

USMS OPEN WATER LONG DISTANCE COMMITTEE
Proposed Changes to the Rules of Competition
July 2008

The following proposals have been submitted, in accordance with section 601.2, to the Rules Committee for consideration by the House of Delegates at the 2008 Convention.

LD1 301.2.2 p. 57 OWLDC Modify

Membership, Representation, and Sanctions

301.2.2 Open water and long distance meets may include both USMS and USA Swimming events, with the USMS events sanctioned by USMS and the USA Swimming events sanctioned or approved by USA Swimming. Under no circumstances shall a USMS athlete and a USA Swimming athlete be considered part of the same event but they may swim at the same time on the same course. Athletes holding both USMS and USA Swimming memberships must declare their race affiliation, in writing, prior to the start of the ~~meet~~-event.

Rationale: By holding simultaneous races, both organizations are able to utilize and offer their athletes the best resources of each. Since the rules are aligned, members of both organizations will be officiated in the same manner.

LDX 301.3 p. 57 OWLDC Modify

LIABILITY RELEASE

Entry forms shall contain the exact language of the liability release according to article 203.1. The following statement shall be added to the end of the release for all open water meets: “*Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.*” The language ~~may~~-must only be modified by naming the sanctioning LMSC, sponsoring USMS club(s) and/or additional insured(s) following “UNITED STATES MASTERS SWIMMING INC.” The liability release must be signed by each person prior to participation on race day.

Rationale: Due to the increase of online registrations, participants need to sign the liability release when they check in for the event to insure coverage.

LDX 302.3.1 p. 58 OWLDC Modify

OPEN WATER Straightaway Events

The course shall be a straight, measured distance, within plus or minus 6 inches, in stationary open water and defined by a cable with floats or a continuous marking system visible to the swimmer. ~~The ends of the course shall be delineated by two fixed and stationary markers in the water.~~ Floats on the course shall be a maximum of 10 meters apart.

Rationale: GPS is not accurate enough. If *permanent* fixed & stationary markers are used, a course only needs to be certified once. If course has no permanent stationary markers, it must be certified by a licensed surveyor annual.

~~TEAM~~ **RELAY EVENTS**

~~Teams~~ Relays are comprised of groups of swimmers entered in the individual swim-, except at the discretion of the Event Director. A ~~team~~ relay event may be contested on a total time/distance or point system basis.

Rationale 1: To make the language consistent with Article 102.3.2

Rationale 2: Some marathon open water events may be done as relays without entering the individual marathon distance.

Time/Distance Basis – A specified number of contestants on each ~~team~~ relay shall be considered in the computations for team scoring. The ~~team~~ relay whose top specified number of swimmers has the lowest cumulative time or the greatest cumulative distance shall be declared the winner. A similar method will be used to determine second, third, and subsequent places. In the event of a tie, the ~~team~~ relay with an individual member who finished nearest to first place shall be declared the winner or awarded the place.

Rationale 1: To make the language consistent with Article 102.3.2

Point Basis – Points are awarded on the basis of overall finishing position, with one point for first place, two points for second place, etc. The points of specified ~~team~~ relay members are added, and the lowest cumulative score determines the winning ~~team~~ relay; the second lowest score, the second place, etc. In the event that two or more ~~team~~ relay score the same number of points, the ~~team~~ relay that has the swimmer who won or finished ~~elosest~~ nearest to ~~the~~ first place shall be declared the winning ~~team~~ relay.

Rationale 1: To make the language consistent with 302.5.1.

Rules Pertaining to ~~Teams~~ Relays

Rationale 1: To make the language consistent with 302.5.1.

A All ~~team~~ relay members shall be from the same USMS-registered club.

Rationale 1: To make the language consistent with 302.5.1.

Rationale 2: To ensure that a club is currently registered with USMS.

B All ~~team~~ relay members shall also be entered in the individual event-, except at the discretion of the Event Director.

Rationale 1: To make the language consistent with 302.5.1.

Rationale 2: Some marathon open water events may be done as relays without entering the individual marathon distance.

C ~~Teams~~ Relays shall be male, female and mixed gender.

Rationale 1: To make the language consistent with 302.5.1.

D Competitors shall be allowed to swim in only one same-gender and one mixed-gender team relay event per meet.

Rationale 1: To make the language consistent with 302.5.1.

E The age of the youngest relay member determines the age group of the relay: 18+, 25+, 35+... 95+.

Rationale 1: To clarify that Open Water and Postal Relays are determined by age group, not the cumulative sum of the ages.

