Cobb Summer Swim League, Inc.

2015 Summer Swim League Manual
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## Revision History

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**Code of Conduct:**

Cobb Summer Swim League, Inc. provides an opportunity for children to compete in a wholesome and fun atmosphere. The competition ceases to be fun when adults and swimmers behave in an unacceptable manner. The **Cobb Summer Swim League** Executive Council has decided that unacceptable behavior will no longer be tolerated. The following rules, regulations, and penalties will be implemented and will be subject to penalties detailed on pg 12:

1. Smoking and alcoholic beverages are not allowed in the fenced pool area during a CSSL meet. It is the Team Coordinator’s responsibility to assure all families are aware of this rule.
   a. Alcoholic beverages inside the fence will cause the meet to be delayed while the offender removes them from the pool deck.
   b. A second offense by the same team will result in forfeiture of the meet and a written warning to the Team.
   c. A third offense will result in the team forfeiting the meet and a fine of $250/incident. The team may choose to pass this fine along to the offender, but the League will require payment prior to any further meet participation by this team.

2. Unruly, disruptive or unsafe conduct may be cause for removal from the fenced pool area.

3. Coordinators, coaches and volunteers are to conduct themselves with honesty, responsibility and good sportsmanship or face possible sanction by the CSSL organization.

4. Please be reminded that jumping in at the end of a swim meet is prohibited and will result in a forfeit.

**League Organization:**

**Cobb Summer Swim League, Inc. (CSSL)** consists of the following positions:

**Executive Board**

- CSSL President - Patricia Hobbs
- CSSL Secretary – Sylvia Tulka
- CSSL Treasurer – Wendy Kenny
- CSSL League Administrator – Chris Lash
- CSSL PR/ Compliance Officer – Jennifer Gauntt

**Executive Council**

Executive Board

Division Representatives (Executive Council Member)*

Coach Representative

*Executive Council Members are the division representative for a group of teams that make up a division. This position is voted on by the team coordinators from that division and the division representative must be a current and active coordinator in good standing with the league.
**Team Coordinator:**

The **Swim Team Coordinators** are the leaders of the summer swim teams and should accept all the responsibilities that go with this title. Duties include hiring of coaches, appointing volunteers to manage concessions, equipment, meet staffing and finances. Coordinators should be above reproach and ensure adequate controls and processes are created and implemented to insure fair handling of all issues within the team. Since each team will be dealing with significant monies, CSSL recommends Coordinators implement a system of checks and balances to insure all finances are open to inspection and all disbursements are justified and documented. It is strongly recommend that each team create a board or committee with the Coordinator being chairperson of said committee. The committee could consist of a secretary (to distribute information to swimmers and parents), treasurer, ribbons, concessions, team apparel, and meet volunteers (bullpen, starter, timers, and judges).

**Responsibilities of the Coordinator**

1. Each team has a copy of the current Cobb Summer Swim League Manual with By-Laws. The Coordinator shall make copies as needed for coaches and other team leaders.

2. Have each volunteer starter attend the first meet for instructions on starting procedures from the referee.

3. Review CSSL rules and regulations with your team’s coaches and volunteers. Violations are subject to the penalties set forth in section

4. Obtain the required certifications from your coaches and insurance documentation from your HOA for submission to CSSL at the annual Coordinators’ meeting.

5. Procure equipment and supplies necessary. See **PERSONNEL**

6. You are responsible for the behavior and attitudes of your team, parents and spectators. Remember, recreation and good sportsmanship is the main objective of the **Cobb Summer Swim League**. Setting a high standard for your personal conduct will set the tone for the behavior of your team parents. It is he Coordinator’s responsibility to address conduct issues within the team.

7. The Coordinator is to ensure the host coach contacts the visiting coach no later than 24 hours prior to the meet in order to coordinate exhibition heats and lane decisions as well as additional relays as described under “exhibition heats”. Penalties will be imposed on teams failing to follow this rule under **Contact Visiting Team**.

8. The host team Coordinator is to call the visiting team Coordinator five days in advance of a meet to give directions, parking instructions, and any other pertinent information, as necessary.

9. The Coordinator is to ensure that the line-up is done by noon on the day of the meet and that all event cards are completed in advance as required by the By-Laws.

10. The Division Representative is the liaison between the Coordinator and the Cobb Summer Swim League. If there are any problems during a meet, or you want to contest the meet, you are to first call your Division Representative, and then write a letter of protest to cobbsummerswim@gmail.com within 24 hours of the conclusion of the meet. No protest will be accepted after 24 hours. Remember, your Division Rep. is your liaison to the Executive Council. He/she knows the most about your particular division and they may have other complaints against a given team. This helps the Executive Council to know if a particular team is always difficult to swim against. The Division Rep. can call the President to further arbitrate said protest.
Annual Coordinators’ Meeting

A mandatory coordinators meeting is held once a year, normally in late winter or early spring. One representative from each team is required to attend. This meeting is held to orient new team officers and provide information about the upcoming season. During this meeting teams meet by division and develop meet schedules for their respective divisions. During this meeting each coordinator should provide logistics for their pool to allow visiting teams to arrive prepared.

Rules and Regulations

Roster

1. A complete roster must be submitted to CSSL at the Mountain View Aquatic Center on or before the date published each year by the Executive Board. The deadline for roster additions is 5pm the day of your week four meet. Submitted rosters must contain the information below for each swimmer:
   
   • Swimmer’s Legal Name
   • Complete Address
   • Phone
   • Emergency contact
   • Age
   • Birth date
   • Gender
   • USA swimmer status

*Incomplete rosters will not be accepted. Incomplete submissions will result in incomplete team rosters. Swimmers not formally and completely registered with CSSL are ineligible to compete in CSSL meets.

2. Each team is allowed an unlimited number of swimmers; each team may swim a maximum of 120 swimmers in a meet.

3. A neighborhood “team” consists of 49 or more eligible swimmers from your subdivision. Do not recruit swimmers from other established teams. See “Recruiting” for more information.

Your team’s roster must be made available to the opposing team prior to the meet, if requested. Roster additions may be made up to 5:00 pm the day of a meet through the 4th meet. The 5:00 pm roster deadline must be adhered to. You may not call from the pool at meet time to add swimmers to a roster.

4. Registered USA Swimmers at any time between August of the previous calendar year and July of the current swim season will be considered a USA Swimmer or year-round swimmer for the purposes of the current summer swim season, regardless of the USA swimmer’s level of participation on any USA Swimming sanctioned team. This definition includes home-school swim programs run by USA teams or lesson driven programs. Teams can have an unlimited number of USA registered swimmers but may only swim 20 USA swimmers for scoring purposes. The 20 selected USA swimmers for that meet must be highlighted on the refs copy of the heat sheet for all events. A cover sheet must accompany the heat sheet listing the names of the 20 USA swimmers in alphabetical order. All other USA swimmers may swim but must be in non scoring lanes.

