



GROWN-UP SWIMMING

2023 Rules and Regulations

GROWN-UP SWIMMING SCHEDULE

Meet Schedule - ALL Teams

Check your league and team pages found at <https://grownupswimming.com/find-your-league> for your full schedule.

LEAGUE FEES

Specific to each league

ONLINE REGISTRATION

This is a little bit of a process, but it will build character; after all, Grown-Up Swimming is all about dedication and perseverance. I'm just kidding, it's not too bad. Here are the steps:

1. Go to your team's SwimTopia Site
2. Click "Register Now"
3. Create a SwimTopia Account if you don't already have one
4. Fill out your personal information
5. Agree to the "Don't Sue Me, Please" Waiver
6. Pay
7. Call someone if you run into any issues: Brian's probably a good first bet at (404) 502-5121

WHAT DO I GET FOR THE LEAGUE DUES PAYMENT?

That's a great question, Billy. Here's a list of what's included.

- 5 very organized, really smoothly run swim meets
- Timing system
- Heat Sheets and Meet Results in reasonable time
- Regular League updates
- 1st, 2nd, and 3rd place team trophies
- And of course, the best time you'll have around a pool all year

GROWN-UP SWIMMING SPORTSMANSHIP

Grown-Up Swimming has a strict Code of Ethics that is used as a guide for the swim league. to this code is required, and failure to comply with these standards may result in disciplinary action from the league.

1. This is a fun league. Have fun.
2. Don't be a jerk. Jerks aren't fun, and this is a fun league (see Bullet 1).
3. Be safe. Swimming is hard, water is dangerous.
4. Please swim responsibly.

Individuals not complying with these rules will be subject to punishment at the sole discretion of the League Director. They typically believe that public shame is the best teacher, followed closely by a lot of butterfly.

MEET RULES

- All age groups swim together – everyone will be entered as a “No Time” to ensure age groups are swimming together (organized by timing system)
 - Points are tallied based on results within each age group (see “Meet Scoring”)
 - 18-29
 - 30-39
 - 40-49
 - 50-59
 - 60-69
 - 70-79
 - 80-89
 - 90-99
 - 100+ (Bless you for swimming)
- Ages are set based on how old the swimmer is as of 12/31
- Swimmers can only swim 5 Total events
 - Capped at 2 relays
 - Capped at 4 individual events
 - Note: If swimmers are only swimming 1 relay, they may swim a 4th individual event. If they are swimming 2 Relays, swimmers may only swim 3 individual events. No swimmer may swim in more than 2 relays, not including the Multi-generation relay at the beginning of the meet (see next bullet)
 - “Fun Relays” (including the Multi-Generation, Raft, Cresciendo, etc) are *purely exhibition*. They will not count against individual or relay count
- Swimmers may start their race 3 ways: 1) from the water with a hand and foot on the wall, 2) from the side of the pool, 3) from the block if the water is more than 4ft deep
- **Individual entries are due by 11:59pm 4 days before a meet.**
- Relay entries will be handled by the Team Rep/Coach and should be submitted no later than 11:59pm 2 days before the meet.
- [In Atlanta] Mixed relays must have at least 1 swimmer over the age of 40 and 1 female (and those cannot be the same person). See Order of Events below.
- [In Atlanta] Swimmers must be entered in a “regular season” meet to be considered eligible for the Atlanta Championship.

ATTIRE FOR GUS SWIM MEETS

- Swimsuits required. “Tech suits” are allowed. We’re not into that communist limitation of progress that other swim organizations adhere to. No clown suits though. Clowns are scary.

SIGNING UP FOR MEETS

- All swimmers must sign up on their own unless the team has an agreed upon alternative with the league. Sign up for a meet through your SwimTopia Team Portal– the league will also over-communicate this process to swimmers throughout the season.

