

SWIMMING

Saturday, September 7

Entry Deadline: August 24

Westwood Family Aquatic Center
2400 Westport Drive
Norman, OK 73069

Recognition number: **Applied for**

When we measured the pool, it was not deep enough to dive into the 25 yard wide area, so we opted to swim 50 Meters instead. The meet will be a Recognized meet by US Masters Swimming. The events will be hand timed because the pool is not long enough to use pads. Because there is not electronic timing, no records can be set but your times can be used toward Top Ten.

EXTRA SPECIAL

For \$5 each, your guests can also swim. They can use the meandering brook (Norman supplies the rafts), the splash pad, the slides and have a hour swim after the meet. There is no charge for your guests coming to watch.

EVENTS all events are long course (please note the change to meters)

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

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 suites 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

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

www.floridalmc.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

Kent Nicholson

(405) 706-9562

kentn@norman.k12.ok.us