5. Coaches’ current certifications must be submitted with the roster

6. The total fee must be submitted with your roster. The fee per swimmer is based on an amount to be determined by the Executive Board and announced at their annual meeting.
Swimmer Eligibility

1. Age control date for the league is the swimmer’s age as of May 31st.

2. A swimmer must be at least five years old as of the Age Control Date to swim in any meets.

3. Swimmers must be able to swim the length of the pool (25 yards) unassisted, no matter the age, to participate in the meets. She/he may stop briefly and hold on to the lane rope before continuing. If the swimmer cannot complete the race without assistance or in the maximum time of 2 minutes, they will be removed from the water.

4. Cobb County abides by the GRPA rule on participation boundaries (please see a copy of GRPA rules from their manual in the back of your regulation manual). If a Cobb County subdivision crosses into an adjacent county, swimmers and age-eligible coaches within that subdivision residing in the adjacent county that register with your team during the regular season will be allowed to participate in the Patti Wilder State Qualifying Meet or the GRPA State meet. This rule applies to coaches also. At the time of revision, this is only East Spring Lakes and Willow Creek.

5. Swimmers must be in good standing with the swim team they represent. New swimmers must be registered prior to 5:00 PM on the day of the meet. Any additions may be registered by email. (See point 3 under Roster). No roster additions will be accepted after the day of your meet in week #4.

6. Swimmers may not swim for more than ONE team. Swimmers may not swim on teams in other counties.

Coaches Eligibility

1. Coaches must possess current certification in either or both of:
   • Lifeguard Training, First Aid and CPRO (CPR for the Professional Rescuer)
   • Coaches Safety Training and First Aid/CPR

   Coaches’ certifications must be submitted to the compliance officer before the team’s first practice.

   Go to www.cobbsummerswim.org for a schedule of classes

2. Coaches are not allowed to swim for two different teams and it is strongly recommended that a coach should not swim for one team and coach another team.

3. Coaches over the age of eligibility shall swim only in event 46B in a CSSL meet.

Age divisions

Swimmers will be divided into the following age groups:

- 5 - 6
- 7 - 8
- 9-10
- 11-12
- 13 -14
- 15 -18
Entries

A swimmer can be entered in a maximum of three (3) individual events plus one (1) medley relay and one (1) freestyle relay. Swimmers may NOT be entered into more than three (3) individual events or two (2) relays – to do so would result in a rules infraction.

A swimmer may represent only one (1) swim team in the Cobb Summer Swim League and only one county in the GRPA State Meet.

1. Relay participation parameters:
   a. A swimmer is allowed to 'swim up' one age group for both relays while swimming individual events in their own age group.
   b. A swimmer is allowed to 'swim up' one age group in one relay and swim one relay in their own age group, while swimming individual events in their own age group (one Medley Relay and one Free Relay)
   c. If a swimmer 'swims up' in an individual event then that swimmer MUST 'swim up' for all events in that meet.
   d. A swimmer is only allowed to swim in one (1) Medley and one (1) Freestyle relay.

2. A physically challenged swimmer may qualify for moving down age groups but should not be moved down if their abilities are such that they would win over the other swimmers in the lower age group. This is at the discretion of the Executive Board. Must be reviewed each year for each challenged swimmer. If you have special needs swimmers on your team please notify the League at cobbsummerswim@gmail.com requesting any accommodations that they may need for the season. This must be done for each swimmer each year! A previous approval does not cover you in subsequent years.

3. Submitting entries to other team:
   • Heat sheets must be completed 24 hours prior to the meet.
   • The host coach shall contact the visiting coach on the day before their scheduled meet to work out exhibition heats, etc.
   • Copies of the heat sheet shall be given to the referee, the other Coordinator, and the announcer.
   • The heat sheet shall include the swimmers legal name, age and gender.
   • Lanes 1 through 4 are scoring lanes. Home team lanes are 2 and 4. The visiting team swims in lanes 1 and 3. DO NOT CHANGE THESE LANE ASSIGNMENTS. Pools with more than four lanes may use additional lanes for exhibition (non-scoring) swimming only.

Relays

1. Each team may enter one relay per age group per relay event for scoring.

2. Each team’s relay will swim in the designated scoring lane:
   • Home team in Lane 2
   • Visiting team in Lane 3

3. Each team has the opportunity for one additional exhibition relay swimming at the same time as the scoring relays. If the pool has five (5) lanes, coaches and coordinators have the option of
determining which team has the greater need for an additional relay. The “greater need” is the team heavier in a particular age group, and if a compromise cannot be reached the 5th Lane Rule can be invoked.

4. Each team will be allowed one additional relay heat in two other relay events. Coaches and coordinators will need to work together on their line-up sheets to determine which two relay events will have additional heats. If an agreement in relays cannot be reached then the 5th Lane Rule can be invoked.

- Example: Team one could have an additional heat in 8 & under girls free and 11-12 boys medley and team two could have an additional heat in 9-10 boys free and 15-18 girls medley.

**Exhibition Heats**

1. Please refer to the order of events sheet in Appendix A for the exact number of exhibition heats allowed in each event.

2. These numbers are not to be exceeded. Please keep a copy of this in your notebook for reference.

3. See also 5th Lane Rule below

**Meet Rules and Regulations**

**Contact Visiting Team (line-ups, directions)**

The host team coordinator should contact the visiting team coordinator, five days prior to the scheduled meet, with directions and parking instructions. This information can be given out during the “division meet scheduling” at the annual meeting.

**Heat Sheets**

1. Heat sheets must contain first name, last name and age of swimmer.

2. Copies are to be given to the Referee, announcer, and opposing team coordinator.

3. Heat sheets for both teams must be completed 24 hours prior to the meet.

4. It is the responsibility of the host coach to contact the visiting coach on the day before their scheduled meet to work out exhibition heats, etc.

5. Combining heats cannot be done at the blocks.

6. The announcer may combine events 83-86 prior to the end of the meet.

7. Last minute changes, in case of illness or a no show by a swimmer will be allowed at the meets during warm up. Changes are permissible but the opposing coach must be notified. Penalties will be imposed on teams failing to comply.

**Warm-up schedule**

- Host Team 5:00 P.M.
- Visiting Team 5:30 P.M.
- Coaches, Coordinators, and Referee meeting 5:45 P.M.
- If the referee is not there by 5:45, proceed with the meeting using the referee checklist.

**Start time/End time**

1. The meet will start promptly at 6:00 p.m. If the referee is not there at start time, proceed with the meet.
2. End time is to be no later than 11:00 pm. and events are to be swum until this time (if necessary) with the meet ending on whatever event is completed.

3. A meet must be run to completion unless both coordinators are in agreement. If agreement cannot be reached and one team desires to end the meet early for convenience, that team shall forfeit the meet.