MEET SCORING

- All meets will be scored with the top 16 places in each age group:
 - Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
 - Mixed relays will be scored as a single group: top 16 places
 - Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Teams will be allowed to score the following number per event per age group. All other swimmers from that team will be counted as exhibition:
 - 4 individual swimmers per event per age group
 - 2 relays per event per age group
 - [Atlanta] Unlimited Mixed Relay entries per team

DISQUALIFICATIONS

- Grown-Up Swimming strictly enforces the correct way to swim. Strictly. However, dual confirmation is required for each disqualification. There’s only one ref on the pool deck.

You can’t spell Grown-Up Swimming without “Grown-Up”, so remember that you are responsible for your safety and the safety of others.

ALCOHOL

Water is dangerous. So is alcohol. Therefore, Grown-Up Swimming strictly prohibits “Sipping and Swimming” and will not be held liable for a swimmer acting a fool. Remember...you signed the “Don’t Sue Me Waiver”. Swim then Sip is the responsible decision.

Many pools host a cookout or food truck after swim meets with varying policies about what can be brought and consumed within pool facilities. Grown-Up Swimming defers to the host pools’ policies and encourages swimmers to stay after the swim meet is over to enjoy the local swimming community. However, swimmers will be removed from their events if there are suspicions of consumption prior to their last race. Don’t be coming to the blocks smelling like drink. Bring your spirit to the blocks, but not your spirits!

Grown-Up Swimming, host pools, and sponsors will not be held liable for alcohol-related incidents.

CONCUSSION POLICY

Like water, pandemics, and alcohol, concussions are also dangerous. You've already signed this in your registration, but please review again and be aware of concussion symptoms, danger signs, and when to report a concussion.

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Did You Know?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Children and teens are more likely to get a concussion and take longer to recover than adults.

SIGNS OBSERVED BY COACHING STAFF SYMPTOMS REPORTED BY ATHLETES

- Appears dazed or stunned
- Headache or "pressure" in head Is confused about assignment or position
- Nausea or vomiting
- Forgets an instruction Balance problems or dizziness Is unsure of game, score, or opponent
- Double or blurry vision
- Moves clumsily
- Sensitivity to light Answers questions slowly
- Sensitivity to noise
- Loses consciousness (even briefly)
- Feeling sluggish, hazy, foggy, or groggy
- Shows mood, behavior, or personality changes
- Concentration or memory problems
- Can't recall events prior to hit or fall
- Confusion
- Can't recall events after hit or fall Just not "feeling right" or "feeling down"

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination • Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional. Remember Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer. It's better to miss one game than the whole season.

For more information on concussions, visit: www.cdc.gov/Concussion.

ORDER OF EVENTS – STANDARD MEET

1. "Fun Relay" - Rotates
2. Women 200 Medley Relay
3. Men 200 Medley Relay
4. Women 50 Free
5. Men 50 Free
6. Women 50 Back
7. Men 50 Back
8. Women 100 IM
9. Men 100 IM
10. Women 100 Free
11. Men 100 Free
12. Mixed 200 Mixed Free Relay
13. Women 50 Breast
14. Men 50 Breast
15. Women 50 Fly
16. Men 50 Fly
17. Women 200 Free Relay
18. Men 200 Free Relay

ORDER OF EVENTS – NASHVILLE SPRINT

1. Women 25 Free
2. Men 25 Free
3. Women 25 Fly
4. Men 25 Fly
5. Open Mixed 200 Free Relay
6. Women 25 Back
7. Men 25 Back
8. Women 25 Breast
9. Men 25 Breast
10. Women 50 IM
11. Men 50 IM
12. Women 100 IM
13. Men 100 IM
14. Open Mixed 200 Medley

*Note: in the Nashville Sprint Format, the "Mixed Relays" do not follow the age/gender rules mentioned above. This is an Open Mixed. No rules, just fill your relay out.

