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Sierra Nevada Swimming Officials Newsletter

December 1, 2019



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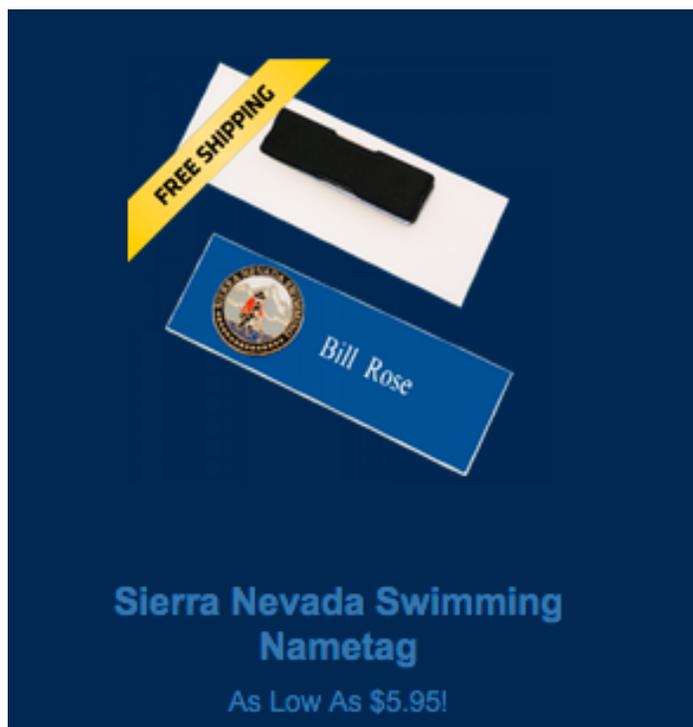
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SIERRA NEVADA SWIMMING

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Swimmingly,

Bill

WHAT IS A FALSE START?

"My child was Disqualified for a false start. But he didn't go into the pool before the others. I don't understand!" The false start rule can be confusing. The rulebook says, "Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred."

Let's see how this rule is applied. When the Starter says, "Take your mark," the swimmers are required to assume a stationary starting position without delay. If swimmers are taking too long to assume their starting positions and to become set, the Starter may tell the heat to "Stand," and begin the sequence again. But once a set position is attained, any further movement may be considered a start. And if the movement occurs prior to the starting signal, it's a false start.

The Referee and Starter must be in agreement that a false start has occurred. Each must independently mark the violation on their heat sheets; one Official cannot "talk the other" into agreement. A false start is one of the rare violations that requires independent dual confirmation.

There are, however, a few things that can occur that are not considered false starts. For instance, if the swimmer has not yet become set in a starting position and loses balance in the process of getting into the position, a false start is not charged. If the Referee and Starter agree that the swimmer started in response to the "Stand" command, a false start is similarly not charged.

The starting signal consists of a light and a sound. For that reason, if there is an extraneous flash of light (flash photography) or a sudden loud sound at the start, a false start is not charged. But the starting signal does not move—if the swimmer starts in response to a movement (in the water, on another starting block), a false start can be charged.

If the false start is confirmed by both Officials before the starting signal is given, the swimmer is immediately disqualified and does not swim the race. If the starting signal has been given before the false start can be confirmed, the race continues and the swimmer is disqualified upon completion of the heat.

More Than You Want to Know About Swimming Disqualifications

By Rick Madge



Disqualifications are an essential part of swimming. It's there lurking in the background of every race in every meet. But what's the real purpose of disqualifications?

It might not be what you think. Disqualifications are not there to punish cheaters. The purpose of a disqualification is to prohibit certain movements or actions which have the **potential** to give that person an unfair advantage. It's important to realize this distinction, because it goes to the heart of why the rules are the way they are.

Not-So-Short History of Disqualifications and Other Shenanigans

388 BCE Eupolus of Thessaly is the first recorded cheater that I could find. He was found to have bribed boxers in the 98th Olympiad in roughly 388 BCE. Bribing competitors was a serious issue back then. Cheaters were fined, with the proceeds going to fund the creation of bronze statues of Zeus. The cheaters offenses were inscribed into the statues, to be seen by everyone.

1844 First attempt to DQ swimmers that I could find was an 1844 competition in London. Two Native Americans were invited, with Flying Gull easily winning the 130 feet competition in 30 seconds using a basic front crawl with flutter kick, and Tobacco getting 2nd. The British swimmers were using a heads-up breaststroke style. The British press wanted the Native American style of swimming to be disallowed as it was "barbaric" and "un-European". The British continued to ignore this front crawl stroke for another 29 years.

1896 Spirodon Belokas of Greece rode the first part of the Olympic marathon in a carriage, then got out and finished 3rd. He was caught and became the first DQ of the modern Olympics.

1907 Annette Kellerman (pictured below) gets arrested for indecent exposure during her Underwater Ballerina shows. The problem was her suit showed off her arms, legs and neck.
[picture]

1908 400m running winner John Carpenter of US was DQ'd in the final for blocking British Wyndham Halswelle. The final was to be rerun with Halswelle and 2 other Americans, but both Americans boycotted the final in protest. Halswelle ran the final alone, and only a gold medal was awarded.

1956 This is the first record of an Olympic swimming DQ that I could find, and it was a doozy. Swimmers had discovered that breaking the surface of the water slows you down, and that for breaststroke, underwater was faster. However, the confusing rules of the day included a general prohibition against swimming underwater, except after a dive or turn. 6 of the competitors chose to swim lengthy periods underwater, surface, and then go back under again. These competitors were all disqualified. However, the winner, Masaru Furukawa of Japan (pictured below), swam 45m underwater before surfacing on each of the first 3 lengths, and 25 m underwater on the last length. But once he surfaced, he stayed on the surface.

1964 Australian swimmer star Dawn Fraser (pictured below) was banned from swimming for 10 years (later reduced to 4 years) for climbing the flagpole at the emperor's palace at the 1960 games in Tokyo to steal the flag.

1968 Swedish pentathlete Hans-Grunner Lilgenwall became the first person to be DQ'd for testing positive for drug use (excessive alcohol) at an Olympics. Interesting and somewhat suspicious as 1928 marked the first ban against doping. Something tells me they just weren't

looking that closely at athletes for the intervening 40 years, even if proper testing wasn't really available.

2004 One of the biggest non-DQs in Olympic history happened at the 2004 Olympics. Kosuke Kitajima of Japan clearly performed one, and some say two, big underwater dolphin kicks in his 100 m Breaststroke victory. This was magnified when the broadcasters showed the highly evident kicks on tv. He had been documented doing the exact same thing at the World Championships the year before, so officials showed have been prepared for it. And here's where became very evident that strokes and turns officials can't catch cheaters in the middle lanes. As a result, FINA instituted a rule change in 2005 allowing one underwater dolphin kick during the pullout phase.

But what followed was even more incredible. American backstroker Aaron Peirsol was highly critical of FINA and Kitajima for his underwater kicks, and complained very publicly. 4 days later, Peirsol was DQ'd after winning the 200 m Backstroke for turning onto his stomach too early before a turn. 20 minutes later, the DQ was appropriately overturned, with FINA saying the wording of the disqualification was inadequate. But many thought his temporary DQ was payback for his vocal criticisms of Kitajima and FINA.

2007 The Rome Seven Hills meet saw an even more blatantly illegal breaststroke issue, which was completely ignored. Greek Romanos Alyfantis swims the entire race with an obvious dolphin kick instead of a whip kick, and gets away with it. Apparently, he had been swimming like this for years, without any problems.

2008 Swedish Greco-Roman wrestler Ara Abrahamian wins the bronze medal in Beijing, but in the middle of medal ceremony, and in protest over the outcome of his match, drops the medal on the mat and walks off. He was then disqualified and stripped of his medal for insulting the athletes and the Olympics.

2013 American Kevin Cordes leaves the block 0.04 seconds before Matt Grevers touches the wall in the 4x100 Medley Relay at the World Championships. FINA rules allow a swimmer to leave up to 0.03 seconds early in order to allow for any errors in the electronics associated with the sensors on the starting blocks. The US Team was disqualified for a 0.01 second infraction.

At elite levels, there is really only 1 common cause for disqualification: early relay takeover. To give you an idea of how prevalent this is, in the last 4 Olympics alone, 14 relay teams have been DQ'd for early relay takeover. This is about 2.5% of all relays swims during that time.

False starts are easily the next most common source of DQs for the elite, and even this is exceptionally rare. Probably the best-known example of this is Ian Thorpe's false start disqualification in the Australian Trials for the 2004 Olympics. He was so good that he probably could have won if he had been behind the blocks chatting with the timers when the race started. But that momentary loss of concentration cost him. Or it almost did. The Trials winner later relinquished his Olympic spot to Thorpe, and was paid A\$130,000 in the process by a third party.

In all honesty, false starts at big meets now are almost always overturned, with the country delegation usually appealing on the basis of crowd noise. At 2012 Olympics alone, false starts by three big stars (Sun Yang, Park Tae-Hwan and Breeja Larson) were all overturned following intense pressure by delegations.

DQs by inexperienced swimmers in lower level meets are a completely different story. Here swimmers get DQs for breaking just about any of the rules, with the primary ones probably being backstroke turns and breaststroke / butterfly turns. Politics almost never plays a role here, with the DQs largely being accepted by everyone, and used to enforce legal stroke movements.

Most Confusing Swimming Rules

By Rick Madge

Some rules are just more confusing or contentious than others, and can cause a lot of misunderstanding on the part of swimmers and parents. (Just to clarify, I'm referring to the FINA rules in place at the time of writing this blog - January, 2015.

Backstroke Flip Turn: FINA Rule SW 6.5

This one has confused everyone ever since they allowed the swimmer to turn onto their stomach for the turn. The key to this ruling is that immediately after turning onto their stomach, a pull of one or both arms must be initiated. DQs usually happen for what they call an "extended layout", which is when the swimmer turns onto their stomach too far from the wall and glides for a bit to get closer. This can be called an "extended layout". It's always a judgement call on the part of the official.

Many people are upset with this rule as they feel it penalizes less experienced swimmers who turn onto their stomach too soon. But there are 2 key issues at play. The first is simple: this is a backstroke race, and other than the mechanics of the turn, they want swimmers on their back.

But the far more important issue is that FINA is worried about the tremendous potential of the dolphin kick to drastically change the sport. A turn legally starts when the shoulders start to turn past the vertical to the breast, and the body is allowed to be totally submerged during the turn. So without this rule, it is possible that a swimmer could turn onto their stomach halfway down the pool, theoretically initiating their turn, and then submerging and dolphin kicking the rest of the length. I have no doubt that this could be faster for some swimmers, and it would totally destroy the essence of a backstroke race.

