

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

Sierra Nevada Swimming Officials Newsletter

September 1, 2016



*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

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



It May Be Your Last

by

Pat Lunsford

IT MAY BE YOUR LAST!

Walter Payton was 45 when he died from cancer. He needed a transplant which didn't occur and he knew that he had but a few tomorrows left. He was never the fastest or the most graceful but no other player mastered the game more completely. He played every game as

IF IT WERE HIS LAST.

His inspiration came from Pete Rose who stood for hard work and total effort, hence the name "Charlie Hustle". Others will be better at different parts of their game but few, if any, will play each day any harder than these superb athletes. We, as swimming officials, must perform our tasks each meet as

IF IT WILL BE OUR LAST.

We cannot wait until tomorrow to do better. There is no promise or guarantee for any tomorrows. Your health, an accident, or politics may prevent you from ever officiating again. Be remembered for YOUR best effort to give athletes THEIR best performance the last time you stepped onto the deck –

IT MAY HAVE BEEN YOUR LAST!

Many years ago, this article was written by Pat Lunsford, for Swimming World Magazine.

USA SWIMMER'S MEDAL COUNT AT THE 2016 SUMMER OLYMPICS IN RIO

SATURDAY, AUG 6TH

Men's 400 IM - Chase Kalisz - Silver

Men's 400m Free - Conor Dwyer 4th & Connor Jaeger 5th

Women's 400m IM - Maya DiRado - Silver

Women's 4 x 100m Free Relay - USA - Silver

SUNDAY, AUG 7TH

Women's 100m Fly - Dana Vollmer - Bronze
Men's 100m Breast - Cody Miller - Bronze
Women's 400m Free - Katie Ledecky - Gold
Men's 4 x 100m Free Relay - USA - Gold

MONDAY, AUG 8TH

Men's 200m Free - Conor Dwyer - Bronze
Women's 100m Back - Kathleen Baker - Silver
Men's 100m Back - Ryan Murphy - Gold & David Plummer - Bronze
Women's 100m Breast - Lilly King - Gold & Catherine Meili - Bronze

TUESDAY, AUG 9TH

Women's 200m Free - Katie Ledecky - Gold
Men's 200m Fly - Michael Phelps - Gold
Women's 200m IM - Maya DiRado - Bronze
Men's 4 x 200m Freestyle Relay - USA - Gold

WEDNESDAY, AUG 10TH

Men's 200m Breast - Josh Prenot - Silver
Women's 200m Fly - Cammile Adams 4th & Hali Flickinger 7th
Men's 100m Free - Nathan Adrian - Bronze
Women's 4 x 200m Freestyle Relay - USA - Gold

THURSDAY, AUG 11TH

Women's 200m Breast - No USA swimmer in finals
Men's 200m Back - Ryan Murphy - Gold
Men's 200m IM - Michael Phelps - Gold
Women's 100m Free - Simone Manuel - Gold

FRIDAY, AUG 12TH

Women's 200m Back - Maya DiRado - Gold
Men's 100m Fly - Michael Phelps - Silver
Women's 800m Free - Katie Ledecky - Gold - World Record

Men's 50m Free - Anthony Ervin - Gold & Nathan Adrian - Bronze

SATURDAY, AUG 13TH

Women's 50m Free - Simone Manuel - Gold
Men's 1500m Free - Connor Jaeger - Silver
Women's 4 x 100m Medley Relay – USA - Gold
Men's 4 x 100m Medley Relay - USA - Gold

MONDAY, AUG 15TH

Women's Open Water 10K - Haley Anderson - 5th

TUESDAY, AUG 16TH

Men's Open Water 10K - Jordan Wilimovsky - 5th

Rio Olympics - Q&A with an Olympics Official
By
Jay Thomas - Rio Olympics Official

Fellow USA Swimming officials. First – I am honored to represent you at the 2016 – Rio Olympic Games. It was an experience of a lifetime. It was an experience that buckles your knees, causes your eyes to well up at the most unexpected times. At times it was surreal. I sincerely appreciate the opportunity you gave me to serve.

Over the 8 days of competition, I received many direct and indirect questions about various aspects of this Olympic experience. I will do my best to try and answer some of those questions as well as give some insight to some of the behind the scenes scoop from an official's perspective.

I will try to give you a realistic understanding of what and why of the way things happen. In NO WAY should any of these comments be construed as criticisms or complaints. We all participate or run events and realize that at times we must adapt and overcome. Call an audible sometimes – that happens at every level of meet – The Olympic Games is no different

Q. How long have you been officiating?

A. Became a USA Swimming official in 1995. (The only reason I remember that is that I still have that rule book.)

Q. What other big meets have you worked?

A. I have had the honor of serving in various roles in meets like: LSC Championships, Sectionals, Junior Nationals, Senior Nationals, World Championship Trials, Olympic Team Trials, Pan American Games, Pan Pacific Championship, World Championships, NCAA Championships, YMCA Nationals, USMS Nationals.

Q. What was the travel like to Rio?

A. My routing was from Fort Lauderdale-Atlanta-Rio de Janeiro. Due to summer thunderstorms in both Fort Lauderdale and Atlanta, I misconnected on the Atlanta to Rio flight and was delayed by 24 hours in ATL. Most travel to international competitions has a 24 hour buffer built into the itinerary for account for situations like these. I arrived in Rio 24 hours late, but still in time for our first evolution – uniform issue. Yes – I was a zombie for the 7 hour uniform issue process – it was all a blur.

Q. Why did uniform issue take so long?

A. There are several unique things about the Olympic Games. First is the scale – it is a huge event. 28 sports over 19 days. Each sport has officials and volunteers and they all need uniforms. Start doing the math and it is an amazing undertaking. About 3 hours of the process was travel to and from the uniform center. The uniform issue center was in a warehouse district that is used to store and construct the famous Rio de Janeiro Carnival floats.

Q. Speaking of volunteers – how many were there?

A. The Olympic movement transcends borders. The Olympics are magnetic – they draw the best out of people. At the uniform center they published that they would be serving 50,000 volunteers uniforms. Rio2016 Organizing Committee said they received 242,757 applications from 191 countries to volunteer. @ 60% of the volunteer applications came from Brazilians the other 40% came from every corner of the world. Everywhere you look around the city were volunteers in Yellow tops, Khaki pants, and the famous Green shoes – they were amazing and were a major reason the games are a success.