Weather

1. When lightning or thunder occurs, the pool and deck area around the pool is unsafe.
2. Visiting teams should be advised to wait in their cars if there is no safe covered area to wait.
3. Coordinators should announce at the beginning of the meets the procedure for your pool in case of inclement weather.
4. Coordinators should review with their team the weather procedure at home and for away meets.
5. The referee and coordinators only (not coaches) will determine how long to delay the meet. It should be a joint decision with the coordinators and referees to decide if there will be time before the 11:00 deadline to proceed with swimming.
6. If the deadline arrives before all events are finished, it will be considered a finished meet on whatever event is the last one swum. Sometimes it is easier to wait longer than to have to return another night. **DO NOT WAIT UNTIL A STORM IS DIRECTLY ON YOU.**
7. In the event inclement weather is forecast, the coordinators should agree ahead of the meet on a weather contingency plan. Exhibition heats shall not be scratched due to impending weather.

Rescheduling or Continuing a meet

If the meet is called before event 46 is completed, the meet shall be re-scheduled. **Failure to reschedule a meet by either team will result in the absent team losing a home meet the following season.**

Continued meets start on the next event after the meet was suspended. In a continued meet, all events and heats are conducted through event 86. Because the league is for kids, any meet called because of weather needs to be rescheduled, not forfeited. For any rescheduled meet, if coordinators from both teams agree, the line-ups can be changed from the event where you left off or from scratch if the meet never began. In order to give all available swimmers the opportunity to swim, previous unavailable swimmers may now be included in the make-up portion. If the coordinators do not agree the original heat sheets will be used. Meets stopped or delayed due to weather are to be rescheduled or completed, not forfeited.

If both coordinators agree rescheduling is impossible, the meet will be recorded as a draw.

Recruiting

1. USA coaches are not to hand out or distribute in any way printed material during a summer swim league meet.

2. USA coaches may not approach swimmers or parents without the permission and introduction from the summer league coach. CSSL may be a source for USA Swimming Team information
3. Summer League teams including leadership, swimmers and parents shall not recruit swimmers from other Cobb Summer Swim League teams.

Protest

Any team may lodge a protest for violation of rules. All protests must be delivered to the Cobb Summer Swim League Administrator within 24 hours after the start of the meet in question. CSSL may call an Executive Council meeting if necessary.

5th Lane Rule

1. For use at pools with 5 lanes
2. Coaches and coordinators will schedule the use of the 5th Lane in a fair and equitable manor so that both teams equally share the use of the 5th lane.
3. If a team feels they are not being allowed use of the 5th lane in a fair manor the coordinator of that team can ask the other team’s coordinator to correct the problem. If the two teams cannot come to an agreeable solution to the use of the 5th lane then one of the coordinators can invoke the 5th Lane Rule as outlined in Appendix C
4. Once teams have been involved in a meet where the 5th Lane Rule has been invoked, those teams must use the 5th Lane rule for the remainder of their meets that take place in pools with 5 lanes.

Pool Equipment/Set-up Rules

Pool Preparation

The host pool should be checked early on the day of the meet for proper chemical balance. Chlorine must be at least 1.0 and pH must be between 7.3 and 7.5 for the meet to start
1. Check stability of starting blocks so last minute adjustments can be avoided.
2. 
3. Starting block requirements: There are strict rules that must be adhered to before you can use starting blocks.
   • No swimmer may “dive start” from the side of the pool if the water is less than 4 ft deep.
   • Starting blocks are only allowed to be used when the water depth is five or more feet deep.
   • The diving surface of the starting blocks cannot be any higher than 2’ 6” above the surface of the water.
   • Starting blocks must be stable and secure. The starting blocks must be strapped down, bolted down, or held by a heavy object. It is the host team’s responsibility to ensure the starting blocks are safe
   • Blocks are to be numbered 1-5 (or highest lane number) from LEFT to RIGHT when facing the starting end of the pool. If your pool has obstacles to the referee’s ability to see the scoring lanes a written request for exemption must be submitted to the League. Once approved, the home team coordinator AND coach must advise the visiting team to instruct their swimmers of the variance.
4. Review referee safety check list and check items listed.
5. The baby pool must be made unavailable for use by either draining it or blocking it off. A copy of the referee safety checklist is in the back of the manual for guidelines.

Lighting

1. Pools must have working lights both in the pool and on the deck.
2. The host team of a pool without adequate lighting (both in pool and outside on deck area) must secure the use of adequate lighting. Temporary lighting may be rented at any tool rental establishment.

3. The host team will forfeit if a meet is halted due to darkness and there is inadequate lighting.

**Lanes**

1. Lanes 1-4 are scoring lanes.

2. Lanes 1 and 3 are visitors’ lanes and lanes 2 and 4 are home team lanes. These lane assignments cannot be changed.

3. Pools with more than four lanes may use the extra lanes for exhibition swimming as described under Exhibition Lanes and the 5th Lane Rule.

5. Lane 1 should be numbered on the right on the start end of the pool with the swimmers facing the water.

6. Make sure lane lines are stretched tight and have a lane line separating other water areas not used during meet.

**Water Depth**

1. Water depth is the depth printed on the pool. Pools may not be overfilled to acquire necessary depth for standing or block starts.

2. Refer to section on starts for safe and mandatory starts with pool depth.

3. Please discuss this at the division scheduling during the annual meeting.

**Backstroke Flags**

Backstroke flags are to be fifteen (15) feet from each end of the pool and seven (7) feet above water surface.

**Infractions and Penalties**

Due to some unfortunate circumstances that have recently occurred, we need to implement and enforce the following consequences for certain infractions of the summer league rules.

These major infractions give a clear and concise advantage to a team:

- Swimming down age groups
- Swimming too many year-round swimmers in one meet (there should be no more than 20 USA swimmers per meet)
- Not combining heats prior to the day of the meet
- Swimming ineligible swimmers

The penalties for the above listed infractions are as follows:

- **First Offense:** If a meet is won by the team with the alleged infraction, that meet will be forfeited. That team’s coach will be warned and put on probation. If the meet is lost by the team with the alleged infraction, the League will decide at the end of the season which meet will be forfeited by that team.

- **Second Offense:** The team with the alleged infraction will lose one (1) home meet the following swim season. The coach will be banned from the Cobb Summer Swim League permanently.
• **Third Offense:** The team with the alleged infraction will be suspended from the Cobb Summer League for the next swim season.

Some minor infractions that have been reported repeatedly in the past summers are listed below. If these infractions continue, penalties may also be imposed on the following:

• Delay of meet (decided by referee)
• Swimming up more than one age group

**Running the Meet (Host Team)**

**Equipment**

All teams should make the effort to acquire the necessary equipment and supplies needed to run a meet. You may call the visiting team and ask them to bring any equipment that you may not have to run a more efficient meet.