Breaststroke Pullout Phase: FINA Rule SW 7.1

This is easily the most abused rule in swimming today, and probably the most abused rule in the history of swimming. As mentioned above, virtually every top swimmer in the world violates the single kick rule, and most violate it on every single breaststroke turn.

Up until 2005 the swimmer was not allowed to perform any dolphin kicks at any point during a breaststroke race. But swimmers, notably Kosuke Kitajima, noticed that with all of the turbulence and splashing involved in a turn, officials at the end of the pool couldn't easily detect a dolphin kick. And while officials at the side of the pool could detect these, they didn't have adequate visibility all the way into the centre of the pool. It pretty much gave them carte blanche to cheat. The 2012 Olympic 100 m Breaststroke for me pretty much made the issue ridiculous when underwater video showed numerous finalists getting away with 3 dolphin kicks.

The strange part about this rule is that it is FAR more likely to be called, correctly, in low level meets. For some reason, officials at high level meets are very nervous about disqualifying elite swimmers.

No Pace-Making Aids SW 10.16

This is the opposite of a confusing or contentious rule. This one is virtually unknown and ignored. In fact, it is routinely violated at every swim meet, including World Championships and Olympics. Here's the wording:

SW 10.16 No pace-making shall be permitted, nor may any device be used or plan adopted which has that effect.

In other words, any working pace clocks or electronic timing boards showing a running time or splits, and that a swimmer could see, are technically in violation of this rule. And any hand or arm signals by coaches or others to let a swimmer know if they are on or off the plan are also disallowed. As I said, it is completely ignored.

I suspect this ruling exists to ensure that nobody develops a method of direct communications with the swimmer in which they can give race or pace advice.

What Can Get You Disqualified in Swimming?

False Start

At the start of a race, swimmers must take a stationary position atop the starting blocks. If a swimmer leaves the starting block before the starting signal or is moving as the signal sounds, he or she commits a false start violation and receives an automatic disqualification.

If they don't immediately halt the race and recall the swimmers, officials may wait to disqualify the guilty swimmer until the race's completion.

Delays

Officials may disqualify a swimmer who fails to report to the starting platform prepared to swim at the start of his scheduled heat. Any swimmer who intentionally delays the start of a race or who willfully ignores or disobeys the orders of officials may also receive a disqualification.

Swimming Conduct

Swimmers may receive a disqualification for violating certain rules while in the act of swimming. Failing to touch the wall when executing a turn, grabbing the lane markers, using the lane markers for momentum or pushing off the bottom of the pool will all result in a disqualification. Swimmers also earn disqualifications for entering another swimmer's lane and for staying underwater longer than 15 meters at the start of a race.

Backstroke

When competing in a backstroke race, a swimmer must remain on his or her back and employ a proper double-armed backstroke or an elementary backstroke. Aside from stroke violations, the majority of backstroke disqualifications occur on turns, with swimmers leaving their backs too soon and gliding to the wall on their breasts or failing to push off the wall while on their backs.

Breaststroke

Most breaststroke disqualifications occur on turns as well. Swimmers must touch the wall with both hands simultaneously. Touching with only one hand or touching with one hand before the other results in a disqualification. Performing more than one butterfly kick before initiating a breaststroke kick when pulling out of a turn, or taking more than one arm pull underwater can also earn a disqualification.

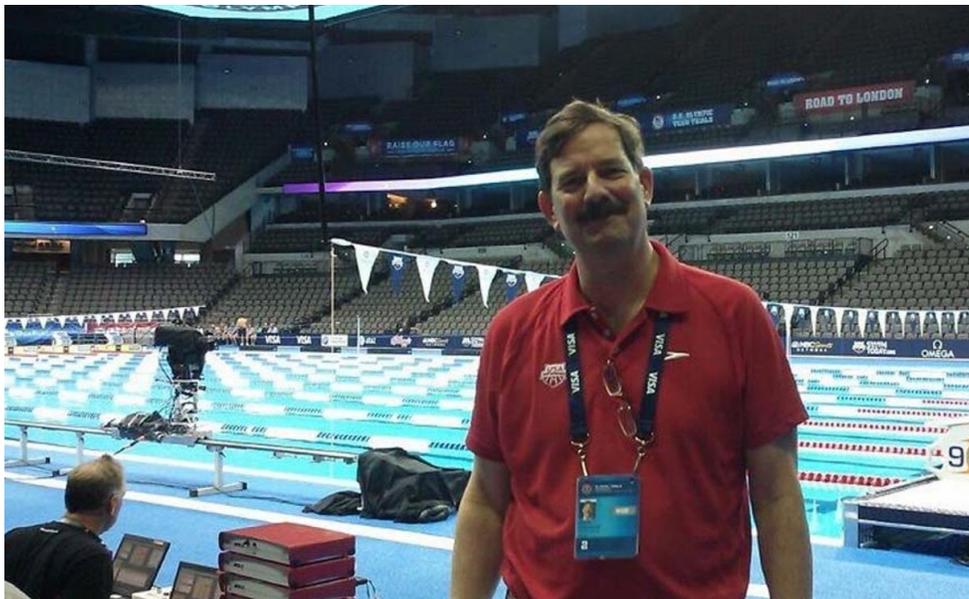
Butterfly

As in the breaststroke, butterfly swimmers must also touch the wall on turns with both hands simultaneously to avoid disqualification. Employing an illegal kick, usually a flutter kick, will also earn a disqualification.

Relays

In relay races, swimmers typically draw disqualifications for false starting, which occurs

when one swimmer leaves the starting block before his or her teammate touches the wall. A relay team may also get disqualified for entering the pool to celebrate a victory before all other swimmers finish the race.



Clark Hammond is Excited about Officiating His Fourth Trials

By Mike Watkins//Contributor | Thursday, November 7, 2019

It was during the 2008 Olympic Trials – the first in Omaha – that Clark Hammond saw his time as a swim official come full circle.

Like other officials, he had watched swimmers from a young age progress and reach the pinnacle of our sport – including one Margaret Hoelzer, who swam in Huntsville, Ala., which isn't far from his hometown of Birmingham.

He had officiated Hoelzer's meets since she was a 10-and-under swimmer, and here she was at the 2008 Trials as a favorite to make the team – especially after having won gold in the 200 backstroke the previous year at FINA World Championships.

"At Olympic Trials, I was the official at the start end in Margaret's lane," said Hammond, a lawyer by trade who is a former competitive swimmer and got involved with officiating through his children's meets. "I believe the event was the 200 backstroke. Not only did she win, as I recall she broke a world record. I remember how gratifying it was to watch her from being an age grouper to the pinnacle of our sport on that day."

Hammond said this example is one of the reasons he and everyone he knows spends the time and effort learning and growing as officials so that the athletes can reach their dreams – and they get a front row seat to watch it all unfold.

Following is a Q&A with Hammond, who has been officiating for more than 30 years, is returning to Omaha next summer to officiate his fourth Olympic Trials – this time as the Meet Referee.

Q: What was your first National-level meet as an officiant?

A: My first National level meet was the 1996 Junior National Championships held in Tuscaloosa, Ala. Almost every year since 1996, I have worked at least one national level meet, and in some years, I worked two.

Q: How were you selected to be an official at next year's Trials?

A: I was chosen by the Chair of the National Officials Committee and the Chair of the Program and Events Committee. Having been the former chair of the National officials committee, I assume that my name was shared with others within the swimming community – senior USA Swimming staff, senior coaches and possibly others so they could have input if they so desired before a final decision was made.

Q: What are the responsibilities/duties of the Meet Referee?

A: The Meet Referee is like a captain of a large ship. He or she is the leader and has overall responsibility for the conduct of the meet. A swim meet, like the large ship, requires the skills of many people to run smoothly. The Meet Referee is the leader that organizes this team to run a safe and fair competition.

Q: Have you been a Trials official before? If not, have you been to Trials before as a spectator, coach or participant?

A: In 2008, I was invited to officiate as a stroke and turn official. In 2012, I was a deck referee and an underwater referee. The deck referee is the person who runs the session (controls the flow of heats); supervises and directs the 'wetdeck' officials (Chief Judge, Starter, and Stroke and Turn Judge). The underwater referee is the person who is basically video replay and reviews a disqualification. In 2016, I was the lead chief judge. In that role, I was responsible for supervising and directing all of the stroke and turn officials and assisting the deck referees in processing disqualifications and other aspects of the competition.

Q: I imagine this is quite an honor to be chosen to officiate at Trials?

A: Officiating at Trials is likely the highest honor any of us will achieve. It is a result of many years of dedication and a recognition that we have exhibited the type of aptitude and attitude that is necessary to fulfill this role. A key component is that we believe the benefit of the doubt goes to the swimmer and at the same time we seek to ensure that the

competition is conducted so that every athlete is provided fair and equitable conditions of competition.

Q: Are you a former swimmer yourself? Have kids who swam?

A: I grew up swimming in Ft. Lauderdale, Fla. I played water polo during college on a club team. All three of my children swam until the age of 11 or 12, but my daughter was the only one to swim competitively year-round after she was 12 years old.

Q: What are you most looking forward to about Trials?

A: Watching old friends striving to once again be able to compete at the Olympics and the up and comers establishing themselves as the future of our sport. At every Trials, there is a passing of the torch from the previous Olympians to the new. It is a bittersweet experience as you watch athletes you have had the pleasure watching for years just fall short of their goal and at the same time it is exciting to see the next generation step up to meet the challenge.



Relationships, Love of Sport Motivate Allender as a Trials Official

By Mike Watkins//Contributor | Thursday, November 14, 2019

Like many swim parents, Jacki Allender's introduction to becoming a swim official arrived courtesy of her daughter, Megan.

From there, it's evolved over time into longstanding friendships and relationships and a true love for the sport she once only saw from a parent's perspective.

Now, more than three decades and over 35 national level meets later, Allender finds herself a handful of months from returning to Omaha to officiate her fourth Olympic Trials.

Suffice it to say, based on the many, many relationships she's fostered over the years, she's excited to see some old friends as well as fast swimming.

"What I remember most from my first Trials in 2008 is that the athletes were so fast," said Allender, who was a stroke and turn official during her first Trials. "My partner and I had to walk pretty fast to keep up with them.

"We had been forewarned that a big pyrotechnic display was going to happen at the end of the event and that we needed to move ourselves quickly away from the end of the pool."