Q. What was the daily routine like?

A. A little bit of background, all of the officials who were selected to work RIO2016 attended a three-day FINA World Officials Clinic in Rio last April. It was like recertification clinic. It included the Olympic specific protocol and procedures that were unique to this event and this pool. It was a like a combination recertification and formal pre-meet briefing. For this reason, the daily pre-session meetings were very short.

Typically 5-10 min. in length. The briefings were conducted by the two Referees working that day. The meetings were scheduled 30 min. prior to each session.

The daily routine looked like this:

Bus pickup – Prelims – 11:00am, Finals – 8:00pm.

Briefing – 12:30PM/9:30pm

Prelims – 1:00pm / Finals 10:00pm

Arrival back at hotel – Prelims – 3:30-4:30pm, Finals 1:15-2:00am

Q: What were your assignments?

A: Day 1 – Chief Inspector of Turns (Chief Judge Equivalent) – Start End – Opposite Referee

Day 2 – Stroke Judge – Referee’s Side

Day 3 – Turn End - Lane 4

Day 4 – Turn End - Lane 4

Day 5 – Turn End - Lane 4

Day 6 – Start End – Lane 5

Day 7 – Turn End – Lane 3

Day 8 – Turn End – Lane 6

Q: What was the assigned jurisdiction?

A: Start End and Turn End Turn Judges – after the starts and after the turns – until the head breaks the surface of the water. Prior to the turns and the finish – the last 5m of strokes and kicks prior and the touch.

Stroke Judges – Wall-to-Wall – from the start to the finish.

Q: What was the Protocol for a Turn Judge – Start End.

1. All Turn Judges stand at the short whistles.
2. All Turn Judges move to just behind the bulkhead at the long whistle.
3. At the start signal – step up on and to the front bulkhead and observe. When the swimmer is out of your jurisdiction – the judge steps to the back of the bulkhead unless a violation is observed.
4. As the swimmer approaches the 15m mark on the return lap, the judge steps forward to be in a position to judge the last 5m of the stroke and the final touch.
5. At the finish of the race, immediately after the touch, the official steps down off the bulkhead and returns to their chairs unless a violation is observed.

Q: As a Turn Judge at the start end, what is different for a backstroke start?

A: At this event, the Turn Judges are responsible for the installation and removal of the backstroke starting ledges. At the beginning of the first heat of a backstroke event, the turn judge installs the backstroke ledge with the ledge set to the “0” position (at water level). An Omega Timing technician would check and verify the correct installation and setting of the device every heat. Here is the protocol we used.

1. All Turn Judges stand at the short whistles.
2. All Turn Judges move to just behind the bulkhead at the first long whistle.
3. At the second long whistle, the turn judges step up and move to the front of the bulkhead to observe that at least a toe of each foot is in contact with the touchpad (not completely on the ledge). If that observation is made – the judge immediately moves to the back of the bulkhead – this is the signal to the starter that the swimmers are in a legal starting positions.
4. At the start signal – step to the front bulkhead and observe. When the swimmer is out of the assigned jurisdiction – the judge steps to the back of the bulkhead unless a violation is observed.
5. After a short pause – the backstroke starting ledge was completely removed and placed on the bulkhead behind the block.
6. When all of that is completed – the judge repositions at the back of the bulkhead to be ready for the next observation.
7. At the final observation at the finish of the race – the judge steps down and returns to the seat.
8. When the swimmers have cleared the pool (to the sides) – the judge returns to reinstall the backstroke start ledge, then returns to the seat.

Q: What was the protocol for a Turn Judge at the turn end of the pool.

1. All Turn Judges stand at the short whistles.
2. All Turn Judges move to just behind the bulkhead at the long whistle.
3. As the swimmer approaches the 15m mark, the judge steps up and forward to be in a position to judge the last 5m of the and the turn.
4. After the observation is made the judge moves to the back of the bulkhead.
5. After the final observation – and after the last swimmer has passed the 15m mark outbound – the judges step off the bulkhead and return to their seats.

Q: How about disqualifications? I didn't see any hands raised?

A: In FINA, hands are not raised to signal a violation. Remember that judges move to the front of the bulkhead to make an observation. If a violation is observed, the judge making the observation remains at the front of the bulkhead and makes eye contact with the Chief Inspector of Turns (Literally the ONLY time you look at this individual while a race is underway or has just finished).

The Chief Inspector will radio the Referee that there is a potential disqualification to report. The Chief Inspector will send a Reserve Official (Spare) to relieve the official making the call. The Chief Inspector will send the official directly to the Referee to

make their report. The main reason for the radio call is to prevent the scoreboard from being ranked and the results announced as official until the potential disqualification is reported and confirmed by the Referee.

Q: What type of DQ forms are used?

A: In FINA, we use a simple form where the Judge making the call writes out in longhand (no check-boxes here) what violation of the rules was observed. There is a place for the event number, heat number, lane number and for the judge to sign. An example of what an infraction might look like:

- At the 50m turn, the swimmer only touched the pad with one hand. (one hand touch in BR or FL)

- At finish of the race, the swimmer did not recover the arms over the water on the final stroke. (underwater recovery in FL).

Very short and concise with no elaboration necessary.

Q. Did you make any calls?

A. No – while swimmers were in my jurisdiction, the swimming was very clean and I did not observe any violations of the rules.

Q: How did you get on and off the deck – do you just show up at the chairs?

A: At high level FINA meets, officials parade on – and off the deck, usually to appropriate music. At this meet we paraded on deck to Coldplay's "Viva la Vida" – "I want to rule the world...." yes – the Olympic Games has a sense of humor too! I have paraded in to music from the Pink Panther and Get Smart at other high level meets. After the officials all in position at their chairs, the Referees, Starters and "Commission" are introduced. At the end of the introductions, the Turn Judges are seated. At the end of the session, the announcer thanks the officials, and we parade off deck.

Q: I noticed Judges using heat sheets on while on deck. At our national level meets, we don't use heat sheets. What's up with that?

A: I think the primary reason is so that officials know exactly where we are in the program from a protocol standpoint. It is a pretty complex "Dance" and when all of the Judges are executing it correctly, their presence is not a distraction to the event and allows the crowd in the venue, and the Billions (what a crazy number) watching around the world to keep the focus on the swimming and the swimmers – not the Judge who just walked in front of a camera. I frequently make reminder notes on my heat sheet – things like where the Victory Ceremonies fall in finals, reminder of what number the lap counter should be set to (FINA counts down - and officials do the counting.), other protocol notes that might be different to what we typically use at USA Swimming meets.