1. **Starting blocks** – if your pool qualifies to use starting blocks (see Pool Preparation on Page 12), they must be securely bolted down. If bolting down is not feasible, it is the coordinator’s responsibility to make sure the blocks are stable and secure. Timers or other heavy objects will suffice.
2. Table and chairs – for volunteer workers such as ribbon writers, scorekeepers, etc.
3. Clipboards – for timers, judges and referees
4. Stopwatches, pencils
5. Backstroke flags and Lane ropes
6. P.A. Systems
7. Bullhorn
8. Paper work
   • Lane cards (Pink and Blues)
   • Place Cards
   • Heat Sheet
   • Score Sheet
9. Ribbons
10. A working power outlet at the scoring table

**Set-up**

1. Prepare the pool for the meet:
   • The baby pool must be made unavailable for use by either draining it or blocking it off. A copy of the referee safety checklist is in the back of the manual for guidelines.
   • Starting blocks, backstroke flags, and lane ropes must be secure
   • Tables, Chairs, starting equipment, and announcer equipment must be out and ready

2. Have all paperwork completed; arrange seating for meet officials; introduce home team meet officials to visiting team and make any other preparations necessary prior to turning the meet over to the meet referee.

3. **Host team should provide officials and workers with bottled water.** This is a courtesy to your volunteers and referee, as they are unable to leave the deck during the meet.

4. Spectator chairs must be placed to allow ample room for the referee and coaches to do their jobs.

**Parking**

1. Please send out parking instructions to the visiting team five days before the meet.
2. Reserve parking for referee, coordinators, and head coach from visiting team.

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3. Proper parking signage should be posted a minimum of two hours before the meet.

4. Please remember that you are the host team and you should try to accommodate as much visiting parking as possible.

Running the Meet (Visiting Team)

Equipment

All teams should make the effort to acquire the necessary equipment and supplies needed to attend a meet.

1. Clipboards – for timers, judges and referees
2. Stopwatches, pencils
3. Paper work
   • Lane cards (Pink and Blues)
   • Place Cards
   • Heat Sheet
   • Score Sheet
4. Ribbons

Set-up

1. Have all paperwork completed for host coordinator and referee.
2. Set up bullpen if necessary in designated area.

Parking

1. Please send out parking instructions from the host team to your parents a couple of days before the meet.
2. Please follow parking signage in host team’s neighborhood.
3. Please remember that you are the visiting team and you should try to accommodate as much car-pooling as possible.

PERSONNEL

• Announcer (1)
• Starter (1)
• Place judges (2 per team)
• Scorer (1 per team)
• Timers (6 per team)
• Runners
• Stroke and turn judge (available in case of emergency)
• REFEREE provided by CSSL
• Lifeguard – can be a coach, but they must be identifiable as the guard on duty and may not coach from this position

Optional
• Bullpen/Lane Coordinator
• Ribbon Writers

Please provide ALL volunteers and referees with bottled water as a courtesy.
Announcer

PLEASE NOTE THAT ANNOUNCER AND STARTER ARE TO BE TWO SEPARATE PEOPLE.

The host team will provide an announcer and a PA system or powered megaphone to ensure announcements are loud enough to be understood by participants, officials, and spectators.

Announcer Responsibilities

• Keep abreast of meet progress
• Announce upcoming events 2 events in advance with first and second calls to ensure swimmers are on deck and at their assigned lanes
• Watch Event Board to ensure the event and heat displayed are consistent with meet progress.
• The Announcer is the key person to ensure the meet runs smoothly and in a timely manner
• Work closely and communicate well with the Starter

Example of correct commands:

• At the beginning of the meet the announcer shall say the following:
• “First call (event #, description of event) Event 1, 8 & under girls, 50 yd. Freestyle.”
• After a short interval, they will repeat the above for the second call.
• At the end of the 2nd call, they will wait a short interval and give the final call for the event.
• Announcer then proceeds to give the first call for the next event proceeded with a 2nd and final call for the event.

Starter

• The host team will provide a Starter and PA system or megaphone and air horn or other similar device to audibly indicate the start of the heat.
• All starters are to attend the first swim meet for instructions from the referee on starter procedures.

Starter Responsibilities

• Starter shall stand within ten feet of the start end of the pool so the swimmers can easily hear the starting device.
• Assume control of the heat when signaled by the Referee. The Starter maintains control until a fair start has been achieved.
• Determine in cooperation with the Referee whether a false start has occurred
• Notify relay swimmers that all but the last swimmer must leave the pool immediately upon completion of their leg.

Place Judges

1. Each team shall provide two place judges
2. Two place judges (one from each team) shall be stationed at the finish end of the pool. The place judges must be positioned to have a clear view of the finish

3. The judges will determine the order-of-finish for each heat. One place judge will observe and speak the order of finish to the other place judge who will record the results on the appropriate form.
4. Judges shall not also serve as timers concurrently
5. Describe different roles. For each team, one judge will announce on one side and the other place judge will record on the other side.
Scorer

Each team shall provide one scorer. The scorers will work together at a table provided by the host team. The scorers will enter the scores from each event on their respective score sheets immediately after each event. Each team will be responsible for providing its own score sheet. The scorer shall submit the results to the team coordinators for signature and delivery to the Referee at the conclusion of the meet.

Scores and Scoring

Each swim team may enter the following in heat one of each event for scoring purposes:

- 2 swimmers per individual event
- 1 relay team per relay event

SCORING:

<table>
<thead>
<tr>
<th>Individual Events:</th>
<th>Relays:</th>
</tr>
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<tbody>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; Place: 5 Points</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; Place: 7 Points</td>
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<tr>
<td>2&lt;sup&gt;nd&lt;/sup&gt; Place: 3 Points</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; Place: 4 Points</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; Place: 2 Points</td>
<td></td>
</tr>
<tr>
<td>4&lt;sup&gt;th&lt;/sup&gt; Place: 1 Point</td>
<td></td>
</tr>
</tbody>
</table>

In no event shall points be awarded to swimmers in exhibition lanes or heats. Disqualification scoring is illustrated below:

- If the 1<sup>st</sup> place finisher is disqualified, finishers 2, 3 and 4 shall move up one slot, leaving no 4<sup>th</sup> place points.
- If the 2<sup>nd</sup> place swimmer is disqualified, the 3<sup>rd</sup> and 4<sup>th</sup> place finishers shall move up one slot, leaving no 4<sup>th</sup> place points.

Tie: in the event of a tie that is not resolved by the place judges in concert with the referee, the following process shall be used: Points for 1<sup>st</sup> and 2<sup>nd</sup> place shall be added together (5+3, in the event of a first place tie) and divided between the tying swimmers (Four points per swimmer).

Timers

Times shall be taken on each lane for all heats. There shall be at least one timer for each end of the pool to accommodate one-length events. Home team will be responsible for Even lanes and Visiting team for Odd lanes. In Five Lane pools the Home team will provide the deep end timer and the Visiting team will provide the shallow end timer.

Runners

1. Each team shall provide a minimum of one (1) runner at all times during the meet.
2. Runners shall collect event cards from the timers, place cards and disqualification forms from the place judges after every event.
3. The Runner will take the above items directly and promptly to the scorers’ table.

REFEREE

Forward Starts

1. After the previous heat is completed, the referee will give a series of short whistles to inform the swimmers to move behind the blocks and be ready to swim.
2. Referee will then give one long whistle at which the swimmers will step onto the starting blocks.