ORDER OF EVENTS – SPRINT MEET

1. "Multi-Generation" 75 (3x25) Free Relay
2. Women 200 Medley Relay
3. Men 200 Medley Relay
4. Women 25 Free
5. Men 25 Free
6. Women 25 Back
7. Men 25 Back
8. Women 25 Breast
9. Men 25 Breast
10. Women 25 Fly
11. Men 25 Fly
12. Women 100 IM
13. Men 100 IM
14. Mixed 200 Mixed Free Relay
15. Women 50 Free
16. Men 50 Free
17. Women 50 Back
18. Men 50 Back
19. Women 50 Breast
20. Men 50 Breast
21. Women 50 Fly
22. Men 50 Fly
23. Women 200 Free Relay
24. Men 200 Free Relay

APPENDIX A: TECHNICAL RULES PER UNITED STATES SWIMMING (REV. 4/1/15)

101.2 BREASTSTROKE

- .1 Start— The forward start shall be used.
- .2 Stroke— After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- .3 Kick— After the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- .4 Turns and Finish— At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

101.2 BUTTERFLY

1. Start— The forward start shall be used.
2. Stroke— After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.
3. Kick— All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
4. Turns— At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
5. Finish— At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

101.4 BACKSTROKE

- .1 Start — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.
- .2 Stroke— The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.
- .3 Turns— Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.
- .4 Finish— Upon the finish of the race, the swimmer must touch the wall while on the back.

101.5 FREESTYLE

- .1 Start— The forward start shall be used.
- .2 Stroke— In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.
- .3 Turns— Upon completion of each length the swimmer must touch the wall.
- .4 Finish— The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

101.6 INDIVIDUAL MEDLEY—

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

- .1 Start— The forward start shall be used.
 - .2 Stroke— The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.
 - .3 Turns A Intermediate turns within each stroke shall conform to the turn rules for that stroke.
- B The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

(1) Butterfly to backstroke— The swimmer must touch as described in 101.3.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall. (2) Backstroke to breaststroke— The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be

at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breast-stroke form must be attained prior to the first arm stroke. (3) Breaststroke to freestyle— The swimmer must touch as described in 101.2.4. Once a legal touch has been made, the swimmer may turn in any manner.

4 Finish— The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

101.7 RELAYS

.1 Freestyle Relay— Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

.2 Medley Relay— Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

.3 Rules Pertaining to Relay Races

A No swimmer shall swim more than one leg in any relay event.

B When automatic relay take-off judging is used, each swimmer must touch the touchplate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.

C In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.

D Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
Exception: When an in-the-water start is required or such start is approved by the Referee.

E Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.

F In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.

G In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.

102.10 DISQUALIFICATIONS

.1 A disqualification can be made only by the official within whose jurisdiction the infraction has been committed. Except for the relay take-off judges when dual confirmation relay take-off judging, as provided in 102.15.6B, is used, the Referee, stroke, turn, or relay take-off judge upon observing an infraction, shall immediately raise one hand over head. If the official does not do so, there shall be no disqualification unless the Program Operations Vice President has directed that the meet be conducted under FINA procedures.

.2 The Referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or his/her coach and inform him/her as to the reason for the disqualification.

.3 Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the Referee.

.4 A swimmer must start and finish the race in the same lane.

.5 Standing on the bottom during a freestyle race shall not disqualify a swimmer, but a swimmer must not leave the pool, or walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification.

.6 Obstructing another swimmer by swimming across or otherwise interfering shall disqualify the offender, subject to the discretion of the Referee.

.7 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 in which that swimmer is entered on that day or the next meet day, whichever is first.

.8 Dipping goggles in the water or splashing water on the competitor's face or body prior to an event shall not be considered as entering the pool unless the Referee finds that such action is interfering with the competition.

.9 Should a foul endanger the chance of success of a swimmer(s), the Referee may allow the affected competitor(s) to reswim the event. In case of collusion to foul another swimmer, the Referee may, at his/her discretion, disqualify the swimmer for whose aid the foul was committed, as well as the swimmer committing the foul.

.10 No swimmer is permitted to wear or use any device or substance to help his/her speed, pace or buoyancy during a race. Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee.

.11 Grasping lane dividers to assist forward motion is not permitted.