This venue only had one score board and it was located way up in the rafters at the turn end of the pool. Turn end judges can have difficulty keeping track of where they in the meet without a heat sheet, Judges would have been constantly turning around in our chairs to keep track of the session and even then, it would be difficult to know where they were in the meet.

Q: In prelims, it seemed like there were variations in the uniform and how it was worn.

A: Although the venue probably looked like an enclosed facility, it actually was a semi-open-air building. The exterior walls were actually a screen material. The grand stands had 8” holes under each seat to allow air flow. We were in Winter in the Southern Hemisphere. Rio de Janeiro is normally very temperate this time of year however we did experience several days of atypical weather. The first two days were very warm with the venue temperatures reaching the mid-to upper 80’s. We also had three days where storm systems dropped the overnight temperatures into the upper 50’s. Along with our uniform shirts, we were issued a matching windbreaker. On the cool days, we were given the option to wear the windbreaker which put some officials in short sleeves and some in long sleeves. As the afternoon wore on and it warmed up, some officials unzipped the windbreaker and some took them off.

Q: Did you march in the Opening Ceremony?

A: No – officials do not march in the Opening Ceremony. We did get to go to the famous Maracana stadium and watch the ceremony – it was amazing. The Maracana is located @1 1/2 hour from Barra de Tijuca (where we were housed). The first couple of days we were in Rio, there were some concerns with the transportation schedule for the games (see the Q&A regarding the scale of the Games). Transportation to the Maracana included a one hour bus ride to a Metro Station where we connected to dedicated trains to the Maracana. I will admit to some skepticism regarding the schedule – but the Rio2016 Committee pulled this one off to perfection. 70,000+ people arrived on time and without issue. At the conclusion of the Ceremony we returned to Barra arriving @2am.

Q: Where did you stay? How was the Village?

A: Technical Official’s do not stay in the Village. We were housed at the Americas Barra Hotel (pronounced Baha). The hotel is located about 8km from the pool across the lagoon.

Q: Did you get to see other events?

A: Our schedule was such that to catch a bus to Olympic Park, catch event and make it back to the hotel and change in time to make our bus to prelims would not have been practical. There were several days where some officials stayed after the prelim session and caught some events in the late afternoon.

Our credentials permitted our access to any aquatic event – meaning that we could attend Water Polo and Diving competition. On occasion we were admitted to other venues – trading pins and smiles went a long way to gaining access. There is a variety of reserved seating for Federation and other personnel. With the exception of the medal round of certain events, if you could get in a venue, seating was never an issue. I was able to catch a couple of Team USA Water Polo matches, two diving sessions, and part of a Tennis session. Of course I got to see 15 sessions of swimming – so I saw plenty!

Q: How was hospitality?

A: We received breakfast at the hotel as part of our accommodation. At the pool, we were provided bag lunches and bag dinner – the bags for both were identical. The included a sandwich, fruit cup, salad and a dessert cup. I will say that the Chocolate Mousse cup was amazing.

Q: Underwater Lap Counters?

A: Omega Timing has designed an underwater lap counter system which is integrated with the timing system. Due to its relatively recent development, and that the rules still state that the Turn Judges signal the number of laps remaining to the swimmers, we used conventional lap counters concurrently. They operated perfectly for the competition.



Q: Whistle Starts Procedure

A: At these Olympics and other World Championship events I have attended, there is some variation to the whistle start procedures we are normally accustomed to. The reasons are two-fold. 1. Television, 2. crowd noise.

Prelims: All of the athletes exit the tunnel at the same time – report to their lanes and prepare to swim. There is music and announcement of the heat at this time. Finals: The athletes exit the tunnel one at a time and are introduced by name and country. Both sessions - No whistles are blown until the music comes down and that announcer – announces the heat number/or heat name – this signifies that TV is prepared for the heat. Based on the level of crowd noise – which depending on which countries had representation in the heat (particularly Brazil!) – when the venue was sufficiently quiet – the Referee would blow the short whistles. If the venue remained quiet, the Referee would give the long whistle and begin the final portion of the start sequence. If the venue was not quiet, the Referee would instruct the announcer to ask for quiet in both English and Portuguese.

Q: Who was the Meet Referee?

A: There is no Meet Referee in a FINA Olympic or World Championship competition. There is a “Commission”. The Commission is a panel of three people who are charged with the oversight of the competition. They collectively take actions to keep the completion running smoothly and ensure the rules of FINA and the procedures stated in the Technical Manual (meet announcement equivalent) are adhered to.

For this competition the Commission members were:

Carol Zaleski – Chair of the FINA Technical Swimming Committee

Soren Korbo – Secretary of the FINA Technical Swimming Committee

Dale Neuberger – FINA Vice President and Technical Swimming Committee Bureau Liaison

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|---|
| <p>Proposed Rule Changes at the House of Delegates USA Swimming Convention</p> |
|---|

R-1 Require meet hosts to accept Deck Pass as proof of a member’s registration

R-2 To conform with FINA seeding rules for events 400m/y and longer

R-3 To address the potential safety and safe sport concerns involving the growing use of drones at sporting events

R-4 To clarify a swimmer’s representation after competing for a secondary school, college or university

R-5 To eliminate membership cards as members can print their own card or prove membership status using Deck Pass

R-6 To clarify the levels of competition in which seasonal athletes and clubs may compete

R-7 To create a new annual category of Individual Membership, “Pre-Team”, intended as an “activity” membership with no eligibility to compete in sanctioned or approved meets

R-8 To amend when an LSC may impose a fine for false registration

R-9 Require reporting when non-members ranked in the top 100 in the world are present and participate in member club's team activities

R-10 To eliminate illegal recruiting as a Code of Conduct violation

R-11 To clarify the potential penalties that can be assessed if a person or club is found to violate the Code of Conduct for illegal recruiting

R-12 To ensure while traveling that a chaperone or a team manager not related to an athlete cannot share a room or sleeping arrangement with that athlete

R-13 To establish a limit on local fees for the Individual Seasonal and Pre-Team membership categories

R-14 Governance experts believe that the officers of a non-profit corporation should be the leadership that deals with the day-to-day operations of the organization