Allender has been back to Omaha for two more Trials, officiating in different roles both times, and 2016 brought back memories of a young swimmer who finally broke through to make his first Olympic team headed to Rio.

"Trials in 2016 was really exciting because an athlete that I had watched in the pool from the time that he was a little guy made the Olympic Team," she said. "It was Jacob Pebley. He had started his swimming career in Oregon. That made Trials even more special than usual."

Below is a brief Q&A with Allender as she looks back on past Trials and forward to next summer's Trials.

Q: How long have you been officiating swimming meets?

A: I have been an official for 28 years

Q: How many national level meets have you officiated?

A: My first national level meet was in 1999. I don't know the exact number. Definitely over 35.

Q: How many Olympic Trials have you officiated?

A: This will be my fourth Trials (2008, 2012 and 2016).

Q: What is your greatest/strongest memory of a past Olympic Trials?

A: I remember walking on to the competition deck in 2008. It was a venue unlike any other meet that I had attended. There were pyrotechnics on the sides and seating for so many spectators. I was walking Stroke for Finals during the 100 butterfly.

Q: Why is it an honor for you to be selected to work Trials?

A: There are about 250 officials that meet the criteria used to select the officials for Trials. So it is truly an honor to be selected.

Q: What makes Trials so special for you?

A: It's special watching athletes grow in the sport. We have so many talented athletes in USA Swimming. This makes our Trials an amazing event. It's special seeing the family and friends that come to cheer on their athlete in an amazing venue.

Q: What will you be doing as an official (what is your role, duties, etc.)?

A: I am the Lead Administrative Referee. The Administrative Referee team (myself plus 2 assistants) produce the heat sheets for each session and oversee the results.

Q: Have you done multiple officiant roles at meets before?

A: I have worked every position on deck (stroke and turn, chief judge, starter, deck referee).

Q: What are you most looking forward to about Trials?

A: Seeing some amazing swims.

Q: Tell us about your family.

A: My husband Pat, our daughter Megan and our grandchildren Cael, 8, Maryn, 5, and Corbin, 4.

Q: Where do you live?

A: Corvallis, Oregon

Q: What do you do for fun? Hobbies?

A: Spending time with grandchildren, whale watching on the Oregon coast, wine tasting. My husband is also an official and a Masters swimmer, so we both spend a great deal of time volunteering at swim meets (high school, Masters and some college).

Manuel, Dressel Named Athletes of the Year at the 2019 Golden Goggle Awards

November 25, 2019

LOS ANGELES – Olympic champions and world-record holders **Simone Manuel** (Sugar Land, Texas/Alto Swim Club) and **Caeleb Dressel** (Green Cove Springs, Fla./Bolles School Sharks/Florida), who led Team USA with standout performances at last summer's FINA World Championships, took home Athlete of the Year honors on Sunday at USA Swimming's annual Golden Goggle Awards.

This year's event, hosted by comedian Matthew Broussard, celebrated the accomplishments of the U.S. team at the 2019 FINA World Championships, which claimed 30 medals across pool and open water competition in Gwangju, South Korea. The evening benefited the USA Swimming Foundation.

Dressel took home two Golden Goggle Awards Sunday – Male Athlete of the Year and Male Race of the Year. Dressel earned Race of the Year honors for breaking Michael Phelps' 10-year-old world record during the semifinals of the 100m fly at the 2019 FINA World Championships. His time of 49.50 broke the mark by .32. Dressel later went on to become just the fourth man to win multiple titles in this event when he won his fifth gold medal of the world championships, posting the second-fastest time ever in the event (49.66) during finals.

Dressel was the only nominee in the Male Athlete of the Year category for his dominating performance at the FINA World Championships, bringing home eight world championships medals, a mark no other swimmer has ever accomplished. His six gold medals tied for the third-most by a male swimmer at a single world championships competition since 1973. Dressel also added his name to the record books by recording world records in the 100m fly and as part of the mixed 4x100m free relay, while also capturing American records in the 50m free, 100m free and 50m fly. His American record-breaking performance in the 50m fly also earned him the first gold by an American in the event's history. On the penultimate day in Gwangju, Dressel won three gold medals in one day, which has only been accomplished once before – also by Dressel in 2017.

"It's hilarious that some little kid who was playing soccer or football growing up would now be standing on top of the world for swimming," Dressel said. "My dad used to say that whatever your profession is, no matter what it is you do, make sure you enjoy it, make sure you're good at it and try to be best in the world at it, and that's just what I'm doing."

Manuel finished the 2019 FINA World Championships with more medals than any woman at a single world championships when she brought home seven – four gold and three silver. She also became the first American woman to win the 50m free at the world championships since Amy Van Dyken in 1998. She is also the only American woman to win both the 50 and 100m free at the world championships. In addition to her two American records set in Gwangju, she also anchored the mixed 4x100m free relay and the women's 4x100m medley relay to two world records.

“When I first started in swimming it was pretty difficult for me – it’s still pretty difficult to this day – but often times I didn’t fit in or feel it was the sport for me,” Manuel told the crowd of more than 600 attendees. “Often times people questioned why I was swimming because ‘I’m not supposed to swim’ and it’s really difficult. I never thought I’d see the day that I’d stand up here and receive this award. What I’ve learned through this journey is to follow your passion and don’t let anyone tell you that you can’t do anything.”

Breakout Performer of the Year honoree **Regan Smith** (Lakeville, Minn./Riptide Aquatics) had quite the season in 2019. In the semifinals of the women’s 200m back at the FINA World Championships, she dropped her personal best by 2.66 seconds to smash Missy Franklin’s 2012 world record with a time of 2:03.35. The following day, the 17-year-old would go on to win the gold in the 200m back – her first world championships medal. Smith also earned a nod for Female Race of the Year for her semifinals performance in the 200m back.

Smith pocketed another gold in Gwangju after leading off the 4x100m medley relay, where she also broke the 100m back world record with her leadoff time of 57.57 en route to Team USA’s world-record breaking relay performance. Smith also won five events in TYR Pro Swim Series competitions and captured a national title in the 200m fly at the 2019 Phillips 66 National Championships.

Manuel, Smith, **Lilly King** (Evansville, Ill./Indiana University) and **Kelsi Dalia** (Westampton, N.J./Cardinal Aquatics) teamed up to win Relay Performance of the Year honors for the women’s 4x100m medley relay, one of the defining moments of the entire world championships as two world records were set in just one race.

Smith set a new world record in the leadoff leg of the relay, going 57.57 in the 100m back. Though the blazing start gave Team USA a commanding lead, the rest of the relay also had strong swims. Both King’s breaststroke split, and Manuel’s freestyle split were the fastest times of their respective relay legs, while Dalia’s butterfly split of 56.16 was only bested by 100m fly world champion, Maggie McNeil. The four American women set a world record of 3:50.40, besting the previous mark of 3:51.55 set by Team USA in 2017.

Smith’s coach, **Mike Parratto**, won his first Coach of the Year accolade following a 2019 season that was highlighted by the continued emergence of his talented young backstroker. For both Smith’s and his club’s successes, Parratto was also recognized as the 2019 American Swimming Coaches Association (ASCA) Coach of the Year.

Earning the Perseverance Award was eight-time Olympic medalist **Nathan Adrian** (Bremerton, Wash./California Aquatics). Just seven months after his testicular cancer diagnosis, Adrian anchored the 4x100m free relay at the FINA World Championships to a championship record and a gold medal. He earned another world championships gold medal by swimming in the prelims of the mixed 4x100m free relay and later anchored the 4x100m medley relay to secure silver for Team USA. Just a couple of weeks later, Adrian made his Pan American Games debut in Lima, Peru where he would win five medals (two gold and three silver) – more than any American man.

Proceeds from the Golden Goggle Awards benefit the USA Swimming Foundation, whose mission is to save lives and build champions – in the pool and in life. In addition to its Make a Splash

initiative, a national, child-focused water safety campaign that stresses the importance of learning to swim, the USA Swimming Foundation supports the U.S. National Team and its development efforts aimed at strengthening the future of USA Swimming's programs and services.

2019 USA Swimming Golden Goggle Award Winners:

Female Athlete of the Year: Simone Manuel

Male Athlete of the Year: Caeleb Dressel

Female Race of the Year: Regan Smith, Women's 200m backstroke semifinal

Male Race of the Year: Caeleb Dressel, Men's 100m butterfly semifinal

Relay Performance of the Year: Women's 4x100m medley relay

Breakout Performer of the Year: Regan Smith

Perseverance Award: Nathan Adrian

Coach of the Year: Mike Parratto

My "ONE BIG THING" From Being Out & About

By Bill Rose

I was really impressed this past month, when a message came out that help was needed at a meet in Grass Valley and that not many Officials were attending. Well, after the Meet Referee sent the message requesting that the required number of officials was not enough to observe the pool, let alone to provide adequate relief. As incentives, the weather was forecast to be nice and sunny on both days with the meet-friendly lower 70' temperatures. Also, refreshments and lunches would be served. Most importantly, though, you would receive the satisfaction of providing great opportunities for the swimmers and helping your fellow officials. Twenty-seven Officials showed up, who worked parts of six sessions. Eight to ten of these Officials had no swimmers swimming at the meet and four of them worked the six sessions offered. Job well done volunteers. This is my one big thing I saw this past month.



Hougardy Loves Officiating Swim Meets Thanks to his Kids

By Mike Watkins//Contributor | Wednesday, November 27, 2019

As a Certified Public Accountant (CPA) and Chief Financial Officer (CFO) of a real estate development and management firm in Washington state, Don Hougardy knows a thing or two about numbers.

So, when he officiates swim meets – regardless of his role or position around the pool – he is right on when it comes to times, accuracy of strokes and other swimming figures.

It's one of the things he loves most about officiating swim meets – and it's something he's looking forward to next summer when he returns for another Olympic Swim Trials in Omaha.

"I have been officiating at swim meets since 1996," said Hougardy, whose two children swam, which ultimately lured him to become an officiant. "I volunteered at a local age group meet, and I've been doing it and loving it ever since."

This time at the Big Swim Dance, Hougardy will serve as Lead Chief Judge – one of seven Chief Judges.

He said he's served in pretty much every official role at National and Olympic Trials meets over the past 20-plus years, and he's looking forward to being the Lead Chief in 2020.

"Our job (as Chief Judges) is to organize and instruct the Technical Judges, serve as a liaison between the Technical Judges and the Deck Referees, notify a swimmer if they have been disqualified and to provide operational paperwork during the meet," he said.

“Typically, at national level meets, and certainly at selection meets (such as Olympic Trials), there is a Chief Judge stationed at each corner of the pool and one stationed near the Starter area.”