101.1 STARTS

.1 Equipment— A loudspeaker start system conforming to 103.15, with or without an underwater recall device, and an electronic strobe signal visible to all manual timers and for forward and backstroke starts, shall be the preferred starting device. A .22 caliber starting pistol may be used.

.2 The Start

A At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take and maintain their positions on the starting platform, the deck, or in the water. In backstroke and medley relay events, at the Referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position.

B When the swimmers and officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control. C On the Starter's command "take your mark", the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal.

D When a swimmer does not respond promptly to the command "take your mark", the Starter shall immediately release all swimmers with the command "stand up" upon which the swimmers may stand up or step off the blocks.

.3 False Starts

A 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. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "Stand up" command and may step off the blocks. The Starter shall restart the race upon signal by the Referee.

B If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Referee independently observes and confirms the Starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race. C If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee. D A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "stand up" command.

E A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter. F Declared false start: swimmers reporting to the Referee prior to the start of their race and declaring their intent not to compete will be disqualified except as noted in 207.12.6D.

.4 Warning Signal – With the exception of relays, in events 500 yards or longer, the Starter or a designee shall sound a warning signal over the water at the finish end of the lane of the leading swimmer when that swimmer has two lengths plus five yards or five meters to swim. As an alternative, a bell warning signal may be given over each lane by a lane judge or timer for that lane.

APPENDIX B: ENTERING THE WATER

SWIMMERS ARE NOT REQUIRED TO DIVE HEAD FIRST INTO THE WATER IF THEY ARE UNCOMFORTABLE. SWIMMERS ARE ALWAYS WELCOME TO JUMP IN FEET FIRST AT THE START OF THE RACE OR START IN THE WATER FROM THE WALL.

Below are the guidelines, depth requirements, and rules for diving

STARTING BLOCKS

1. In pools with water depth of less than 4 feet at the start end all swimmers MUST start from in the water at the start end of the pool that the swimmer is entering the water from. Normal backstroke starts are permitted in this water depth. Swimmers are not required to start from a block or the side even if the water depth permits that entry. At any time, swimmers may start from in the water.
2. In pools with water depth of 4 feet or greater at the start end, all swimmers may start from starting platforms no higher than 30 inches above the water surface, or swimmers may start from the pool deck or in the water.
3. Water depth should be measured from 1 meter to 5 meters from the end of the pool that the swimmer is entering the water. Measurements should be taken in ALL lanes on BOTH ends of the pool. The shallowest measurement in that range shall be the depth for that lane, the shallowest lane for that end of the pool will determine if blocks may or may not be used, or if swimmers MUST start in the water

All teams must adhere to these standards in all dual meets and during practices.

RACING START PROCEDURE AND TRAINING

Racing starts should only be taught in at least six feet of water to and should only be taught under the direct supervision of a coach. No swimmer who has not been certified as proficient by his or her coach should be performing racing starts into less than six feet of water, or should not use the blocks at all and should start from in the water, unless the coach feels the swimmer is properly prepared to use a block to start. Full information on safe starting procedure can be found at

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1622&Alias=Rainbow&Lang=en>

Racing Start Certification Checklist

All racing start training and certification should be done in at least 6 feet of water. Check that each step is satisfactorily demonstrated. Steps 1 through 5 are described with accompanying photos in the American Red Cross Safety Training for Swim Coaches Manual. Access the manual on the coaches' tab at www.usaswimming.org. (See Chapter 2: Head-first Entries and Racing Start Safety.)

Step 1-5 should be observed the coach for all swimmers with less than one year of competitive experience or who are 10 years of age or younger.

Progression: The swimmer satisfactorily demonstrated the ability to safely enter the water using:

☞ Step 1: The sitting position

☞ Step 2: The kneeling position

☞ Step 3: The compact position

☞ Step 4: The stride position

☞ Step 5: A shallow head-first entry

A diagram of these positions can be viewed at:

http://www.usaswimming.org/_Rainbow/Documents/368f7d6c-1879-4fbd-bcf4-281e2105c0b3/USAS%20Racing%20Start%20Certification%20Checklist%20with%20attached%20list.pdf