R-15 To clarify the composition of the Athletes Committee

R-16 To eliminate the conflict between 504.1 and 504.2

R-17 Create a means by which a Committee Chair may remove an absentee or non-contributing Committee Member

R-18 To maintain the reporting structure of the National Board of Review Committee to volunteer leadership now that the role of Secretary and General Counsel is filled by a staff member

R-19 To redefine the responsibilities of the Governance Committee to reflect current practice

R-20 To reflect current Zone practices and require official approval of Zone Bylaws

R-21 To include guidelines for swimmers with disabilities in Open Water competitions

HK-1 To use consistent language when describing button and watch times

HK-2 To make the wording regarding deck changes consistent with that listed under Requirements for Sanction

HK-3 To correct the title of the National Team Steering Committee policy manual

HK-4 To require 20% athlete membership on the Nominating Committee

RES 1 Dues Change for Individual Seasonal Members

RES 2 To Establish the Fee for the Pre-Team Membership Category

To check out the complete changes, as they are proposed and as they would be written in the Rulebook, click on this website:

http://www.usaswimming.org/_Rainbow/Documents/1d22ed0a-e7f4-4105-9e55-988d0bc4d0ec/2016%20Proposed%20Legislation%20to%20Rules%20and%20Regulations.pdf

USA SWIMMING'S SCHOLASTIC ALL-AMERICA TEAM

2015-2016 Scholastic All-America Team by the Numbers

Athlete Numbers:

Successful Applicants 1172

Girls 582

Boys 590

Three-Timers 179

Open Water 2

Disability 5

Central Zone 247

Eastern Zone 281

Southern Zone 373

Western Zone 271

Top LSCs

North Carolina 78

Pacific 66

Southern California 64

Florida 60

Potomac Valley 60

Top Clubs

SwimMAC 35

Nation's Capital 33

Dynamo 21

Academy Bullets 14

Marlins of Raleigh 14

SAA team members will receive three certificates and a bag tag. Three-timers will receive a special gift. Awards will be shipped in the Fall.

USA Swimming is proud to recognize these scholar-athletes and congratulates the swimmers on their achievement, as well as their coaches and parents for their outstanding support.

Please address all questions regarding the Scholastic All America application process to Betty Kooy, blkooy@gmail.com

2015-16 SCHOLASTIC ALL-AMERICA TEAM Info



Requirements:

- Grade completion requirement – applicant must have completed 10th 11th or 12th grade
- GPA Requirement – minimum 3.5 GPA for the current academic year
 - o A=4, B=3, C=2. If numerical grades are used, the following scale will be used unless the school's letter grade conversion is given on the transcript: A=90-100; B=80-89; C=70-79.
 - o Honors, Advanced Placement, International Baccalaureate, and dual credit college level academic courses will earn one half (.5) extra Grade Point. Grades for academic subjects only are calculated – history/social studies, English, mathematics, sciences, foreign languages, arts (visual and performing), computer sciences. A grade lower than a C in an academic subject will mean automatic rejection of the applicant. Grades for non-academic courses will NOT be calculated - band, choir, health, driver education, physical education, and any other class marked non-academic on a transcript.
 - o There will be no special status designation for a 4.0 GPA other than for a national champion who also has a 4.0 GPA.
- Pool Requirements
 - o Applicants must have swum an individual pool time equal to a 2015 Winter

Junior qualifying time in any individual event during the SAA qualifying period (August 16, 2015 – August 15, 2016) with qualifying times in SWIMS – list of times are posted on the USA Swimming website. A qualifying time will be available for selection from the SWIMS database during the application process. Only ONE time is necessary and only ONE application is necessary.

- Disability or Open Water Requirements (for athletes without pool requirements)
 - o Applicants must have swum at one of the following; 4th World Deaf Swimming Championship – Aug 17-22, 2015, San Antonio, TX, 2015 Can-Am Open – Dec 10-12, 2015, Bismarck, NC, 2016 US Paralympic Team Trials-Swimming – Jun 30-Jul 2, 2016, Charlotte, NC, 2016 Open Water National Championships - Miromar Lakes, Fort Myers FL - April 8 & 10, 2016

Congratulations to the Scholar-Athletes below for participating and meeting the requirements for being called one of USA Swimming's Scholar-Athletes for 2016.

| | | | | |
|--------------------|---|----|-----------------------------|---|
| Chenoa Devine | F | SN | Davis Aquadarts Racing Team | 3 |
| Amalie Fackenthal | F | SN | Davis Aquadarts Racing Team | 1 |
| Nicole Garcia | F | SN | Sierra Marlins Swim Team | 2 |
| Jennifer Lathrop | F | SN | Sierra Marlins Swim Team | 2 |
| Kyla Leacox | F | SN | UCD Aquatics | 2 |
| Elizabeth Menzmer | F | SN | Davis Aquadarts Racing Team | 1 |
| Kailee Nabeta | F | SN | Davis Aquadarts Racing Team | 1 |
| Dasha Pastushenko | F | SN | Sierra Marlins Swim Team | 1 |
| Heaven Quintana | F | SN | Wolverine Aquatics | 3 |
| Tina Reuter | F | SN | Davis Aquadarts Racing Team | 1 |
| Benjamin Culberson | M | SN | Davis Aquadarts Racing Team | 2 |
| Terry Johnson | M | SN | Sierra Marlins Swim Team | 3 |
| Timothy Lee | M | SN | Vacaville Swim Club | 1 |
| Zack Reuter | M | SN | Davis Aquadarts Racing Team | 1 |
| Will Roberts | M | SN | Davis Aquadarts Racing Team | 1 |

17 LSCS TO BE HONORED AT 2016 USAS CONVENTION FOR LEAP ACHIEVEMENTS

8/30/2016

The goal of the LSC Evaluation and Achievement Program (LEAP) is to assist LSCs in becoming more efficient and effective. The LEAP assessment tool provides a roadmap to LSC effectiveness and success in four key areas: • Business and Organizational Success • Volunteer Development • Club and Coach Development • Athlete Development LEAP consists of three levels: **LEAP 1** is required for each LSC and must be re-certified each quad.

The intent of LEAP Level 1 is to:

- Help LSC's self-evaluate.
- Assure that LSCs are in compliance with USA Swimming Rules and Regulations and the legal requirements of non-profit governance
- Ensure continuity in LSC governance even as leadership changes. **LEAP Levels 2 and 3 are voluntary.** LSCs achieving levels 2 and 3 receive a financial incentive upon completion of each level.