The following is a Q&A with Hougardy about how he’s expecting another fun, fast Trials next summer in Omaha to select the team heading to Tokyo.

U.S. Olympic Trials - Swimming return to Omaha for a fourth time (2008, 2012, 2016, 2020) the week of June 21-28, 2020, at the CHI Health Center Omaha (formerly known as the Qwest Center and most recently the CenturyLink Center).

Q: Where do you live? What do you do for work, fun, hobbies? Family? Names?

A: I live in Pullman, Wash., which is in the Inland Empire LSC. Professionally, I am a CPA and for several years have been the CFO of a real estate development and management firm. I am married, have two adult children who live in the Denver area and enjoy snow skiing and weight lifting.

Q: What do you remember most from past Trials? Any particular memory or memories/experiences stand out?

A: The Olympic Trials is not just a high-level swim meet; it is a spectator event. The pageantry and techno-effects that are not seen by the TV audience have been amazing.

Q: What was your first Trials like? Most recent Trials?

A: What struck me most about my first Trials, which was in 2012, was how many aspects of the event there are. For example, there is the actual competition and all that goes with that production, but there is also the "off camera" techno-effects, interviews and entertainment to create energy and keep the audience engaged, the restricted athlete meal and lounge area, the large indoor vendor bazaar, which included games and athlete meet-and-greet opportunities and the many layers of security. What seemed more pronounced to me at my second Trials was the celebrity status the crowd bestowed to the athletes and to some minor extent the officials.

Q: What do you enjoy most about working swim meets (in the various roles you've played)?

A: Working with like-minded people, many of which have become my friends who want to provide a positive atmosphere for our youth and top athletes.

Q: How many meets (including Trials) would you say you've officiated?

A: Too many to count.

Q: How were you selected to be an official at next year's Trials?

A: I was selected by USA Swimming.

Q: Have you done multiple officiant roles at meets before?

A: At national level meets, an official's role is narrowly defined. However, over several national level meets, I will have served in all six roles (Technical Judge, Chief Judge, Starter, Deck Referee, Administrative Referee and Meet Referee).

Q: Have you been a Trials official before?

A: Yes. I have been a Trials official several times.

Q: Is this something you've been wanting to do for a while? I imagine this is quite an honor to be chosen for Trials (several times)?

A: Yes, this is quite an honor. USA Swimming has many GOOD national level officials and to be selected from that group is very special.

Q Are you a swimmer/former swimmer yourself?

A: No. But I had kids who swam, so that's how I first got involved.

Q: What are you most looking forward to about Trials?

A: To come together with friends from all over the country (many of whom I haven't seen for several years) to officiate at what is arguably the most important swim meet consistently held on American soil.

SIERRA NEVADA SWIMMING LSC BOARD MEETING

Please plan to attend our Board of Directors Meeting
and get involved!

Meeting Date: **Thursday, December 19, 2019**

Time: **7:00 PM to 8:00 PM**

Hosted by: Sierra Nevada Swimming

Location: **More information will follow at a later date.**

Contact Information: Alex Ongaco <alex.ongaco@snswimming.org>

Remember: Silence is consent!!

**IF YOUR TEAM WOULD LIKE TO HOST A STROKE
AND TURN CLINIC FOR THE 2020 SWIMMING
YEAR PLEASE CONTACT**

MELISSA SZPIK SERRAO AT: [<officialmelissasn@gmail.com>](mailto:officialmelissasn@gmail.com)

The new 2020 swimming year will start on September 1st, and Stroke and Turn Clinics will be offered at many places throughout our LSC after the USA Swimming Convention ends on Sunday, September 15, 2019.

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 2020 USA Swimming membership becomes valid. The clinics that will be offered in early September and October will be for the 2020 swimming year.

After the 2018 USA Swimming Convention, there were many 2019 yearly-required clinics offered. Many past certified Officials didn't think they needed to attend a clinic in the calendar year of 2018, for the swimming year of 2019. They were mistaken. **DON'T LET THIS HAPPEN TO YOU** for the 2020 swimming year.

Hope you worked enough sessions in the swimming year of 2019 to maintain your current certification in 2020. Check the requirements below.

**USA Swimming Minimum Standards
Guidelines
For Utilization By
Local Swimming Committee (LSC) Officials**

Mission

To develop and conduct mentoring programs to recruit, educate, train and certify USA Swimming officials to provide high quality and consistent officiating for our athletes.

The goal of having all Local Swim Committees (LSC) adopt these minimum standards for certification of Officials is to set standards, that when applied, will accomplish the following:

- * ensure a clear and consistent knowledge of the rules
- * provide sufficient time in training to assure familiarity with all levels of competition
- * provide opportunity to work on the deck and advance through the certification process
- * allow automatic acceptance at the Stroke & Turn level between all LSCs meeting the USA

Swimming Minimum Standards Guidelines

- * ensure professionalism in all aspects of the word "team" while in attendance at a swim event both on and off the deck

The sessions referred to in the guidelines should be of duration to assure sufficient time to observe a significant number of swimmers and should contain a complete schedule of events to provide the opportunity to observe all strokes.

LSC's may set minimum standards for additional positions such as Referee (Non-Starter), Clerk of Course, Timing Judge, Equipment Operator, etc.

Any exception to these minimum standards must be approved by the National Officials Chair who may stipulate appropriate conditions for each exception.

- * May not Officiate at a Session in Which They are Competing or Coaching

TIMER (Minimum Age 11)

Education & Training	None except pre-meet briefing Performance monitored by Chief Timer and/or Referee during meet.
Evaluation & Certification	Certify after passing USA Timer's test and satisfactory performance at one meet.
Renewal	Based on satisfactory performance.

ADMINISTRATIVE OFFICIAL (Minimum Age 18)

Education & Training	Formal clinic training. Must take USA Administrative Official test. On-the-deck apprenticeship with at least one (1) mentor who has a minimum of one (1) year certification as Administrative Official, Administrative Referee, or Referee for a minimum of two (2) sessions.
Evaluation & Certification	Certify after passing USA Administrative Officials test and satisfactory performance at one meet.

Must be a member of USA Swimming, pass the Criminal Background Check and complete the online Athlete Protection Training before officiating as an Administrative Official.

Sierra Nevada Swimming: After above training, must have the recommendation of the Trainer before being granted certification.

Renewal

Based on satisfactory performance.

Sierra Nevada Swimming: Attend yearly Administrative Official clinic, work a minimum of two meets* and take the Administrative Official Recertification test every other year.

*meets are defined as being listed as the AO or AR on the Meet Announcement or being an Assistant AO or Assistant AR at the meet.

STROKE & TURN JUDGE (Minimum Age 18*)

Education & Training

Formal clinic training.

Must take USA Swimming Stroke & Turn/Timer test.

On-the-deck apprenticeship with at least two (2) mentors (who have a minimum of one (1) year certification as a Stroke and Turn Judge) for a **minimum of six (6) training sessions.**

(Cannot make a disqualification during those sessions).

Evaluation & Certification

Evaluation by evaluator/mentor and/or Referee to be reported to LSC Officials Chair or their designee.

Must complete certification within one year from date of clinic.

Must be a member of USA Swimming, pass the Criminal Background Check and complete the online Athlete Protection Training before officiating as a Stroke and Turn Judge.

Renewal

Attending a yearly clinic and taking the re-certification online test every other year.

To maintain certification, **must work** a minimum of **four (4) sessions per year** in Stroke & Turn or higher capacity.

If the renewal is for the year after receiving the initial S/T certification, the above mentioned four (4) sessions are in addition to the six (6) minimum training sessions worked to become a certified Stroke & Turn Judge for the first time.

Based on continuing USA Swimming membership and satisfactory performance.

RELAY TAKE-OFF JUDGE (Minimum Age 18*)

Education & Training	Must be certified Stroke & Turn Judge
Evaluation & Certification	Considered part of Stroke & Turn Judge certification. Must have a minimum of one (1) year experience as a certified Stroke & Turn Judge.
Renewal	Same as Stroke & Turn Judge

CHIEF JUDGE (Minimum Age 18*)

Education & Training	Must be certified Stroke & Turn Judge
Evaluation & Certification	Considered part of Stroke & Turn Judge certification. Must have a minimum of one (1) year experience as a certified Stroke & Turn Judge.
Renewal	Same as Stroke & Turn Judge

STARTER (Minimum Age 18*)

Education & Training	Must attend yearly clinic. Must take USA Swimming Starters online test and be a current member of USA Swimming, pass the Criminal Background Check and complete the online Athlete Protection Training. Must serve a minimum of six (6) training sessions on the deck at two (2) different meets with at least two (2) different mentors approved by the LSC Officials Chair or their designee. Must have worked as a certified Stroke & Turn Judge for a minimum of five (5) sessions and one (1) swimming year.
Evaluation & Certification	Certification based on recommendation of the mentor(s) and/or Referee(s).
Renewal	Attending a yearly clinic and taking the re-certification Starter online test every other year. To maintain certification, must work a minimum of four (4) sessions per year in Starter or higher capacity. If the renewal is for the year after receiving the initial Starter certification, the above mentioned four (4) sessions are in addition to the six (6) minimum training sessions worked to become a certified Starter for the first time. Based on continuing USA Swimming membership and evaluation.

REFEREE (Minimum Age 21*)

Education & Training

Must attend referee's clinic and **apprentice** on-the-deck for a **minimum of six (6)** training sessions at **three (3)** sanctioned meets with at least **two (2)** different referees.

Previous certification as a Stroke & Turn Judge and Starter.

Can begin Deck Referee training after becoming a Certified Starter, who has worked the minimum four (4) sessions as a Starter and taken the battery of online tests, mentioned below.

Recommend **being familiar** with the positions of Announcer, Clerk of Course, Starter, Stroke & Turn Judge, Chief Judge, Timer, Timing Judge and Meet Marshal.

Must pass USA Swimming Officials tests (**Stroke & Turn/Timer, Timing Judge, Clerk of Course, Administrative Referee, Starter and Referee**) with a grade of **at least 80% within the past 24 months** and be a current member of USA Swimming.

Evaluation & Certification

Certification based on recommendation of the mentor(s) and/or Referee(s).

Renewal

Must attend yearly clinic and **take and pass the re-certification Referee test** every other swimming year. If a Starter, it is recommended to take the re-certification Starter online test every other year as well.

To maintain certification, must work a minimum of six (6) sessions per year in Starter or higher capacity with a least one session as Referee.

