge at a long course senior championships notices that there are no final results printing for the first few heats of the ladies 100-meter breaststroke. She subsequently finds that the timing console is set for 200-meter events. What should the Timing Judge do?

**Recommended Resolution:** The first thing to do is ensure that the timing console is set for 100-meter events for subsequent heats. Thereafter, it largely depends on the type of timing console and the timing software being used. More up-to-date consoles/firmware will have saved the pad data (no buttons) by an internally generated race number. In most cases, the data can be retrieved by printout or via the data link, in which case they could be used to determine official times. If an older console is used or the equipment operator pushed all of the wrong buttons and no data is saved, the back-up watch times would be adjusted and used.

**Applicable Rules:** 102.24.5D, 102.24.5F, Appendix B

4. A visiting nationally-known college Coach is in attendance at an LSC Junior Olympic meet to observe some local swimmers. He is videotaping several events. A stroke disqualification is called in an event, and it is accepted by the Referee but eventually protested

in writing by another Coach. The college Coach tells the disqualified swimmer's Coach that he has the swim on tape and it probably will show that there was no DQ. The protesting Coach demands that the Referee review the tape and change his decision. What should the Referee do?

**Recommended Resolution:** The disqualification should stand, disallowing the protest. A Technical Jury cannot adjudicate judgment decisions -- only the Referee may adjudicate judgment decisions. In addition, USA Swimming has not approved any videotape devices or the use of them to resolve such protests. The Referee may view the tape for educational purposes; however, there is no obligation to do so

**Applicable Rules:** 102.11.1, 102.23.1

5. In a B/C championship meet using dual confirmation relay take-off judging, the Relay Take-Off Judge on a lane does not call an early take-off infraction while several Side Judges do. Additionally, the Deck Referee calls the early take off on the third swimmer in the lane in question, but without raising a hand. Is there a valid disqualification?

**Recommended Resolution:** The Referee may disqualify a swimmer(s) for any violations of the rules that he personally observes and shall at the same time raise one hand overhead with open palm. If he does not make such a signal there shall be no penalty. The DQ is invalid as the Referee did not raise his/her hand overhead.

**Applicable Rules:** 102.11.2

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## TAKING THE ON-LINE TESTS

- changed January 1, 2016 -

The examples this month appear on the 2016 Certification Open Water Judge test, which will now be answered with the 2015 Rulebook. Check out the new look for the way that the questions are listed. You will notice that there are no Part 2 questions.

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1. What are the recommended Open Water individual events for 13, 14, 15, 16, 17 and 18 year old swimmers? **1313.8**

- A. 1, 5, 7, 10 kilometer open water or 2400m/3000y--pool.
- B. 2, 4, 6, 8 kilometer open water or 1600m/2000y--pool.
- C. 5, 7, 10, 25 kilometer open water or 4000m/5000y--pool.
- D. 1, 3, 5, 10 kilometer open water or 2400m/3000y--pool.

**Hint:** Please review references 102.1.3 and 701.1.1 for the correct answer.

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**2.** Who shall include information in the Meet Announcement about the policy for abandonment and whether the race will be an "escorted" or "unescorted" swim? **1351.11**

- A.** The Race Judge.
- B.** The Safety Officer.
- C.** The Host Committee.
- D.** The Recorder.

**Hint:** Please review references 701.2.2A and 701.2.2B for the correct answer.

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**3.** In Open Water competition, where shall the policy for abandonment and whether the race will be an "escorted" or "unescorted" swim appear? **1321.13**

- A.** The pre-meet notifications.
- B.** The USA Swimming Rulebook.
- C.** The Meet Announcement.
- D.** The Minutes of the General Meeting.

**Hint:** Please review references 701.2.2A and 701.2.2B for the correct answer.

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**4.** Who shall develop a safety plan for the competition in compliance with all requirements included in the published application for sanction of an Open Water event? **1480.6**

- A.** The Host Committee.
- B.** The Meet Director.
- C.** The Independent Safety Monitor.
- D.** The Meet Referee.

**Hint:** Please review reference 701.2.3 for the correct answer.

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**5.** Upon getting a signal from the Referee, what type of start signal shall the Starter give in order to start the competitors? **1299.11**

- A.** Visible.
- B.** Audible.

C. Both A and B.

**Hint:** Please review reference 701.2.4B for the correct answer.

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6. With the exception of USA Swimming Open Water National Championships, where in-water starts are required, how many other events can be started? **1301.17**

- A. In-water start only.
- B. From the beach.
- C. From a fixed platform.
- D. All of the above.

**Hint:** Please review references 701.2.4A and 704.1.1 for the correct answer.

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7. When swimmers are starting from a fixed platform, what are the requirements for a legal starting position? **1355.9**

- A. The swimmers will assume a stationary starting position, by standing anywhere on the starting platform.
- B. The swimmers will assume a starting position with at least one foot at the front of the starting platform.
- C. The swimmers will assume a stationary position, by standing at the back of the starting platform.
- D. The swimmers will assume a stationary position, by sitting at the front edge of the starting platform.

**Hint:** Please review references 701.2.4B and 701.17.4 for the correct answer.

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8. In a 10k race, what is the maximum time that a swimmer can finish the race after the first swimmer in their age group has finished, in order to be considered having finished within the time limit of the race? **1326.8**

- A. Not less than 15 minutes.
- B. Not less than 60 minutes.
- C. Not less than 30 minutes.
- D. Not less than 120 minutes.

**Hint:** Please review reference 701.2.7A for the correct answer.

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9. Prior to the start of the race, how shall the swimmers be marked with their race numbers? **1302.15**

- A. Only the upper arms.
- B. Only vertically down their backs.
- C. The swimmers shall be numbered vertically down the arms and horizontally across the upper backs.
- D. Vertically on the back of both legs.

**Hint:** Please review reference 701.3 for the correct answer.

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10. Prior to the start of the race, besides having the swimmers marked with their race numbers on both upper arms and their upper backs in an escorted swim, what else shall also be marked on both sides with the swimmer's race number, so they are easily seen from either side? **1354.13**

- A. The Medical Officer's boat.
- B. The swimmer's paddlers and escort boats.
- C. The athlete's swimwear.

**Hint:** Please review reference 701.3 for the correct answer.

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1. The correct answer is “D” for the multiple choice answer.
2. The correct answer is “C” for the multiple choice answer.
3. The correct answer is “C” for the multiple choice answer.
4. The correct answer is “A” for the multiple choice answer.
5. The correct answer is “C” for the multiple choice answer.
6. The correct answer is “D” for the multiple choice answer.
7. The correct answer is “B” for the multiple choice answer.
8. The correct answer is “C” for the multiple choice answer.
9. The correct answer is “C” for the multiple choice answer.
10. The correct answer is “B” for the multiple choice answer.

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If you have any questions that you would like to ask, just e-mail Bill Rose at: <[cbrose@omsoft.com](mailto:cbrose@omsoft.com)>