The intent of LEAP 2 and 3 are to: • Recognize achievement in various programming and service efforts. • LSCs are encouraged to take on programming and services that will provide enhanced services to athletes, members and volunteers. The LEAP process is designed to be achievement oriented and assist LSCs to improve the services they offer to athletes, coaches, volunteers and families. LEAP is completely web-based. A team of Zone Directors, LSC Development Committee members, and other interested volunteers evaluate each LEAP submission prior to certification at each level. *LSCs receiving recognition at the 2016 USAS convention in Atlanta, GA:*

LEAP 2:

- Georgia \$2,500
- Gulf \$2,500
- Iowa \$1,349.50
- Metropolitan \$2,500
- Mississippi \$1,000
- New England \$2,500
- Ohio \$ 2,500
- Potomac Valley \$2,500
- San Diego Imperial \$1929.50

Southeastern \$\$2,500
Wisconsin \$2,500
Oregon \$2,500
Utah \$2051

LEAP 3:

Arizona \$5,000 Colorado (level 2 and 3) \$7,500
North Carolina \$5,000

SIERRA NEVADA SWIMMING LSC BOARD MEETING

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

Meeting Date: Tuesday, October 18, 2016

Time: TO BE DETERMINED!!

Hosted by: Sierra Nevada Swimming

Location: TO BE DETERMINED!!

Google Directions:

Contact Information: Denna Culpepper <dennac@snswimming.org>

Remember: Silence is consent!!

**IF YOUR TEAM WOULD LIKE TO HOST A
STROKE AND TURN CLINIC FOR THE 2017
SWIMMING YEAR PLEASE CONTACT
BILL ROSE AT: <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. An "Athlete Protection Training" online program and a Criminal Background Check will be required for all first time non-athlete volunteers, Officials and Coaches, before your 2017 USA Swimming membership becomes valid. The clinics that will be offered in October will be for the 2017 swimming year.

After the 2016 USA Swimming Convention, there will be many 2017 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; attend one of these yearly-required clinics when we host clinics in your neighborhood. Don't wait for us to come back. We might not be able to come back a second time.

ALL Officials have to attend yearly clinics!!

Future Administrative Official Clinics on
the Calendar

There are **NO** 2017 Admin Official Clinics
on the calendar.

Future Stroke and Turn Clinics on the
Calendar

There are **Four** 2017 Stroke and Turn Clinics on the calendar.

Clinic #1

WHAT: 2017 Basic Swim Officials Clinic
WHEN: Saturday, September 24, 2016
TIME: 1:00 PM to 4:00 PM
LOCATION: Gemini Cosmetics
1380 Greg Street, Suite 209
Sparks, NV 89431

Gemini Cosmetics is located just east of South Rock Blvd in the Oak Crest Business Park, which is located about a block behind Western Nevada Supply, on the north side of the street (left side coming from Rock, second drive past the blue fence). It is easily accessed from either I-80 or US 395. Gemini is on the corner of the building to the right just as turn at the second drive off Greg.

I-80

Take Exit 17 and turn south on South Rock, left on Greg

US 395

From South take Exit 66, right on Mill, left on Greg

From North take Exit 67, left on 2nd Street, right on Rock, left on Greg

Call if you have questions or have troubles finding the location.

Valerie (530) 613-3173 – cell

Jerry (530) 613-7547 - cell

RSVP: Please RSVP, by Wednesday, September 21, 2016, to Valerie Rudd at: vruddtahoe@me.com or call her cell phone.

Clinic #2

What: 2017 Stroke & Turn Clinic

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

Where: Chico, California
1054 Broadway Street
Chico, CA 95928

Time: 6:00 PM to 9:00 PM

When: Monday, October 3, 2016

Directions: Use the website below to look at the map of the area around 1054 Broadway Street in Chico, California.

<https://www.google.com/maps/dir/'/1054+Broadway+St,+Chico,+CA+95928/@39.723107,-121.8364758,17z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x808327b56fba9977:0x511b52df7d9ecf8b!2m2!1d-121.83433!2d39.723107>

If there are any questions please contact:

Bill Fisher at: <golfswim2003@yahoo.com>

Directions to 1054 Broadway Street, Chico, California:

From Hwy 99 North, take the 20th Street exit. Travel west over the overpass. Turn right onto Park Avenue (20th Street dead ends into it). Turn left onto 11th Street. Turn right on Broadway. You have found your destination on the left.

1054 Broadway St, Chico, CA 95928

Clinic #3

What: 2017 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: 6:00 PM to 9:00 PM

When: Thursday, October 6, 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>

If you need further directions, e-mail Miriam Fisk at miriamfisk@sbcglobal.net

Clinic #4

What: 2017 Stroke and Turn Clinic

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

Where: Folsom, California

Time: 6:30 PM - 9:00 PM

When: Wednesday, October 26, 2016

Directions: Use the web site below to look at a map of the area around Lembi Park in Folsom.

<http://maps.google.com/maps?oi=map&q=1098+Riley+Street,+Folsom,+CA+95630>

LOCATION: Folsom Aquatic Complex, Lembi Park; at the corner of Riley and Wales. From Highway 50, take Prairie City Road Exit. Go north about 1 mile to Blue Ravine Road. Turn right on Blue Ravine. Turn left on Riley Street (app. _ mile). Aquatic Center is on the left in a large regional park. From I-80, go East on Greenback Lane about 6 miles. Turn right on Folsom-Auburn Road (the new bridge over the river).

Continue about 1 mile to Glenn, turn left. Take Glenn to Riley (about a mile) and turn right on Riley. Aquatic Center is on the right just past the Walgreen's.

Please contact Mauricio Cordova <mauricio.cordova@sbcglobal.net> if you have any questions.

The online test is an every other year requirement.

**FOR THE 2016 USA SWIMMING YEAR,
THERE ARE 4 STROKE AND TURN JUDGES WHO NEED TO
COMPLETE THEIR STROKE AND TURN/TIMER RE-
CERTIFICATION TEST!! IN ADDITION THERE ARE ALSO
3 CERTIFIED ADMINISTRATIVE OFFICIALS WHO HAVE TO
COMPLETE THEIR RE-CERTIFICATION AO TEST**

**The 2016 Rulebook will be the only book used for ALL the
online tests, until April 15, 2017!!**

The 2016 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**.