3. Once all swimmers are in place, the Referee will then give an outreached arm signal to the starter. This turns the heat over to the starter and closes the heat.
   i. If a swimmer steps up on the block afterward, the swimmer is disqualified for delay of meet.
   ii. The referee is the final decision maker for this. Referee should investigate with the timer and starter to make sure that the swimmer was not blocked from stepping up onto the block (this is for heat one, but can be used for each heat if you need to be consistent).

**Backstroke Starts**

1. After the previous heat is completed, the referee will give a series of short whistles to inform the swimmers to move behind the blocks and be ready to swim.

2. Referee will then give one long whistle to inform the swimmers to step into the pool.

3. Referee will then give another long whistle to inform the swimmers to place their feet.

4. Referee will give an outreached arm signal to the starter. This turns the heat over to the starter and closes the heat.

**Upon Receiving clearance from the Referee** (for all events except backstroke and medley relay):

1. Once the referee has given the outreached arm signal to the starter the starter will proceed with the following.

2. Starter directs swimmers to “take your mark”, to which they must respond at once by assuming a starting position. No swimmer shall be in motion immediately before the starting signal is given.

3. When all swimmers are motionless in starting position, he/she gives the starting signal.

4. If, in their opinion, a false start has been committed, the starter shall give the signal to recall the swimmers. With the concurrence of the deck referee, the false start shall be called on the individual(s). This rule shall apply to one false start per swimmer. On the second false start the swimmer will be disqualified.

**Unnecessary Delay of a Start:**

A swimmer who unnecessarily delays in assuming and holding a completely motionless starting position after the command, “take your mark”, shall be charged with a false start.

1. Any swimmers leaving their marks before the starting signal is given shall be charged with a false start. The starter may, at their discretion, relieve a swimmer who has false started because of the action or movement of another competitor, of the responsibility for the false start and charge it only to the offender.

2. When a swimmer does not respond promptly to the command “take your mark” or a false start before the starting signal is given, the starter shall immediately release all other swimmers with the command “stand up”. The swimmers then stand up or step off the block. Any swimmer who enters the water, or backstroker who leaves the starting area, shall be charged with a false start, except that swimmer who would otherwise be charged with the starting swimmers.
3. When the starting signal is given and one or more swimmers have obtained an unfair advantage, all swimmers shall be recalled at once by a second signal. The starter shall then indicate the swimmer(s), if any, to be charged with a false start.

4. In a backstroke event or medley relay, the starter may charge a false start to any swimmer who fails to maintain his feet and/or hands in a legal position after the first warning.

5. A swimmer will not be disqualified for an illegal starting position at the start if the starter has permitted the race to proceed without recall. Enforcement of the correct starting position is the responsibility of the starter, who may impose the appropriate penalty for violation.

6. A swimmer who fails to appear at the starting platform in time for the initial start shall not be allowed to swim that event.

Individual Starts and Relays

1. Any swimmer has the option of starting from the blocks or from the side of the pool.

2. Use sit/in pool start if pool is 4ft or less in depth. This means sitting on the side of the pool with legs in the water. Swimmer cannot use the leverage on the gutter or the lip of the pool to start.

3. If the pool is less than five (5) feet, but at more than 4 feet deep, a shallow dive from the side may be used.

4. If every lane at the start end of the pool is five feet or more in depth in, starting blocks may be used.

5. Any swimmer diving or jumping from a standup start in less than 4 feet of water will be disqualified.

6. All events (all age groups) should start at the deep end. The only exception is the 2nd and 4th legs of 100 yard relays, and two of the swimmers will have to start in the shallow end following the type of start rule according to water depth.

The above rules must be enforced in both practices and meets

7. Long whistle - Swimmers should come down into their starting position and stop. Air horn, bull horn or starting system is activated.

8. A false start is charged to the swimmer who leaves their mark or shows motion before the starting command is given, or there is an unfair advantage gained by a swimmer.

9. All swimmers will be allowed one false start before disqualification.

10. Once a swimmer is on the blocks, they must swim that event. Exception: If a swimmer is in the wrong lane or heat, this can be corrected and your lineup will verify the error.

11. If a swimmer fails to appear at the starting platform in time for the initial start, they will be disqualified.
Disqualifications

1. The referee will use CSSL-provided disqualification report forms.

2. Moving infractions will be:
   • One-handed touches on breast & fly
   • Flutter kicks on butterfly and breast
   • Early starts on relays

3. Disqualifications will become more stringent according the rules (pg 27). This is in an effort to better prepare swimmers to participate in the State Qualifying Meet.

4. The swimmer must be attempting the designated stroke.

League Responsibilities:

Referee Duties

Referees will be assigned by the Cobb Summer Swim League or their staff from a list of trained referees. Please refer to Code of Conduct under Referee for additional information concerning authority.

1. **Referee duties include:**
   • Authority to question and enforce pool safety and request corrections according to manual rules. This includes but is not limited to:
     i. Chlorine level ( < 1 )
     ii. pH (7.5-7.7)
     iii. Water clarity
     iv. Starting platforms consistent with depth requirement listed under the Host team Equipment section
     v. Removal of ladders in course area where possible
     vi. Adequate lighting
     vii. Requesting unruly and disruptive persons be removed from the meet. The Referee may in his or her sole discretion stop the meet if he or she determines unruly conduct is introducing safety risks to the participants or attenders. The Referee has the authority and responsibility to engage law enforcement at his or her sole discretion
     viii. Any other safety checks necessary

2. Referee has full authority over stroke and turn. The Referee’s determination shall be final.

3. Referee shall communicate with the Starter before the meet starts to ensure consistent understandings of signals and USA Swimming Start protocols.

4. Communicate correct false start recall procedure to Starter

5. Record Order-of-Finish as arbiter in a disagreement among the place judges’ forms.

6. No video replay will challenge the Referee’s determination of Finish order

Coordinators are the only personnel on deck permitted to communicate directly with the Referee. Communication toward the Referee shall be respectful and consistent with sportsman-like conduct. It is the responsibility of each Coordinator to intervene if a member, parent or coach of their respective team is interfering with the Referee’s responsibilities.
Any inappropriate behavior, poor sportsmanship, or cheating during a meet by swimmers, coaches, coordinators, spectators, team (repeated complaints about a team), referees reporting complaints about a given team, and protests will be addressed and investigated by the President and Secretary of the League, by the Cobb Summer Swim League, Inc. Executive Board. The following penalties can and will be imposed (see Infractions/Penalties, pages 13).

1. Put coach, coordinator, swimmer, spectator, or team on probation for one meet or more; the entire summer; or the next summer. The team or individual will have to petition to the Executive Council to be reinstated at the end of the probationary period.

2. Coordinator should advise all other coordinators in his/her division of any team suspensions or probations.

3. The Executive Council has the option of taking away points for the events or the team points for the entire meet depending on the violation.