If the renewal is for the year after receiving the initial Referee certification, the above mentioned six (6) sessions are in addition to the six (6) minimum training sessions worked to become a certified Deck Referee for the first time.

Based on continuing USA Swimming membership and evaluation by the LSC Officials Chair or their designee.

It is a REQUIREMENT to attend a yearly clinic to start the process of becoming a certified Official once again for the new 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 presently **NO 2020 Admin Official Clinics on**
the calendar.

Future Stroke and Turn Clinics on the Calendar.
There are presently **THREE 2020 Stroke and Turn**
Clinics still on the calendar.

Clinic #1

What: 2020 Stroke and Turn Clinic

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

Where: Bear River High School, 11130 Magnolia Avenue, in Grass Valley, California. In the teacher's lounge (across from the gymnasium)

Time: 6:00 PM to 8:30 PM

When: Wednesday, December 11, 2019

Any questions please contact: Coach Daryn Glasgow at <coachglasgow@gmail.com> or Jeff Anderson <jdrs04@gmail.com>

Where: It will be at the Bear River High School, 11130 Magnolia Avenue, Grass Valley, CA, 95949. From I-80 take Hwy 49 North towards Grass Valley. Turn Right onto Combie Road. Go straight onto Magnolia Road. The school is on the left. Park in the front parking lot by the main gym. Follow the corridor to the left of the main gym that goes back towards the pool.

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

Clinic #2

Basic Stroke & Turn Judge: For parents, relatives, & friends who are interested in understanding more about the sport of competitive swimming and like to be more involved in helping swimmers have rewarding swim experiences. The Basic Officials Clinic is geared towards new parents and officials with minimal experience (certified in the past six months) working independently on deck.

Advanced Starter & Deck Referee: For officials with one or more years of on deck experience. Officials planning to attend the Basic Starter Clinic are welcome to also attend this clinic.

Advanced Stroke & Turn Judge: For officials with one or more years of on deck experience. This clinic is primarily general discussion rather than specifically reviewing the basic of the various strokes.

Basic Administrative Official: For those interested in working directly with the Meet Referee to keep the meet flowing on the “dry side.” Although a Certified Official can be an AO, an AO does not need to be certified as a Stroke & Turn Judge. Officials with sufficient on deck experience as S&T Judges plus Starter and Referee, who are interested in being certified as an Administrative Referee, will benefit from attending this clinic.

Basic Starter: For officials who have at least one to two years of on-deck experience as a S&T Judge and are interested in learning about or becoming trained and certified in this position.

Basic Chief Judge: For experienced Stroke & Turn Judges learn the various functions of the Chief Judge before and during swim meets.

WHEN: Sunday, December 15, 2019

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> or Ted Curley <tgconst@gmail.com>

TAKE YOUR MARK
A
STARTER AND DECK REFEREE WORKSHOP

REQUIRED OF ALL STARTERS AND DECK REFEREES OR FOR THOSE OFFICIALS WANTING TO BE A STARTER OR DECK REFEREE IN THE FUTURE

There is ONE 2020 Starter/Deck Referee Workshop still on the calendar.

At the conclusion of the S/T Clinic at the Brady Building in Davis on January 11, 2020, we will have a Starter/Deck Referee Workshop, immediately following the S/T Clinic. More information will be coming your way.

Where: Davis, California

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

Time: Will begin immediately after the S/T Clinic mentioned above.

When: Saturday, January 11, 2020

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> or Ted Curley <tgccconst@gmail.com>

Taking the Online tests

The online test is an every-other year requirement.

FOR THE **2020** USA SWIMMING YEAR,
THERE ARE **52 STROKE AND TURN JUDGES** WHO NEED TO COMPLETE
THEIR STROKE AND TURN/TIMER RE-CERTIFICATION TEST!! IN
ADDITION, THERE IS ALSO
9 CERTIFIED REFEREES WHO HAVE TO COMPLETE THERE RE-
CERTIFICATION REFEREE TEST

REMEMBER, these renewal tests have to be completed and passed by
January 1, 2020.

**Even though we started the 2020 swimming year way back in
September, we are now still using the 2019 Rulebook on all online
tests.**

The 2019 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 its entirety, for free.

Looking for the current Rulebook:

When you are on the USA Swimming Home web page, click on **FOR YOU** at the top of the web page. Look for **OFFICIALS** in the middle of the web page, then click on **OFFICIALS**. You will now get a page that has at the top of that page, a picture of the Officials in their red polo shirts, who attended one of the recent TYR Pro Series Meets in Mesa, Arizona. Scroll down a bit on this page, until you find an area titled, **OFFICIALS QUICK LINKS**.

Choose **Rules and Regulations** and click on **Rules and Regulations**.

The 2019 Rulebook appears. Run your mouse down at the bottom of the cover page, to choose how you want to download your book to your desktop (Open in PDF in Preview or Save PDF to download folder). I chose Open in PDF in Preview for my Apple product.

REMEMBER PAST CERTIFIED OFFICIALS

After you have attended your 2020 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, 2020.

TAKE YOUR 2020 ONLINE TESTS NOW!!

The online tests have all been aligned with the 2019 Rulebook and are waiting just for you.

Use your 2019 Rules and Regulations now to take your 2020 required online test.

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. If this is your first time on this webpage, fill in the information needed to become a member and then click on [SIGN 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 [FOR YOU](#) at the top of the web page.
4. Look for **OFFICIALS** in the middle of the web page, then click on [OFFICIALS](#).
5. You will now get a page that has at the top of that page, a picture of the Officials in their red polo shirts, who attended one of the recent TYR Pro Series Meets in Mesa, Arizona. Scroll down a bit on this page, until you find an area titled, **RESOURCES FOR OFFICIALS**. You will now locate the picture titled, **OFFICIALS ONLINE TESTING**. Click on [OFFICIALS ONLINE TESTING](#). Please read all the information on this page. You may want to print these instructions for further use.
6. Now you are ready to start a test. At the bottom of this page, you will click on [START AN ONLINE TEST - CLICK HERE](#) at the bottom of this screen. On my screen it is in **RED**.
7. You are now taken to a page, which is titled, **START AN ONLINE TEST** at the top. Click on [Select A Test](#) and drag your mouse until the test you want is highlighted. At the top of this drag-down menu make sure your pick is the correct one; there are 32 tests to choose from. In most cases, if you are taking your first online test, your test will be the Certification Stroke and Turn/Timer test.

8. You will then have to click on the "[I agree](#)" box, saying that you understand that if you don't complete your test, by a certain date, it will be automatically deleted. Now click on [NEXT](#).

9. You are now taken to a page with your personal information. You must verify that the information provided is correct. You may make any changes necessary and then click "[SAVE INFORMATION & PROCEED TO TEST](#)"

10. The next page you are taken to is getting closer to taking the test. You now have 2 choices:

Choice one: Click on [START TEST](#) button, to start test.

Choice two: click on "[PRINT BLANK VERSION OF TEST.](#)" You can 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 right-hand corner of the Adobe PDF document shown on the screen. Click on the little printer icon. Your copy in PDF form should now be on your desktop. That is where I save my PDF documents.

When using Choice one and you have clicked on [START TEST](#), the first question will appear. When you have made your choice and clicked on that choice, click on "[NEXT.](#)" If you now click on "[NEXT,](#)" you will see the second 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 & RESTART LATER.](#)" The web site will remember which test you have chosen **only** if you have clicked on "[SAVE & RESTART LATER](#)".

11. I have heard that if you answer just the first question before you click on "[SAVE & RESTART LATER](#)" and then [SIGN OFF](#), you will be assured of returning to this same test the next time you have more time

to spend completing the test. By mistake, if you don't save the test properly, the questions will not be in the same order, with the questions and answers being randomly chosen.

12. 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.

13. You will have to look for the small 'X' at the top right-hand corner of the page. Click on this to close the test for now.

14. If you want to take the test off line at your leisure by using the printed version of your test, you may look for [Print Blank Test](#), click on that and you can then make a printed copy of your test.

15. Click [SIGN OUT](#) at the top of the web page, if you want to take the test at a later date. Take the test off line at your leisure by using the printed version of your test.

16. When you are ready to take the test again, you need to return to the USA Swimming web page, by following the steps you used at the start of this instruction. If you have forgotten, here it is again.

Click on [FOR YOU](#) at the top of the web page.

Look for **OFFICIALS** in the middle of the web page and then click on [OFFICIALS](#).

You will now get a page that has at the top of that page, a picture of the Officials in their red polo shirts, who attended one of the recent TYR Pro Series Meets in Mesa, Arizona. Scroll down a bit on this page, until you find an area titled, **RESOURCES FOR OFFICIALS**. You will now locate the picture titled, **OFFICIALS ONLINE TESTING**. Click on [OFFICIALS](#)

ONLINE TESTING. Please read all the information on this page. You may want to print these instructions for further use.

Now you are ready to start the test once again. At the bottom of this page, you will click on **START AN ONLINE TEST - CLICK HERE** at the bottom of this screen. On my screen it is in **RED**.

You are now taken to a page, which is titled, **START AN ONLINE TEST** at the top. Your test, the Certification Stroke and Turn/Timer test, should appear in the box shown.

You will now click on **RESUME** to start the test once again.

17. By clicking on **RESUME**, you will be able to put your correct answers to the test that was saved and waiting for its 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.**

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

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.

19. 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.

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

21. 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 that 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.

22. 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.

23. Click [SIGN OFF](#) 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!!

IF YOUR TEAM WOULD LIKE TO HOST A STROKE AND TURN CLINIC FOR THE NEW YEAR, PLEASE CONTACT MELISSA SZPIK SERRAO AT: [<officialmelissasn@gmail.com>](mailto:officialmelissasn@gmail.com)

ALL Officials have to attend a yearly clinic!!

Most of the clinics we hold are between October and December, with a few more in January of the new calendar year. Most Officials want to be certified before the previous certification expires on the last day of the calendar year (12/31/??).

If this is your year, 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!!

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

The 2019 Rules and Regulations (Rulebook) is 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 December of 2019.