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!!

The online tests have been aligned with the 2016 Rulebook and are waiting just for you.

Use your 2016 Rules and Regulations now.

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 that 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!!

| |
|---|
| <p>IF YOUR TEAM WOULD LIKE TO HOST A STROKE AND TURN CLINIC FOR THE NEW YEAR, PLEASE CONTACT BILL ROSE AT: <cbrose@omsoft.com></p> |
|---|

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 2016 Rules and Regulations are now in effect for all on-line tests.

**Now that you are certified, you may
work other USA Swimming, LSC's or
Sierra Nevada Swimming meets in
September of 2016.**

Meet Date: September 11, 2016

Type of Meet: Open Water

Hosted by: Redding Swim Team

Location: Whiskeytown Lake
Highway 299
Redding, California

Directions: From Interstate 5, take the Highway 44 West exit toward Downtown Redding and Eureka. From Downtown Redding, follow Highway 299 west toward Eureka for approximately 8 miles to reach the Visitor Center.

<http://www.nps.gov/whis/planyourvisit/directions.htm>

Contact Information: Meet Director: Erica Wyse <Erica.wyse@gmail.com>

Meet Date: September 11, 2016

Type of Meet: AGO - SCY - Miller's Hot Dog Meet

Hosted by: Lodi City Swim Team

Location: Tokay High School
111 W. Century Blvd.
Lodi, CA

Directions: Use the web site below to look at a map of the area around Tokay High School
<http://www.mapquest.com/maps/map.adp?address=1111%20W%20Century%20Blvd&city=Lodi&state=CA&zipcode=95240%2d6605&country=US&title=%3cb%3e1111%20W>

<http://www.google.com/maps?f=d&iwstate1=dir:to&daddr=11130+Magnolia+Rd+Grass+Valley,+CA+95949&fb=1&geocode=6243785487999400210,39.046659,-121.073298&oi=manybox&ct=17&cd=1&resnum=1>

Contact Information: Jane Woznick
(209) 327-6232
woz4@att.net

Meet Date: September 17, 2016
Type of Meet: BB+/-
Hosted by: Northern Sierra Aquatics Club
Location: Grass Valley, CA
Where: Bear River High School, 11130 Magnolia Road in Grass Valley, CA

Directions: Use the web site below to look at a map of the area around Bear River High School
<http://www.google.com/maps?f=d&iwstate1=dir:to&daddr=11130+Magnolia+Rd+Grass+Valley,+CA+95949&fb=1&geocode=6243785487999400210,39.046659,-121.073298&oi=manybox&ct=17&cd=1&resnum=1>

Directions:
From Sacramento, heading toward Reno on I-80 E, take the CA-49 exit toward Grass Valley/Placerville and go 0.2 miles.
Turn left at CA-193/CA-49 and continue to follow CA-49 for 10.4 miles. Turn right at Combie Road. After driving through the intersection of Combie Road and W. Hacienda Drive, Combie Road changes to Magnolia Road. Continue on Magnolia Road for 0.5 miles and you will find your destination, 11130 Magnolia Rd Grass Valley, CA 95949

Contact Information: Ethan Green (530) 268-1209 / CoachEthan@gmail.com

Meet Date: September 16-18, 2016
Type of Meet: BB+/- SCY
Hosted by: Davis Aquadarts
Location: Davis, California

Where: Arroyo Pool
Arroyo Community Park
Shasta Drive
Davis, CA 95618

Directions: Arroyo Pool is located in Arroyo Community Park on Shasta Drive in Davis. From Highway 113, take Covell Blvd. west. Turn left onto Shasta Drive (first stoplight) and left into the parking lot at Arroyo Community Park. Parking is allowed on Shasta and nearby streets. Do Not Park in unmarked parking spots.

Website Directions: Use the Mapquest web site for the directions of the Arroyo Community Park Pool.

http://maps.google.com/maps?hl=en&q=2000+Shasta+Drive+Davis,+CA+95616&oq=&um=1&ie=UTF-8&hq=&hnear=2000+Shasta+Dr,+Davis,+CA+95616&gl=us&daddr=2000%20Shasta%20Dr,%20Davis,%20CA%2095616&ei=4q-eS9T5A4ySsgOeiOx9&sa=X&oi=geocode_result&ct=directions-to&resnum=1&ved=0CAkQwwUwAA

Contact Information: Billy Doughty [<swimdavis@yahoo.com>](mailto:swimdavis@yahoo.com)

Meet Date: September 24-25, 2016

Type of Meet: C/B/A+ - SCY

Hosted by: Waves Aquatics of Napa Valley

Location: St. Helena, California 94576

Where: St. Helena High School Aquatic Center
1401 Grayson Ave
St. Helena, CA 94574

Directions: From Highway 29 North turn right (west) at Grayson Ave. Pool on left just past School Office and gym. From Highway 29 South turn left (west) at Grayson Ave. Pool on left just past School Office and gym.

Google Maps Directions: Use the Google Map web site below for the directions of the St. Helena High School Aquatic Center.

<https://www.google.com/maps/dir/'/1401+Grayson+Ave,+St+Helena,+CA+94574/@38.496758,->

[122.4649377,17z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x808450c739145a11:0xd57876f1d3fdeb17!2m2!1d-122.462749!2d38.496758](https://www.google.com/maps/@38.110578,-122.462749,2d)

Contact Information: Meet Director: JON HOLLISTER
<hollisterjon@aol.com>
(707) 225-2264

Meet Date: September 30 - October 2, 2016

Type of Meet: SCY

Hosted by: Vacaville Swim Club

Location: Walter Graham Aquatic Center
1100 Alamo Drive
Vacaville, CA 95687

Directions: From Eastbound Interstate 80: Alamo Drive Exit, stay to the right. Turn right at the second light, Marshall Rd. (McDonald's). Pool and parking on the left. Westbound Interstate 80: Alamo Drive exit, stay to the right. Turn right at the light (Alamo Dr.) Turn right at the third light, Marshall Rd. (McDonald's). Pool and parking is on the left.