Coordinators, coaches and team parents set the tone for the attitude and behavior of their team. Common courtesy should always prevail. Coordinators should contact their division representative if there are problems during a meet. The division representative is the liaison between a team and the Executive Council.

Apparel

Subdivision team bathing suits and caps can only be worn at your summer league meets. USA or High School suits and caps are not allowed. If you cannot purchase a team suit and cap, a plain suit and cap can be worn. This applies to coaches as well. A swimmer will be disqualified for wearing the wrong apparel.

Recruiting

USA coaches are not to hand out any type of printed material during a summer swim league meet. Neither are they to place any printed materials on vehicles in parking lots. Doing so will be a violation of the "no soliciting" law and will be reported. USA coaches are allowed to attend meets but must abide by the following rules:

1. Introduce yourself to the team coaches.
2. Do not approach the swimmer or parents without the permission or introduction from the coach. The Aquatic Center will provide anyone with USA team information.

Protest

Any team may lodge a protest for violation of rules. Protest shall be delivered to the Division Rep within 24 hours of the meet in question. The League will call an Executive Council meeting if deemed necessary.

State Qualifying Meet (County Meet)

Cobb County Parks and Recreation will sponsor the CSSL Patti Wilder State Qualifying Meet at the end of the regular swim league schedule. Swimmers compete to qualify for the Cobb County State Team which swims in the GRPA State meet held in late July.

Each subdivision team may enter an unlimited number of swimmers to swim in the GRPA State Qualifying Meet.

All swimmers must be Cobb County residents with the exception noted in Swimmer Eligibility for residents of adjacent counties.
County entries must contain the birth date of each swimmer. Birth certificates may be needed for verification.

GRPA voted in 1993 to eliminate the 5 & 6 year old age group from the State Meet. Cobb County will still have this age group for the Qualifying Meet, but all swimmers must be able to swim the stroke (free style and backstroke) and the length of the pool unassisted. 5-6 and 7-8 year old swimmers must meet qualifying times in order to swim in the Qualifying Meet. These times will be determined on a yearly basis.

All entries must be in by the deadline stated in the instructions packet, on disc, and with birth dates. The entry deadline will be listed on the Important Dates Sheet handed out at the beginning of the season. Late entries of no more than 5 swimmers per team will be accepted until 5:00 p.m. on the Tuesday before the meet. No late entries will be accepted after this time and day. Late entries will be taken on a first-come, first-serve basis for available lanes, as no extra heats will be created after the heat sheet is printed. No entries will be accepted at the meet.

Swimmers advancing to finals in the Patti Wilder State Qualifying Meet must scratch within 30 minutes of the results being posted if they do not plan to swim finals. If you qualify for State in the finals (top three of each event), you have 30 minutes after the results are posted to scratch from State. If you know in advance that you do not plan to swim in the State Meet but plan to swim in finals, please notify the computer room before the end of preliminaries. By doing this, we can note on the finals heat sheet and the next swimmer will know that he/she moves up to qualify for State.

G.R.P.A. State Meet

All swimmers advancing to the State Meet must have a copy of their birth certificate as well as their $25.00 for the first individual event and an additional $7.00 for a second individual event entry fee at the Mt. View Aquatic Center within 24 hours after the completion of the State Qualifying Meet. A Letter of Intent must be signed within 30 minutes of completion of the event in which they qualify. All finalists should have their birth certificate (or copy) with them.

All swimmers qualifying for the State Meet and/or parents must notify the State Coaches of any practices that might be missed, otherwise they will be scratched and other swimmers will advance. Any swimmer or parent signing the Letter of Intent accepts the responsibility of attending the State Meet. If you do not show up at the State Meet, you could knock other swimmers out of a relay. Please accept your responsibility. Anyone who does not show up after being entered in the State Meet will be fined by GRPA and suspended from competition in the Cobb Summer Swim League the following year. The same rule applies to the Cobb Summer Swim League and the State Qualifying Meet. There can be no substitutes or changes once the State entries are sent.

State Coaches:

1. The State Team coaches will be selected by the Executive Board.

2. Coaches must have previously coached a summer league team to become a state team coach.

State Relays

1. State relay lineups will be the final decision of the state coach.

2. The State Meet is an entirely different type of competition from a summer swim meet. We are looking to establish as many records as possible. The state coaches’ discretion will be the deciding factor for relay lineups. Times will be a primary factor but not necessarily the deciding factor. This is the responsibility of the approved coach for the Cobb County State Team. Relays will not
be changed, once determined, except in the case of an emergency. GRPA rule states that relays cannot be changed between preliminaries and finals except for emergencies.

State Practices

State practices will be held at one of the county aquatic facilities. A State coach chosen by the county representative will conduct practices.

Swimmers will need to inform the state coaches should they not be able to attend state practices due to vacations, USA practices, etc. In order for a swimmer to be considered for a relay, they need to attend the designated practice during which the relays are chosen.
## Appendix A – Order of Events

1. 7-8 GIRLS 2 LENGTHS FREESTYLE (3H)  
2. 7-8 BOYS 2 LENGTHS FREESTYLE (3H)  
3. 9-10 GIRLS 2 LENGTHS FREESTYLE (3H)  
4. 9-10 BOYS 2 LENGTHS FREESTYLE (3H)  
5. 11-12 GIRLS 4 LENGTHS FREESTYLE (3H)  
6. 11-12 BOYS 4 LENGTHS FREESTYLE (3H)  
7. 13-14 GIRLS 4 LENGTHS FREESTYLE (3H)  
8. 13-14 BOYS 4 LENGTHS FREESTYLE (3H)  
9. 15-18 GIRLS 4 LENGTHS FREESTYLE (3H)  
10. 15-18 BOYS 4 LENGTHS FREESTYLE (3H)  
11. 5 & 6 GIRLS 4 LENGTH MEDLEY RELAY*  
12. 5 & 6 BOYS 4 LENGTH MEDLEY RELAY*  
13. 7-8 GIRLS 4 LENGTH MEDLEY RELAY*  
14. 7-8 BOYS 4 LENGTH MEDLEY RELAY*  
15. 9-10 GIRLS 4 LENGTH MEDLEY RELAY*  
16. 9-10 BOYS 4 LENGTH MEDLEY RELAY*  
17. 11-12 GIRLS 8 LENGTH MEDLEY RELAY*  
18. 11-12 BOYS 8 LENGTH MEDLEY RELAY*  
19. 13-14 GIRLS 8 LENGTH MEDLEY RELAY*  
20. 13-14 BOYS 8 LENGTH MEDLEY RELAY*  
21. 15-18 GIRLS 8 LENGTH MEDLEY RELAY*  
22. 15-18 BOYS 8 LENGTH MEDLEY RELAY*  
23. 5 & 6 GIRLS 4 LENGTH FREE RELAY*  
24. 5 & 6 BOYS 4 LENGTH FREE RELAY*  
25. 7-8 GIRLS 1 LENGTH FREESTYLE (7H)  
26. 7-8 BOYS 1 LENGTH FREESTYLE (7H)  
27. 9-10 GIRLS 1 LENGTH FREESTYLE (7H)  
28. 9-10 BOYS 1 LENGTH FREESTYLE (7H)  
29. 11-12 GIRLS 2 LENGTHS FREESTYLE (7H)  
30. 11-12 BOYS 2 LENGTHS FREESTYLE (7H)  
31. 5 & 6 GIRLS 1 LENGTH FREESTYLE (7H)  
32. 5 & 6 BOYS 1 LENGTH FREESTYLE (7H)  
33. 7-8 GIRLS 1 LENGTH BACKSTROKE (7H)  
34. 7-8 BOYS 1 LENGTH BACKSTROKE (7H)  
35. 9-10 GIRLS 1 LENGTH BACKSTROKE (7H)  
36. 9-10 BOYS 1 LENGTH BACKSTROKE (7H)  
37. 11-12 GIRLS 2 LENGTH BACKSTROKE (7H)  
38. 11-12 BOYS 2 LENGTH BACKSTROKE (7H)  
39. 13-14 GIRLS 2 LENGTH BACKSTROKE (7H)  
40. 13-14 BOYS 2 LENGTH BACKSTROKE (7H)  
41. 15-18 GIRLS 2 LENGTH BACKSTROKE (7H)  
42. 15-18 BOYS 2 LENGTH BACKSTROKE (7H)  
43. 5 & 6 GIRLS 1 LENGTH BACKSTROKE (7H)  
44. 5 & 6 BOYS 1 LENGTH BACKSTROKE (7H)  
45. 5 & 6 GIRLS 1 LENGTH  
46. 5 & 6 BOYS 1 LENGTH  
47. 7-8 GIRLS 4 LENGTH  
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133. 15-18 GIRLS 2 LENGTH  
134. 15-18 BOYS 2 LENGTH  