Meet Date: December 6-8, 2019
Type of Meet: "Matt Casto Memorial" - AGO SCY
Hosted by: Elk Grove Aquatics Club
Location: Sacramento, CA
Where: Hoos Pool
Sacramento City College
3835 Freeport Boulevard
Sacramento, CA 95822

Directions: Use the website below to look at a map of the area around Sacramento City College

http://maps.google.com/maps?hl=en&rlz=1G1GGLQ_ENUS264&q=sacramento+city+college+sacramento+ca&um=1&ie=UTF-8&hq=&hnear=College++Glen,+Sacramento,+CA&gl=us&ei=FuL_TI2mDobQsAPBu8CvCw&sa=X&oi=geocode_result&ct=title&resnum=1&sqi=2&ved=0CBYQ8gEwAA

Directions:

Sacramento City College, Directions to the pool: Driving on CA-99 south, take exit 297 for 12th Avenue. Keep right at the fork and follow signs for Sutterville Road. Turn right at 12th Avenue and continue onto Sutterville Road. Drive about a mile and turn right at the "Main Entrance" of Sacramento City College , just past Hughes Stadium. Follow road over speed bumps, into the student parking lot. Hoos Pool is within walking distance and close to the Applequist Athletic Field. There is a parking charge for using this parking lot.

Contact Information: Nolan Rogers
[<coachnolan@egacgators.com>](mailto:coachnolan@egacgators.com)

Meet Date: December 13-15, 2019
Type of Meet: Davis Quad Meet Champs - Trials and Finals
DART, Clovis Swim Club, SMST, CCA, SASO, EGAC
Hosted by: DART
Location: Hoos Pool

Sacramento City College
3835 Freeport Boulevard
Sacramento, CA 95822

Directions: Use the website below to look at a map of the area around Sacramento City College

http://maps.google.com/maps?hl=en&rlz=1G1GGLQ_ENUS264&q=sacramento+city+college+sacramento+ca&um=1&ie=UTF-8&hq=&hnear=College++Glen,+Sacramento,+CA&gl=us&ei=FuL_TI2mDobQsAPBu8CvCw&sa=X&oi=geocode_result&ct=title&resnum=1&sqi=2&ved=0CBYQ8gEwAA

Directions:

Sacramento City College, Directions to the pool: Driving on CA-99 south, take exit 297 for 12th Avenue. Keep right at the fork and follow signs for Sutterville Road. Turn right at 12th Avenue and continue onto Sutterville Road. Drive about a mile and turn right at the "Main Entrance" of Sacramento City College, just past Hughes Stadium. Follow road over speed bumps, into the student parking lot. Hoos Pool is within walking distance and close to the Applequist Athletic Field. There is a parking charge for using this parking lot.

Contact Information: Carolee Gregg
<caroleebgregg@gmail.com>

Meet Date: December 13-16, 2019

Type of Meet: Speedo Sectionals 2019 – Monterey Park, CA

Hosted by: Fullerton (FAST)

Location: East Los Angeles College,
1301 Avenida Cesar Chavez
Monterey Park, CA 91754

Directions: From the Pomona Freeway (60), exit Atlantic Blvd; head north two blocks on Atlantic. Turn Left on Avenida Cesar Chaves. The college is one block down on the right-hand side. Use parking structure #3; the pool facility is north/behind the parking facility.

Follow I-5 S to Floral Drive in East Los Angeles. Take exit 20C from I-710 S. Turn left onto Floral Drive. Stay on Floral Drive for about a mile. Destination will be on our right - 1301 Avenida Cesar Chavez.

PARKING: Per the facility agreement there is a **\$5 PARKING FEE (Cash Only) PER DAY**.

Directions Google Maps: <https://www.google.com/maps/dir/38.6072576,-121.389056/East+Los+Angeles+College,%091301+Avenida+Cesar+Chavez%09Monterey+Park,+CA+91754/@36.3042695,-122.0783132,7z/data=!3m1!4b1!4m9!4m8!1m1!4e1!1m5!1m1!1s0x80c2cf85228f0bdb:0xddbc1949f1ef7eec!2m2!1d-118.1500136!2d34.0414255>

Contact Information: Susie Sheppard e-mail: <suzshep@roadrunner.com>

OFFICIALS: Please see the Southern California Swimming web site (www.socalswim.org) for applications to officiate at this meet. Applications must be received by November 22, 2019, for consideration for assigned positions. For additional information contact: Mike Sheppard, e-mail: <cattywampus@roadrunner.com>

OFFICIALS: ASK YOUR QUESTIONS!!

- Changed December 1, 2019 -

Often Asked Questions by USA Swimming Officials

One other question, it was mentioned that this Official tried to renew her background check but it wouldn't let her. She thought it might be because her current one hasn't expired yet. Any suggestions?

From Gina Mensay, "I don't believe there is any restriction on when you can renew a background check. Copying our coordinator in case I am wrong."

My background check expires May 31, 2020 and my athlete protection expires July 14, 2020. Can I renew those early or do I need to wait?

Not hearing anything more from Gina Mensay, you can renew your Criminal Background Check anytime, but the Athlete Protection Training can't be renewed earlier than three months if you have taken the new version of this course.

You ask, what is the new Athlete Protection Training Course?

It is the course that expires one year to the day that the course was taken.

I noticed, that officials on deck has this name tag with SNS logo and their names on it, it's really nice to have one, can you please tell me where can I order one for myself?

The directions for purchasing a name tag is the first article in my monthly newsletter. I have also copied it here for you to use.

We have a new parent who is working his way through the requirements. He says he's having trouble getting registered on Deck Pass so he can take the APT training. Can you

see if he's missed a step, or he may be waiting on getting officially in the system from his application? Hopefully that packet will arrive to you shortly if you don't have it yet.

He has taken the online test and received a score of 96.67%. I got the results for that requirement. I have no other record but that. I don't even know if this person is male or female. I have not received the applications and checks from you, but I assumed he or she attended the clinic you gave. He or she is not in the system, since I have not received the applications or checks yet. I make up a spreadsheet after the clinic based on information supplied in the applications and then forward it to Mark Brown to update each applicant's personal stuff. That is the reason that he or she can't get into deck pass and the reason he or she can't take the Athlete Protection Training.

In regards to a swimmer getting in the water for the heat not assigned to him, I was thinking about the rule 102.22.8 when I brought it up at the clinic. I may have misunderstood it. Would you please clarify when and how this rule may apply? The rule 102.22.8 states: "Any swimmer not entered in a race who enters the pool or course in the area in which said race is being conducted before all swimmers therein have completed the race shall be barred from the next individual event..."

As for 102.22.8, I am not sure I have ever used it for a situation we had mentioned the other night. I can see from reading it, it could mean anytime a swimmer would get in the water, when a heat was swimming and that swimmer was not seeded in that heat, this penalty could be enforced. That is a pretty harsh penalty, when they might have been up on the starting block, because the Timers didn't check the swimmers name ahead of the start. I think this rule is in the Rulebook to use when a swimmer enters the pool and interferes with the competitors or maybe when after the race has begun, a swimmer not entered in the race, jumps in and swims when not entered in that race.

I'm uncertain when the no show penalty is applied. Is it only for the championship meets? I know in the past meets such as October Sac Regional Meet followed the championship protocol. The upcoming NSS meet is set up to have prelims and finals. It's not a championship meet, but do we apply the no show penalty?

Any Trial and Final meet has to have the scratch procedures listed in the Meet Announcement. 102.4 SCRATCH PROCEDURES — Each swimmer shall become informed of the meet starting time and shall report to the proper meet authorities promptly upon call. Meet announcements and advance information shall specify check-in and scratch procedures for individual and relay events and penalties for violation of those procedures. Any meet that wants to use the national scratch rule, can, but it has to be in the Meet Announcement. You can apply the no show penalty, only if it is specified in the Meet Announcement.

I was referring to No Shave November meet coming up this weekend. There is a check-in information in the meet announcement. However, there is not a scratch rule information in the meet announcement. This means no penalty for no shows. I hope I understood that correctly.

From what I see, when reading the Meet Announcement once again, there will be no penalty for a no-show, other than they will not be able to swim the event and not be eligible for finals, if

they are swimming in the prelim/final portion of the meet. For Check-in, it says that it will be deck seeded and the check-in will be like most all age group meets that are swum like timed final meets. Check-in for the PM Final sessions will close 30 minutes after the conclusion of the AM prelim session. Swimmers must positively check-in for all sessions, including the PM Final session. Now saying all that, there is no mention in the Meet Announcement about following the National Scratch Rule, where there is a no-show penalty if missing an event, once checked in and seeded. Maybe it was an oversight by me, when I reviewed the Meet Announcement for the Coach. Maybe it was Coach's intention to not have a penalty, but because it is not mentioned, then you can't use the no-show penalty and no-shows should be treated like we do in our LSC Age Group meets, where they just miss that event, but not anymore events. I would not try to find an open lane in another heat, if the swimmer misses the heat. The penalty is not swimming the event missed and not having the chance to being able swim finals in that event.

Quick clarification. It states below that John Doe needs 4 more sessions prior to 12/31/2019. Should that be 12/31/2020?

There are minimum standards for all positions. For the Stroke and Turn Judge, the minimum standards to maintain that hard earned certification in the next year, is to work only four sessions in that year, after becoming certified. So, the number of sessions in the first year is ten (six training and four certified). Once certified the minimum number of sessions is four. John Doe attended the RAD Clinic on February 1, 2019, so after becoming certified later than some, he still needs four sessions as a Certified Stroke and Turn Judge to maintain his S/T certification for the next swimming year. These minimum standards should be one of the topics at each of our yearly clinics. I have been mentioning them in every monthly newsletter for the last three years and sending emails out to my mailing list. There are other requirements too like the APT, Background Check, online test, Concussion Course and attending the yearly clinic.

I was wondering what exactly this Zoom clinic is. I think I have done Zoom before, but only by phone, there was no visual involved. Also, AO, what is that stand for? I am thinking this may not apply to me as I have only done stroke and turn, correct? Although I would love to get away from stroke and turn, I don't know if my LSC can afford to have me no not be stroke and turn. Anyhow if you could explain what this is, that would be great.

An Administrative Official (AO) is an Official who is required to be a non-athlete member of USA Swimming, with the same membership requirements that wet side Officials are required to complete, like the Concussion Course, the Athlete Protection Training and the Criminal Background Check. Even an online test is required every other year. In the case of the Administrative Official, the certification Administrative Official online test will be completed.

The duties are listed in the Rulebook, 102.14 and copied below.

102.14 ADMINISTRATIVE OFFICIAL

- .1 Shall be responsible to the Referee for the supervision of the following:
 - A The entry and registration process
 - B Clerk of Course

- C Timing Equipment Operator
 - D Scoring personnel
 - E Other administrative personnel
- .2 Shall be responsible to the Referee for:
- A The accurate processing of entries and scratches.
 - B Accurate seeding of preliminary, semi-final and final heats.
 - C Determination and recording of official time.
 - (1) Receiving and reviewing the automatic and/or semi-automatic timing results from the Timing Equipment Operator and comparing primary timing results with the back-up timing results to determine their validity.
 - (2) Receiving the times recorded by the Head Lane Timers from the Chief Timer and the order of finish data from the Place Judges and using that data to the extent needed to determine the official time for each swimmer.
 - (3) Unless otherwise directed, notifying the Referee whenever a time obtained by the primary timing system cannot be used as the Official Time.
 - (4) Recording disqualifications approved by the Referee.
 - D Determination of the official results.
 - E Publication and posting of results and scores.
- .3 Shall perform other duties assigned by the Referee.