Google Directions: Use the web site below to look at a map of the area around the Walter Graham Aquatic Center.

http://maps.google.com/maps?hl=en&expIds=17259,17311,22713,24472,25854,25901,25907,26087,26095,26144,26158,26209,26218,26339,26446,26512&sugexp=ldymls&tok= KhY8AIo0Mqi7olxJk-yLw&xhr=t&q=1100+Alamo+Dr+Vacaville,+CA+95688&cp=33&rlz=1G1GGLQ_ENUS264&um=1&ie=UTF-8&hq=&hnear=1100+Alamo+Dr,+Vacaville,+CA+95687&gl=us&daddr=1100%20Alamo%20Dr,%20Vacaville,%20CA%2095687&ei=3iGJTJ6oA4aqsAOXpoiVCg&sa=X&oi=geocode_result&ct=directions-to&resnum=1&sqi=2&ved=0CBUQwwUwAA

Contact Information: Tanya Harris
<tgrlily9@hotmail.com>

OFFICIALS: ASK YOUR QUESTIONS!!

- Changed September 1, 2016 -

Often Asked Questions by USA Swimming Officials

Hope all is well and you are enjoying some swimming at the Olympics. I noticed that during backstroke starts some swimmers have their toes above water. A quick Google search stated this change in rules:

On September 21, 2005, FINA modified the backstroke start rule regarding toes below the water line. The feet can now be above the water, but not above or curled over the lip of the pool gutter. After the start, the swimmer is completely underwater.

Does this not apply to US Swim? Seems like a long time has passed since this 2005 change and we are still making the kids put their toes under the water line in “Recreational Swimming” in this area.

I looked at the US Swim Rulebook and it is not specifically stating anything about toes above or under the water line.

With pools with gutters and the water level low, the toes can be out of the water, but not curled over the lip of the gutter, before or after the start. I know you don't use ledges, but the ledges can be 4 centimeters above the water or 4 centimeters below the water, which means that the toes can rest on the ledge above or below the water. Another thing that the swimmers have to do is have their toes in contact with the pad, when using ledges. The swimmer can't swim 2 meters less than 50 meters, can they? So, to answer your question, the swimmer can have their toes out of the water, but not curled over the lip of the gutter.

What does it take to become a Head Starter?

You will have to work actively for a year or so, as a Starter, to be certified as a Head Starter. If you are very active as a Starter, it could take less than a year.

I was looking at my Officials Tracking System tonight and noticed that 2 of my trainee sessions are missing and also the more recent meet that I worked for 3 sessions as a real stroke/turn judge. I need to turn in a correct copy to my club to get reimbursed for the \$60 USA Swimming fee and the \$36.50 fee for the background check. Sorry to bug you, but I didn't know who else to ask.

There are other reasons for entering the sessions worked by the Officials who work meets, besides getting reimbursed in some way by their Clubs.

Another reason is to complete their six deck training sessions for Sierra Nevada Swimming, so they can become certified as a Stroke and Turn Judge, a Starter or a Deck Referee.

Another reason now is some of these Officials need to have 16 sessions, before they can request an N2 evaluation or 8 sessions before they can request an N3 evaluation.

One more question, I hope! I completed my N3 Stroke and Turn Evaluation at AG Zones. I do need teaching or mentoring activities to complete the requirements for advancement. Is it possible to assist in a Fall Stroke and Turn Clinic to meet that requirement? Do you have any other ideas I should consider?

This is a good one and its answer would be good for others as well.

You can go to your own Activity History and at the bottom of the page, add some mentoring moments. These moments are types teaching moments when you have trained a new "trainee" who works by your side. Just put down a few of these dates, which is needed to advance to N3 S/T.

Included in teaching/mentoring/training activities are leading LSC training clinics, mentoring apprentice officials on deck at meets, leading pre-session briefings and participation in LSC or National Officials Committee Meetings.

I am wondering if there will be another official's clinic in October? (Similar to last year) I am trying to coordinate some more officials from my team.

Thank you for the note. I wish everyone were as pro-active with getting ready to attend their next required yearly clinic or getting more new Officials to attend from their own club, as you are trying to do. I will advertise all the clinics that I have scheduled for 2017, in my next Newsletter, but for now, the information is below.

I am a second year stroke & turn official. I have not attended a lot of meets and still feel like I'm learning the ropes so my concerns come to you from a place of uncertainty. I would like to share a couple concerns from a meet this past weekend in and hear if the following conversations are appropriate or not. At the start of a stroke & turn shift, when I asked another official how they were doing, the response was "bored and frustrated. I haven't done any DQ slips today." I asked what do you mean and the response was "it's just boring if you don't have any DQs." I said I thought that was good because it meant swimmers were swimming clean. The response was "I'd rather be filling out DQ slips than doing nothing."

In a different conversation with a different official:

When deciding what officials were going to watch which lanes, one official jumped in right away and said they wanted lanes 3, 4, and 5 so they had more opportunities to catch swimmers and fill out more slips. Before the meet we were given clear instructions that because of a large amount of officials when we had a DQ we should step back and let another official take our place for the next heat so we could complete our slip and take it to the starters table. There were several officials who refused to step back and instead handed the slip to someone to run it over for them so they could watch the next heat. To me it seemed as if there was an atmosphere of a badge of honor for whoever filled out the most DQ slips.

I'm not necessarily questioning the calls, just the attitude. One thing I felt was lacking was giving the benefit of doubt to the swimmer but my lack of experience also gives me a lack of confidence in questioning the officials and the lack of knowledge of how to handle the situation. Again as a second year official, I'm just unsure. Are these appropriate? If they are not, what is the proper method of handling this going forward? At this point I feel somewhat discouraged about doing the stroke and turn job.

It has come to my attention that several "Officials" who worked a meet recently, when asked how they were doing, thought they needed to write DQ Slips, so they wouldn't be "bored and frustrated because they hadn't done any DQ Slips today."

Also at this same meet the protocol was changed independently when an Official in a back-up position, was told to take the completed DQ slip to the Starters table instead of stepping in for the Official who observed an infraction and wrote the DQ Slip. Protocol is set up by Chief Judges, with the modification from the Meet Referee. We follow the leaders who were put in charge and stay in our box. We don't have to worry about any thing else, except doing our assigned job to the best of our ability. If this has happened to you, please notify the Meet Referee immediately.

There are several things wrong with this thinking and maybe these folks need to find another job on the pool deck where they would be "busier??"

It is an **HONOR** to serve the swimmers and Coaches of this sport. It is a testament to good coaching that there were not many disqualifications at this meet, where you don't expect many infractions.

