

## SWIMMING

**Saturday, September 7**

**Entry Deadline: August 20**

Westwood Family Aquatic Center  
2400 Westport Drive  
Norman, OK 73069

Recognition number: Applied for

### **EVENTS all events are short course**

50, 100, 200-yard Backstroke; 50,100,200-yard Breaststroke; 50, 100, 200-yard Butterfly; 50, 100, 200, 500-yard Freestyle; 100, 200, 400-yard Individual Medley; 200-yard Freestyle Relay; 200-yard Medley Relay

The two relays are not national qualifying events. Teams to be assembled at the meet.

Order of Events: 500 Free, 50 Fly, 100 Back, 200 Breast, 50 Free, 100 IM, 200 Back, 100 Breast, 200 Free, 100 Fly, 200 IM, 50 Breast, 100 Free, 200 Fly, 50 Back, 400 IM

Check in: 8:00 am

Meet start: 9:00 am

### **ENTRY REGULATIONS**

1. Swimmers may enter a maximum of six individual events.
2. Swimmers must provide their own suits, caps, goggles, towels, etc. All swim suits must conform to USMS Swimming Rule 102, 12-Swimwear for Pool Competition.

### **FORMAT**

1. All swimming events will be timed finals.
2. Warm-up time will be available.
3. Events will be competed in a 25 yard indoor pool.

### **SPORT RULES**

**1. This meet will be conducted in accordance with United States Masters Swimming (USMS) rules, except as modified herein. For a copy of these rules, please visit or contact:**

**U.S. Masters Swimming, Inc.**

**655 North Tamiami Trail**

**Sarasota, FL 34236**

**(941) 256-8767**

**(800) 550-7946**

**[www.usms.org](http://www.usms.org)**

**For Sanctions Contact: Joan Campbell**

**FL LMSC Senior Games Liaison**

**802 Old Mill Pond Road**

**Palm Harbor, Florida 34683**

**Tel: 727-938-7181**

**[jcampb10@tampabay.rr.com](mailto:jcampb10@tampabay.rr.com)**

**[www.floridalmsc.org](http://www.floridalmsc.org)**

2. The major points of the rules include:

- a. Starts: The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The Backstroke start is taken from the wall. A false start will result in disqualification.
- b. Turns: The Breaststroke and Butterfly turns must be done with both hands touching the wall simultaneously. The Backstroke and Freestyle events require some part of the body to touch the wall.

- c. Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
  - d. Breaststroke: Appropriate stroke is required. After the start and after each turn, at any time prior to the first breast stroke kick, a single butterfly (dolphin) kick is permitted, following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
  - e. Butterfly: The appropriate stroke is required. The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race.
  - f. Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke or backstroke.
  - g. Medley: The order of strokes in the Individual Medley is Butterfly, Backstroke, Breaststroke and Freestyle. Rules for the individual strokes govern strokes and turns.
  - h. General: Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.
3. Relay team age divisions will be determined by the age of the youngest team member as of December 31 of the competition year.
4. All swim suites must conform to USMS Swimming Rule 102, 12-Swimwear for Pool Competition.

**2019 is NOT a year in which to qualify for NSGA competition.**

**STATE DIRECTOR**

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