The ZOOM Clinic is for all those interested in becoming an Administrative Official or have been Administrative Officials in the past. This is the yearly required clinic that is required of all Administrative Officials. Even if you wanted to continue being a wet side Official, as a Stroke and Turn Judge and wanted to be an Administrative Official you could do both by attending the yearly required S/T Clinic and then attending one of these Administrative Official ZOOM Clinics, by logging in on your computer and listening and participating, from the comfort of your home while listening to Mark Brown on the computer.

Thank you for the quick response. I took a stroke and turn Clinic Nov. 1, 2019 so I believe I am good there. In your response it also states that I need to complete 4 more S/T judge session before the end of the year to maintain the certification that I just completed... is that correct or I have to do 4 more at least in the coming year 2020? I have completed the Concussion Course and can send you that certificate unless this is something that needs to be done yearly to stay current?

I haven't received the applications or checks from the SYS Clinic held on November 1, 2019, so I haven't been able to process any of the attendees to this clinic. I am waiting for Bill Fisher to mail them to me. I will let you know when I receive them, since I will send all who attended, a wet side requirement message. One of the first things that should be mentioned at clinics is that all new Officials should do 10 sessions in the first year, since six are training sessions and four are the certified sessions needed to maintain the present certification for the next swimming year. Since you just finished the six training sessions in the swimming year of 2019

and according to the minimum requirements for certification, you really need to do four certified sessions after becoming trained. Next year (2020), all you need to do is four sessions (from September 1, 2019 to December 31, 2020) to maintain your present certification in the swimming year of 2021. If I had your applications and check, I would write this in your “wet side requirement message”: In order to maintain the Stroke and Turn Judge certification in 2020 that you worked so hard to achieve during this past year, you had to have completed the minimum number of "certified" sessions after obtaining this certification. The minimum is only four sessions a year as a certified Stroke and Turn Judge. Since you became certified so late in the swimming year, I will certify you as a Stroke and Turn Judge for 2020, but I will expect you to work more sessions in this 2020 swimming year to maintain this certification for the swimming year of 2021. I have been putting the recertification requirements in each Monthly Newsletter and devoted some special email messages to getting this information out to the swimming Officials. Living in California, your Concussion Course only needs to be taken once, at the present time. Each state has their own requirements. If you did a meet in Oregon, you would have to take their own course and do it every year. Remember, your Concussion Course certificate needs to be in my hands by January 1, 2020 or you will not have a valid Membership/Certification Card.

Someone told me a new requirement for new AOs 2020 is the stroke and turn certification. Is this correct?

That is NOT correct. In order to be an N2 Administrative Referee, the Official has to be an N2 Deck Referee, which would include being an N2 Stroke and Turn Judge. Again, any new 2020 Admin Official doesn't have to be a certified S/T to become certified as an Admin Official.

Since I've completed all three mandatory steps and only need to complete the six deck sessions am I to provide proof of completion of the three mandatory steps or will a referee have proof already provided on deck since I intend on training in Grass Valley this weekend?

Trainees don't have to have all the requirements (the three requirements mentioned in the message below) met, before starting or completing their deck training sessions. As long as the Trainee is under the supervision of a certified Official, that follows the Rulebook. It would be best for all Trainees to have the three requirements completed, so the Meet Referee can enter the sessions onto the Officials Tracking System of USA Swimming. They will not be able to enter those sessions, if the requirements are not completed. Make sure to have your Sierra Nevada Swimming Training Slip signed and initialed for all sessions worked. This is back-up to the entered sessions on the OTS of USA Swimming. When arriving at the venue to sign-in, all you will need to do is show them your “faded” red card. It has all the completed requirements showing with the expiration dates.

After finishing my Starter training you reminded me that I need X number of sessions (I think it was 6) before the end of the year to maintain certification. Was that a requirement to officiate X sessions or that I needed to work specifically as a Starter for those sessions or I would have to re-certify/train?

The requirement is for a Starter to work four certified Starter sessions a swimming year to maintain that certification the next year. The requirement is for a Stroke and Turn Judge to work a minimum of four certified S/T sessions a year to maintain the S/T certification the next year. You have met that goal for S/T, but your detail report only shows that you have only worked 2 Starter sessions after becoming certified. I know you worked one session as a Starter, but that one session shows up as S/T instead. Maybe the Meet Referee needs to know that a Starter session needs to be shown for this meet. I don't know how many sessions you worked on that weekend. Maybe there was one S/T session, but I know you were my partner on that WINDY Saturday.

I'm planning on beginning my on-deck training at the SMST Gobbler meet next weekend. I have a question about how many sessions to sign up for. It says I need 6 sessions but is a session an hour or is a session a time period? For example, the Gobbler has 5 different time periods to sign up for: 4 are 3.5 hours and one Saturday session is 4 hours. Do I need to do 2 3.5-hour time periods to get 6 hours, or do I need to sign up for all 5 time periods and then still need one more at a later meet to make 6 sessions?

A session is the period of time for the whole session. Friday night is a session. Saturday AM (13 & Up) is a session. Saturday PM (12 & Under) is a session. Sunday AM (13 & Up) is a session. Sunday PM (12 & Under) is a session. A session is the length of time that the whole session takes to complete. Until you have your training sessions completed, you will not count for your Team as part of the LSC Officials Rule, because only certified Officials count, but your volunteer service is probably required as part of your requirement to SMST as a parent on this team.

One additional question, do we wear the navy pants and white t-shirt/sweatshirt as a trainee?

It looks nice to wear the Official outfit when working the deck, even if you are training. You feel part of the Team that way. If you don't have navy blue pants and a white polo shirt or a white sweat shirt, just wear clothes to keep you warm and dry.

I attended three sessions during the last week's Gobbler meet. I will finish the rest of the three sessions in winter meet (Jan-31,2020). I would like to get a copy of the 2019 Rule Book. Where do I get the hard copy book? I will finish the online test by this weekend.

USA Swimming is not selling or giving away the 2019 Rulebook anymore. If you want to borrow a book please ask one of the certified Officials on your club to see if they can loan you their book. The Stroke and Turn test will only cover a small portion of the Rulebook, so you don't have to copy or use the whole test. Only about the first twenty pages of the Rulebook are used for the Stroke and Turn test. What you can do is open the Rulebook on your computer after printing a copy of the test that is given to you on the USA Swimming website. Make sure to save the test on the website before printing the test. You would hate to get a get with different questions, since the questions are randomly chosen. Now you can open the Rulebook on your computer and mark the correct answers on the test you printed. When ready to submit the test, go back on the site, find your saved test and mark the answers. When you are done, just submit.

The only Rulebook you will receive will be the 2020 Rulebook, sometime in February or March.

The past few meets we've hosted we have put the starter and meet ref tent on the south side of the pool to avoid extreme sun glare off the water. We intend to do the same for the Championship meet, but if the starter wants lane one closest to him or her, the lanes must be numbered left to right, which is contrary to USAS regulations. Numbering left to right is our preference and we understand that this will require the Colorado system to be set up accordingly and such decisions ultimately rest with the Meet Referee. I want to give you a heads up on this detail.

I have been to many meets and the lane numbering is not always the same. What ever works best for your club should be used. The rule, 103.5 has an /LSC/ by the rule. That means, Predicated on facility availability, LSC's may waive strict compliance with these requirements in sanctioning local competition.

I know it's Thanksgiving week and everyone is surrounded by family and friends. So, I want to apologize because I got the day and want to complete all my renewal Official requirements before the 10 days are up that I received on an email reminder. If I take the Stroke and Turn/Timer test now do I need to do it again on the beginning of the New Year 2020? I completed my Background Check this morning and I work at a school and my CPR does not expires until 1/23/20. I will have a CPR training in December or January to renew it. I only have the online test for Stroke and Turn/Timer and attend an Officials meeting left to do. An official from our team in Orland has reached out to Thad from CAJ to see if he can do a second Officials Meeting in Orland. Please let me know if I am on the right track.

Too bad you missed Thad's first clinic in Chico, but I am sure he and/or Amber will be doing another one in the area after the new year is upon us. From looking at your history, you will have to attend a clinic, pay your \$68 membership fee, take the renewal Stroke and Turn/Timer test, take the Concussion Course (that USA Swimming requires), and renew your Criminal Background Check. If you just renewed your Criminal Background Check, then you can cross that off of your list of 2020 requirements to do. As for the Concussion Course, it has to be one of the two that USA Swimming recommends, the CDC course or the NFHS course. So, what you need to do before you are certified once again as a Stroke and Turn Official for 2020 is to attend a clinic, pay your \$68, take the online S/T test and pass and send me the certificate for the Concussion Course. The online test if taken now, will be good until December 2021, when you are getting ready for the swimming year of 2022

There is a problem with the test site. I am positive I clicked on referee recert test at least two different starts. I am positive that the header said I was taking the referee recert test. One time it was 100 questions. One time it was 60 questions. When my first test was 100 questions it froze on question 66 and i could not resume the test so I started over again. The first 10 questions were the same as the first one, but then the questions were different than the previous test. The second test I took (60 questions) seemed like referee-type questions with only a few AO-related questions so I continued on to finish.

I am sorry you are having such a hard time taking these tests. If the tests are not saved, the next test you sign up for in that category, will have different questions because we have so many randomly chosen questions now. The Referee Re-certification is 100 questions long. The Referee certification test is 50 questions long. If comparing each of these tests, the first ten questions are different. As for the Open Water tests, you are correct, there is no re-certification tests, but only the certification tests. These are the tests that you need to take, if you are still interested in Open Water, since it has been two years since you took them. I have heard that the internet browser sometimes has issues, but I have never heard what you have described. I use Firefox for my internet browser and have no trouble. What I would do, is when taking the test, download the test, print the test, complete one question, click on Save and Take later. Take the test on the printed copy by hand and then go back on the testing site when you are ready, find your test and answer the questions. Maybe this will help.

Do I need to do anything else besides completing those three trainee sessions?

You only need to send me the completed copy of the Sierra Nevada Training Slip, when those other three sessions are completed.

I took my open water Referee and Judge tests in 2018. How often do I need them?