I just got back from the US Open in Minneapolis where I was one of the Deck Referees. I only had one disqualification to deal with and that was a false start. For this five-day meet, I was excited and honored to be there. It is hoped that you all feel the same way when you put on your white polo shirt over navy blue pants and then tie the shoestrings to your white tennis shoes.

At many of the higher level meets, you are expected to take a break when the Relief Judge comes by to give you a break. This might happen 15 to 30 minutes into finals where all you wanted to do was be on deck to see one of the finals. So, after flying 2,000 miles to get to the meet, you take a break when asked to and watch this final from an off deck position.

At least once during these championship meets, you might get the assignment of a Reserve Judge. You sit on the sidelines and wait for an Official on duty who makes a call. You have to have your head focused to know what event they are swimming, so you can step in and take over for the Official who made the call and comes off deck so the Chief Judge can write the DQ Slip and ask their questions of the Official who you are replacing.

We as Officials have to stand tall, are proud to wear the uniform we wear and serve the swimmers, where the doubt always goes to the swimmer. Standing tall, means we are not bent over acting like we are looking for an infraction. Proudly wearing the uniform means that we are making sure we all are wearing the same white tennis shoes, the same colored pants or skirt and a white polo shirt with sleeves and a collar. Serving the swimmers means that we are making the playing field level, in that we are fair and equitable to all swimmers in every quadrant of the pool. If someone was over officiating in one of the quadrants or feeling bored, I would hope that this "official" would be asked to find another job at the swimming meet. Maybe they could be the Meet Director. an Administrative Official or maybe even work at the

snack bar or with the hospitality crew.

SWIMMING SITUATIONS

- Changed September 1, 2016 -

1. At a prelim/finals JO meet, an 11-12 swimmer from an out of town team entered and swam without his coach present. The swimmer qualified 16th (consolation final) but his parents did not know the procedures for prelims/finals meets and had planned only to be at the morning session. The swimmer did not scratch from finals and was a “no show” at finals. The swimmer returned the next morning for the next day’s prelims (having traveled two hours to get to the meet). The swimmer was not aware that he had qualified for finals. What can be done?

Recommended Resolution: If a swimmer is at a meet without his own coach, the swimmer should be assigned to a Coach at the meet in order to compete. Although the swimmer or his Coach must be responsible for all meet rules and procedures, consider the novice nature of a swimmer appearing for the first time at a championship meet with a prelims/finals format. You could allow the swimmer to participate in the prelims as an exhibition swimmer without opportunity to qualify for finals or score points.

Applicable Rules: 202.3.2, 207.11.6E(3)

2. During a long course 50-meter freestyle event, the swimmer seeded in Heat 5, Lane 3 is not there. Thinking that the next heat is hers, the swimmer from Heat 6, Lane 3 swims in heat 5. The no-show swimmer sees her name on the scoreboard and realizes she should be in that event and asks the Chief Judge to advise her what to do. The Chief Judge sends the swimmer to the Referee. What should the Referee do?

Recommended Resolution: First, the time of the swimmer that swam the race is legal although the Administrative Referee needs to make sure that the time is attributed to the proper person. As for the swimmer who missed her heat, a lot will depend on what the local practice is for this type of situation. At a National Championship meet, the swimmer would be “barred from all further individual and relay events of that day.” If that procedure is not in place for this meet, then a number of possibilities could occur depending on local practice, level of meet, etc, including allowing the swimmer to swim in a subsequent heat or even a subsequent event.

Applicable Rules: 102.24.C(1), 102.22.13

3. In the situation described above, if either swimmer’s time bettered a current record,

would the time be allowed to stand as a record?

Recommended Resolution: Yes. Presuming each time was obtained using level-appropriate timing equipment, the times would stand as records.

Applicable Rules: 102.22.13, 102.24.C(1),

4. After the relay results are posted, the winning team approaches the Meet Referee stating that they do not deserve the medal because their third swimmer left early and they have it on film. What do you do?

Recommended Resolution: First, check with the Administrative Referee to determine if a DQ was called but just not recorded in the results. If there was, the results should be amended accordingly. If there was no DQ, the results must stand as is. We do not review video to make calls. If the challenge to the results was made by another team, we would not allow it as relay take-offs are judgment calls.

Applicable Rules: 102.22.1, 102.13.6A, 102.13.6B

75. You are the Referee at a C meet and the first event is about to start. You receive the heat sheet and see that there are three swimmers in the first heat. The heat goes off without a problem and in getting ready for the next heat; you see that the heat sheet shows only three swimmers for Heat 2 as well. You then realize that the events were not reseeded after scratches were entered. What do you do?

Recommended Resolution: There are two main issues. One is that you always want full heats, if possible, to provide the best competitive environment. Second, running many extra heats will extend the time of the session longer than it should be and perhaps beyond the four hours permitted. The meet needs to be re-seeded. If the first event does not have too many “holes” in it, you might let that go as is while the rest of the events are reseeded. If this is a meet for young swimmers where they get lined up in the gym or other waiting area, you may have to run a couple events before re-seeding as trying to get the swimmers re-organized may take an excessive amount of time.

Applicable Rules: 102.5.4A

TAKING THE ON-LINE TESTS

- Changed September 1, 2016 -

The examples this month appear on the 2016 OPEN WATER JUDGE Certification test, which will now be answered with the 2016 Rulebook.

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

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

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

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

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

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

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

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 Meet Director.
- B. The Independent Safety Monitor.

- C. The Host Committee.
- D. The Meet Referee.

Hint: Please review reference 701.2.3 for the correct answer.

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. Audible.
- B. Visible.
- C. Both A and B.

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

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

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

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

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

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

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

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

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

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

Hint: Please review reference 701.3 for the correct answer.

10. Prior to the start of the race, and depending on the finish system being used, how shall the entrants be marked with their race numbers? **1353.10**

- A.** Only vertically down their backs.
- B.** Only on the upper arms.
- C.** Vertically on the back of both legs.
- D.** The swimmers shall be numbered vertically down the arms and horizontally across the upper back.
- E.** Depending upon the finish system used, the Referee may also require numbering elsewhere on the body (hands or thighs).

Hint: Please review reference 701.3 for the correct answer.

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

If you have any questions that you would like to ask, just e-mail Bill Rose at:

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