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**RELAYS:**
ONLY ONE HEAT FOR RELAYS.
*TEAMS MAY CHOOSE 2 RELAYS AND ADD ONE ADDITIONAL HEAT.*

(#H): REFERS TO MAXIMUM AMOUNT OF HEATS FOR EVENT.
Appendix B - Referee Responsibilities

PLEASE PUT THE RULE BOOK IN A NOTEBOOK AND HAVE WITH YOU AT EACH MEET FOR REFERENCE.

It is the responsibility of the Referee to enforce all rules, such as water depth, when starting blocks can be used, safety of the starting blocks, number of exhibition heats, team suits, caps, weather safety and over-all safety of the swim meet. The coordinator should follow all safety rules and should make sure everything is in order, but it is the responsibility of the referee to check to make sure the guidelines are being followed.

The Referee should arrive at 5:45 pm the day of the meet.

Equipment:
- Whistle
- Rule Book (Stroke and Turn Rules in back of manual)
- DQ Slips
- Heat sheet and clipboard (from host team coordinator)
- Order of events

Check during warm-ups:
The two most important items on the checklist are the starting blocks and pool depth for using starting blocks. Coordinators are also responsible for these items and should have taken care of them, but it the Referee's responsibility to follow up. If there is a problem, please get with the coordinator for resolution. Height of starting blocks must be as outlined in the manual.
- Baby pool must be drained, roped off, or have someone posted for safety.
- Make sure pool has a FIRST AID KIT on the premises.
- At the Start end, check water depth for correct Start, per manual.
- Are the Blocks stable? (Starting blocks are not required. If available and starting blocks are not bolted down, you must make sure that a person of equal weight of the swimmer is on the end holding the blocks stable.) It is not the referee's responsibility to supply the volunteer...that is the coordinator's job. See ruling in the manual. Front edge of platform of starting blocks shall not be more than 2'6" above the surface of the water. Front edge should be flush with the wall, not leaning out over the water. Starting blocks can only be used in 5 feet and above water. If it is below 5 feet, swimmers must dive from edge.
- Backstroke Flags 15' from ends of pool
- Lane ropes tight
- Water level and clarity (Pool cannot be filled to over-flowing to comply with depth rules. What is painted on pool is the true water depth.
- Ladders removed, if possible
- Adequate lighting
- Sides clear to walk (refer to rule in manual)
- Diving board block off, if applies
- Location of scoring table
- Location of Finish judges
- No glass bottles
- No smoking

Meeting agenda at 5:50 with all coaches, coordinators, place judges, timers, announcer, and starter.
Introduction

- Advise timers to keep spectators and swimmers away from the starting blocks.
- Determine which end will be the starting end
- No swimmers on blocks until starter calls them up
- Determine relay scoring lanes
- Ask coordinator for volunteers or request timers to step on the starting blocks so they won’t tip
- No USA caps or bathing suits allowed. Swimmers are not required to wear team suits, but only plain suits or caps may be worn other than team suits.
- Hand will be raised in all DQ’s and sheet made out. DQ slips should be handed to place judge who will hand them to runner
- Referee will answer only to the coordinator about calls. Parents and coaches are not to approach referees.
- Will not wait for swimmers to get to blocks. This is the responsibility of the swimmer, parent or coach to be at the blocks on time.
- Will decide all races where finish judges disagree
- Weather is a very important safety factor. Clear entire pool area when thunder is heard or lightning is seen for a minimum of 20 minutes. (See manual)
- Ask for questions
- Get started on time

Deviations from USA rules

- All swimmers are allowed one false start.
- 5-6’s, no DQ’s throughout the season unless for a safety violation.
- 1st Meet week: All swimmers age 9 and above could be disqualified for infractions. Swimmers 8 & under could be disqualified for safety violations.
- Weeks 2 - 5: 7 & above could be disqualified for all infractions.

Remember, when in doubt; give the benefit to the swimmer. You cannot see everything and that should be made clear at the beginning. Write warnings to hand to the coaches at the end of the meet. Most coaches will appreciate the effort. At times this may not be possible, but do all you can do.

If everyone follows the above guidelines, there should be more consistency with the referees. Coaches and Coordinators should each have a copy of this checklist.

Refer to the manual on all starts and exhibition heats.

Referees are not to sit on the sidelines. They must be visible by standing or walking up and down the sides of the pool. It is necessary to see the swimmers.

Coordinators are to provide the referees with a line up sheet. If not offered, please request. Keep in case there is a need to see for reference.