Every other year, just like the Starter or Stroke and Turn/Timer tests. Since it is now the swimming year of 2020, if you are still interested in Open Water, you will need to take these two tests to be certified in Open Water.

I was evaluated for N2 starter at JOs this year, but I still haven't seen any comments. I forgot the name of the Evaluator now, but can I simply assume he's too busy to finish it up? Even if I didn't get my N2, I would have liked to see some of his comments.

This is my dear friend Clark Hammond. I have reminded him twice, once on 8/29/2019 and the next time just recently on 11/19/2019. You are not alone in your frustration. There are eight Officials still waiting for him to get done with his evaluations. I apologize for his slowness. I even included this paragraph: "It is like you, when you went to law school and were eager to know if you passed that one class that you needed, to take another class or passing that one class to make you the valedictorian of your class. You might also have that same feeling when waiting for the jury to come back with a verdict in your favor. The longer you wait the more anxious you become. It has now been over four months without a verdict."

I have been unable to attend the Starter/ Deck Ref clinics that the LSC has. I'd like to not lose my certification as a starter. However, I don't plan to become a deck ref yet in the next few months. Since I haven't seen any clinics coming up that I can attend, is it o.k. for me to maintain my starter certification without attending a clinic?

Ted Curley will instruct one after the yearly S/T clinic on January 11, 2019. We are also hoping that another club will step up to the plate and offer to hold one, so that all of our certified Starters will have attended a Starter/Deck Referee workshop, before they work the deck as a Starter in 2020.

SWIMMING SITUATIONS

I have shared with you some of the situations that appear in the newly revised Stroke and Turn situations which can be found at:

<https://www.usaswimming.org/docs/default-source/officialsdocuments/officials-training-resources/situations-and-resolutions/stroke-and-turn-situations-and-resolutions-revised-3-20-2018.pdf>
- Changed December 1, 2019 -

1. When a swimmer swims the breaststroke, after each breaststroke kick, his legs move upward, back downward, and then stop, prior to the knees drawing the legs forward during the recovery phase of the kick. Is this legal?

Recommended Resolution: No. The swimmer is executing a downward butterfly kick after each breaststroke kick, which is not permitted.

Applicable Rule: 101.2.3

2. A Stroke Judge observes significant water turbulence following every breaststroke kick taken by the swimmer in Lane 4. She raises her hand and calls a disqualification on the swimmer for butterfly kick during the swim. Upon further questioning by the Referee, she admits that she did not see the actual movements of the legs, only the extremely turbulent water. Should the disqualification stand?

Recommended Resolution: The disqualification should not stand. The turbulent water could just as likely be caused by a completely legal breaststroke kick. The Official must actually observe butterfly kick in order to make that call.

Applicable Rule: 101.2.3

3. A swimmer says that he sprained his ankle and cannot turn his foot out in the breaststroke kick. Should he be disqualified if he does not turn his feet out in the propulsive part of the kick?

Recommended Resolution: Yes. This does not qualify as a disability, which is defined in Article 105 as “a permanent physical or cognitive disability that substantially limits one or more major life activities.” Therefore, no exception to the breaststroke rule is warranted.

Applicable Rules: 101.2.3, 105.1.1

4. Since the elbows can legally come out of the water at the turns and finish of the breaststroke, a Coach tells his swimmer that the hands can only touch simultaneously while they are out of the water. Is this correct?

Recommended Resolution: No. The rule states, “At each turn and the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level.”

Applicable Rule: 101.2.4

5. While swimming the breaststroke, a swimmer touches the wall at the turn with both hands at the same time. However, the swimmer’s left hand was at the top of the wall, while his right hand touched well below the surface of the water. The Turn Judge raised her hand and the swimmer was disqualified. Was the call correct?

Recommended Resolution: No, the call was not correct. The breaststroke turn rule states, “The touch shall be made with both hands separated and simultaneously at, above, or below the water level.” This allows the swimmer’s hands to be on different levels when they touch the wall. They still need to touch the wall at the same time. The same is true for the touch at the finish of the race.

Applicable Rule: 101.2.4

TAKING THE ON-LINE TESTS

- Changed December 1, 2019 -

The examples this month are some of the questions from the Administrative Official Certification test, which will now be answered with the 2019 Rulebook.

1. In a preliminaries and finals 100-meter Breaststroke event, where there are 34 swimmers in a 6-lane pool and with the lanes numbered from right to left as the swimmers stand facing the course, what is the heat-lane assignment in the preliminary session for the swimmer with the 4th fastest entry time if the order of heats will be swum from slowest to fastest? **687.17**

- A. Heat 6 Lane 5.
- B. Heat 3 Lane 3.
- C. Heat 5 Lane 4.
- D. Heat 6 Lane 4.

Hint: Please review reference 102.5.1C for the correct answer.

2. The Administrative Official shall be responsible to the Referee for the supervision of which of the following? **1448.9**

- A. The Chief Judges.
- B. The entry and registration process, the Clerk of Course and other administrative personnel.
- C. The Lane Timers.
- D. The Stroke and Turn Judges.

Hint: Please review references 102.14.1A, 102.14.1B and 102.14.1E for the correct answer.

3. In events with more than one heat, what is the minimum number of swimmers that shall be seeded into any preliminary heat? **861.13**

- A. Five.
- B. Four.

- C. Three.
- D. Two.

Hint: Please review reference 102.5.1E for the correct answer.

4. The 50-meter Freestyle is being contested in a 50-meter course, which was setup with the lanes numbered from right to left as the swimmers face the course at the start end. The 50-meter event is being started at the turn end of the pool. How should the lanes be numbered at the turn end? **1362.10**

- A. The determination on how to number the lanes of a pool, where the course is set-up for the 50-meter Freestyle shall be left up to the Meet Referee.
- B. Because all the Timers have to look at the strobe light on the opposite end of the pool for the 50-meter Freestyle heats, each Timer has to be asked which lane they can see the flash of the stroke light. This survey will determine if the lanes are numbered left to right as the swimmers stand facing the course from the turning end of the pool.
- C. No change in the lane numbering shall be made, i.e., the lanes shall be numbered the same on both ends of the course.
- D. The lanes shall be numbered the same on both ends of the course, with the lanes numbered from right to left, as the swimmers face the course at the turn end of the pool.

Hint: Please review reference 102.5.5 for the correct answer.

5. The Meet Announcement for a preliminaries and finals meet specifies the order in which the final heats will be swum. Which of the following orders of final heats could be specified in the Meet Announcement?

1363.11

- A. The order of the final heats will be the Bonus Final, the Consolation Final, and the Championship Final, swimming in that order.
- B. The order of the final heats will be the Championship Final, the Consolation Final, and the Bonus Final, swimming in that order.
- C. Either of the above.

Hint: Please review reference 102.5.6B for the correct answer.

6. A preliminaries and finals meet is being conducted with each individual event having two scoring heats in finals (A Finals and Consolation B Finals). The order that the heats will swim is listed in the Meet Announcement and will be contested with the "A Final" swimming first, followed by the Consolation "B Final" swimming second. The "A Final" is called to the blocks and the third fastest seeded athlete is missing from the blocks. Which of the following is the correct procedure to follow? **1364.14**

- A. The fastest seeded swimmer in the Consolation "B Final" should be inserted into the empty lane in the "A Final" and the empty lane in the Consolation "B Final" shall be filled with an alternate if available.
- B. The first alternate should be moved into the "A Final" and then swum after reseeding.
- C. The first alternate should be moved into the empty lane and the "A Final" swum without reseeding.
- D. The fastest seeded swimmer in the Consolation "B Final" should be moved into the "A Final" and then this "A Final" will be swum after reseeding.

Hint: Please review reference 102.5.6B for the correct answer.

7. A preliminaries and finals meet is being conducted with each individual event having three heats swimming in finals. The order that the heats will swim is listed in the Meet Announcement and will be contested in the order of the C (Bonus Final) heat, followed by the B (Consolation Final) heat, followed by the A (Championship Final) heat. When the bonus heat of Event 1 in finals has just started, the Coach of the third fastest swimmer in Event 2 informs the Administrative Referee that his swimmer is sick. What may the Administrative Referee do to fill the newly empty lane in the Championship Final, before the Bonus Final begins swimming? **1367.15**

- A. The Championship Final should be swum with the lane of the sick swimmer left empty.
- B. The Administrative Referee shall fill the empty lane in the Championship Final with the first alternate.
- C. The Administrative Referee may move the fastest swimmer in the Consolation Final to the empty lane vacated by the sick swimmer in the Championship Final, then move the fastest swimmer in the Bonus Final to the now empty lane in the Consolation Final, and finally move the available alternate to the empty lane in the Bonus heat.

Hint: Please review reference 102.5.6B for the correct answer.

8. In a timed-finals meet, when official times in different heats are identical, how do you determine the final order of finish? **257.10**

- A. You should declare a tie.
- B. You should determine the order of finish by flipping a coin.
- C. The Place Judges shall determine the order of finish.
- D. You should determine the order of finish by a swim-off.

Hint: Please review reference 102.5.4B for the correct answer.

9. For the 400y, 400m/500y, 800m/1000y, and 1500m/1650y events, how do you seed the preliminary heats if there are four heats in these events and all preliminary events are to be swum from slowest to the fastest? **1693.7**

- A. The heat preceding the last two heats shall consist of the next fastest swimmers, according to the entry times of the swimmers entered in the last two heats.
- B. Within each of the first two heats, the lanes shall be assigned in descending order of submitted times.
- C. The fastest swimmer shall be seeded in the last heat, next fastest in the third heat, next fastest in the last heat, next fastest in the third heat, next fastest in the last heat, next fastest in the third heat, etc.
- D. The heat preceding the last three heats shall consist of the slowest entered swimmers.
- E. All of the above.

Hint: Please review references 102.5.1C and 102.5.1D for the correct answer. [2017N]

10. Who may cancel or postpone a meet or an event, if, after commencement, conditions preclude the possibility of safely and effectively conducting the meet or the event? **1724.2**

- A. The Team Lead Chief Judge.
- B. The Meet Director.
- C. The Meet Referee.
- D. The Meet Committee.

Hint: Please review reference 102.7.4B for the correct answer. [2019N]

1. The correct answer is “D” for the multiple-choice answer.
2. The correct answer is “B” for the multiple-choice answer.
3. The correct answer is “C” 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 “A” for the multiple-choice answer.
7. The correct answer is “C” for the multiple-choice answer.
8. The correct answer is “A” for the multiple-choice answer.
9. The correct answer is “E” 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: <cbrose@omsoft.com>