Referees will get a Heat Sheet (roster) from both teams and at the conclusion of the meet they will get a copy of the Score Sheet from the Visiting Team. The Heat Sheets and a copy of the Score Sheet will be turned in to MVAC –Sue or to CAC – Steve.
### Appendix C - 5th Lane Rule

**first right of refusal” for 5\textsuperscript{th} Lane**

| 1. 7-8 GIRLS | 2 LENGTHS FREESTYLE (3H) | Home team has 5\textsuperscript{th} Lane in Odd Heats |
| 2. 7-8 BOYS | 2 LENGTHS FREESTYLE (3H) | Visiting team has 5\textsuperscript{th} Lane in Odd Heats |
| 3. 9-10 GIRLS | 2 LENGTHS FREESTYLE (3H) | Visiting team has 5\textsuperscript{th} Lane in Odd Heats |
| 4. 9-10 BOYS | 2 LENGTHS FREESTYLE (3H) | Home team has 5\textsuperscript{th} Lane in Odd Heats |
| 5. 11-12 GIRLS | 4 LENGTHS FREESTYLE (3H) | Home team has 5\textsuperscript{th} Lane in Odd Heats |
| 6. 11-12 BOYS | 4 LENGTHS FREESTYLE (3H) | Visiting team has 5\textsuperscript{th} Lane in Odd Heats |
| 7. 13-14 GIRLS | 4 LENGTHS FREESTYLE (3H) | Visiting team has 5\textsuperscript{th} Lane in Odd Heats |
| 8. 13-14 BOYS | 4 LENGTHS FREESTYLE (3H) | Home team has 5\textsuperscript{th} Lane in Odd Heats |
| 9. 15-18 GIRLS | 4 LENGTHS FREESTYLE (3H) | Home team has 5\textsuperscript{th} Lane in Odd Heats |
| 10. 15-18 BOYS | 4 LENGTHS FREESTYLE (3H) | Visiting team has 5\textsuperscript{th} Lane in Odd Heats |

| 11. 5 & 6 GIRLS | 1 LENGTH FREESTYLE (7H) | Home team has 5\textsuperscript{th} Lane in Odd Heats |
| 12. 5 & 6 BOYS | 1 LENGTH FREESTYLE (7H) | Visiting team has 5\textsuperscript{th} Lane in Odd Heats |

| 13. 7-8 GIRLS | 4 LENGTH MEDLEY RELAY* | Home team has 5\textsuperscript{th} Lane |
| 14. 7-8 BOYS | 4 LENGTH MEDLEY RELAY* | Visiting team has 5\textsuperscript{th} Lane |
| 15. 9-10 GIRLS | 4 LENGTH MEDLEY RELAY* | Home team has 5\textsuperscript{th} Lane |
| 16. 9-10 BOYS | 4 LENGTH MEDLEY RELAY* | Visiting team has 5\textsuperscript{th} Lane |
| 17. 11-12 GIRLS | 8 LENGTH MEDLEY RELAY* | Home team has 5\textsuperscript{th} Lane |
| 18. 11-12 BOYS | 8 LENGTH MEDLEY RELAY* | Visiting team has 5\textsuperscript{th} Lane |
| 19. 13-14 GIRLS | 8 LENGTH MEDLEY RELAY* | Home team has 5\textsuperscript{th} Lane |
| 20. 13-14 BOYS | 8 LENGTH MEDLEY RELAY* | Visiting team has 5\textsuperscript{th} Lane |
| 21. 15-18 GIRLS | 8 LENGTH MEDLEY RELAY* | Home team has 5\textsuperscript{th} Lane |
| 22. 15-18 BOYS | 8 LENGTH MEDLEY RELAY* | Visiting team has 5\textsuperscript{th} Lane |

| 23. 5 & 6 GIRLS | 4 LENGTH FREE RELAY* | Visiting team has 5\textsuperscript{th} Lane |
| 24. 5 & 6 BOYS | 4 LENGTH FREE RELAY* | Home team has 5\textsuperscript{th} Lane |

| 25. 7-8 GIRLS | 1 LENGTH FREESTYLE (7H) | Home team has 5\textsuperscript{th} Lane in Odd Heats |
| 26. 7-8 BOYS | 1 LENGTH FREESTYLE (7H) | Visiting team has 5\textsuperscript{th} Lane in Odd Heats |
| 27. 9-10 GIRLS | 1 LENGTH FREESTYLE (7H) | Home team has 5\textsuperscript{th} Lane in Odd Heats |
| 28. 9-10 BOYS | 1 LENGTH FREESTYLE (7H) | Visiting team has 5\textsuperscript{th} Lane in Odd Heats |
| 29. 11-12 GIRLS | 2 LENGTHS FREESTYLE (7H) | Home team has 5\textsuperscript{th} Lane in Odd Heats |
| 30. 11-12 BOYS | 2 LENGTHS FREESTYLE (7H) | Visiting team has 5\textsuperscript{th} Lane in Odd Heats |
| 31. 13-14 GIRLS | 2 LENGTHS FREESTYLE (7H) | Home team has 5\textsuperscript{th} Lane in Odd Heats |
| 32. 13-14 BOYS | 2 LENGTHS FREESTYLE (7H) | Visiting team has 5\textsuperscript{th} Lane in Odd Heats |
| 33. 15-18 GIRLS | 2 LENGTHS FREESTYLE (7H) | Home team has 5\textsuperscript{th} Lane in Odd Heats |
| 34. 15-18 BOYS | 2 LENGTHS FREESTYLE (7H) | Visiting team has 5\textsuperscript{th} Lane in Odd Heats |

| 35. 7-8 GIRLS | 1 LENGTH BREAST (5H) | Home team has 5\textsuperscript{th} Lane in Odd Heats |
| 36. 7-8 BOYS | 1 LENGTH BREAST (5H) | Visiting team has 5\textsuperscript{th} Lane in Odd Heats |
| 37. 9-10 GIRLS | 1 LENGTH BREAST (5H) | Home team has 5\textsuperscript{th} Lane in Odd Heats |
| 38. 9-10 BOYS | 1 LENGTH BREAST (5H) | Visiting team has 5\textsuperscript{th} Lane in Odd Heats |
| 39. 11-12 GIRLS | 2 LENGTH BREAST (5H) | Home team has 5\textsuperscript{th} Lane in Odd Heats |
| 40. 11-12 BOYS | 2 LENGTH BREAST (5H) | Visiting team has 5\textsuperscript{th} Lane in Odd Heats |
| 41. 13-14 GIRLS | 2 LENGTH BREAST (5H) | Home team has 5\textsuperscript{th} Lane in Odd Heats |
| 42. 13-14 BOYS | 2 LENGTH BREAST (5H) | Visiting team has 5\textsuperscript{th} Lane in Odd Heats |
| 43. 15-18 GIRLS | 2 LENGTH BREAST (5H) | Home team has 5\textsuperscript{th} Lane in Odd Heats |
| 44. 15-18 BOYS | 2 LENGTH BREAST (5H) | Visiting team has 5\textsuperscript{th} Lane in Odd Heats |

| 45. 5 & 6 GIRLS | 1 LENGTH BACK (6H) | Home team – Odd Heats; Visiting team – Even Heats |
| 46. 5 & 6 BOYS | 1 LENGTH BACK (6H) | Home team – Odd Heats; Visiting team – Even Heats |

**Relays: Only Have One Heat for Relays**
<table>
<thead>
<tr>
<th>Heat</th>
<th>Event</th>
<th>Lane Configuration</th>
<th>Home/Visiting Team Lane</th>
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Relays: Only Have One Heat for Relays

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*Teams may choose 2 relays and add one additional heat
(#H): Refers to Maximum Number of Heats for Event