EF A swimmer who ages up during the duration of an event and swims the individual event twice may swim on two additional same-gender and mixed-gender ~~teams~~ relays in different age groups.

Rationale 1: To make the language consistent with 302.5.1.

Rationale 2: Renumber, Housekeeping

FG Mixed-gender ~~teams~~ relays may be entered, provided at least one swimmer of each gender is represented as follows:

Rationale 1: Renumber, Housekeeping

CHANGE HEADING OF COLUMN ONE IN CHART TO:

Total number of ~~team~~ relay team members

Rationale 1: To make the language consistent with 302.5.1.

LDX 302.6 p. 60 OWLDC Modify, Add

302.6 RELAY FORMAT

Rationale 1: The title clarifies the relay formats available, and describes scoring and eligibility procedures.

A. Relays shall consist of two or more swimmers as specified on the entry form. The relay members shall rotate in the same order throughout the event. The time or distance each swimmer is required to spend in the water shall be specified on the entry form. The changeover to the new swimmer shall be made as soon as practical after the completion of the previous swimmer's leg. In the exchange in open water events, physical contact must be made between the two swimmers. In pool events, the exchange is governed by articles 101.7.3C and 101.7.3H. The ~~meet~~ event director, with the concurrence of the chair of the Open Water and Long Distance Committee, may allow special events in which members of an open water relay need not be from the same club.

Rationale 1: Housekeeping

B. Event participants may swim simultaneously a portion of the total distance of the prescribed event then combine their times with other members from the same USMS-registered club to create a cumulative relay time for the complete distance. The gender representation in 302.5.3F is to be adhered to.

Rationale 1: To allow individuals who may not be able to complete the full distance, such as the 25K, to participate, thus increasing the participation of OW swimmers in USMS events. Having swimmers complete a portion of the event, such as 5K, all at once, allows these relay swimmers to watch the rest of the longer individual swim and not to be forced to wait around for their individual leg of a 5 person relay.

Rationale 2: To clear the course of relay swimmers as early as possible, to allow solo swimmers as clear of a course as possible for the remainder of their event, and to allow officials and volunteers to focus on safety and the needs of the solo swimmers for the remainder of an event.

LDX 303 **p. 60** **OWLDC** **Modify**
ARTICLE 303: CONDUCT OF OPEN WATER MEETS EVENTS

Rationale 1: Clarification. An Open Water Swim is an Event, not a Meet.

LDX 303.1.2 **p. 60** **OWLDC** **Modify**

CONDUCT OF OPEN WATER MEETS EVENTS

303.1.2 Safety Standards

Providing accurate maps with course descriptions, course markings, and other pertinent information, including but not limited to anticipated water temperature and general water conditions, with entry forms and meet information packets.

Rationale 1: To put course markings on the swim map is very helpful for swimmers.

LDX 303.1.9 **p. 61** **OWLDC** **Modify**
CONDUCT OF OPEN WATER MEETS EVENTS
303.1.9 Safety Standards

303.1.9 Considering use of fluorescent ~~orange and other~~ or brightly colored caps to assist in identification and visibility of swimmers in open water events.

Rationale 1: Since race buoys are often orange, event participants get orange cap colors confused with the buoys. Therefore our committee advises that colors other than orange are best.

LDX 303.1.10 **p. 61** **OWLDC** **Modify**
CONDUCT OF OPEN WATER MEETS EVENTS
303.1.10 Safety Standards

303.1.10 Informing swimmers of the anticipated water temperature, specific weather and water conditions, and known hazards.

Note: LMSCs are encouraged to ~~develop their own safety~~ use USMS safety guidelines and precautions for the conduct of open water and long distance events, as well as develop their own, provided they are not in conflict with USMS rules, policies or procedures. Visit <http://www.usms.org/longdist/safety.pdf>.

Rationale 1: Why ask event directors to reinvent the wheel when we've already got great resources for them to use??!

LDX 303.3.1 **p. 61** **OWLDC** **Modify**
STARTS
303.3.1 Types

A Stationary—Swimmers start from a platform or in the water behind a marked lined (real or imaginary) with no forward motion prior to the starting signal.

Rationale 1: To prevent swimmers from jumping the gun or inching up on the starting line, especially in an in-water start.

LDX 303.5.1 **p. 62** **OWLDC** **Modify**
FINISHES In-the-Water

The swimmer shall have finished the race when any part of the swimmer touches a vertical surface or crosses a ~~defined~~ specifically designated finish line after completion of the prescribed distance. Place judges and timers shall position themselves accordingly. Order of finish shall be determined as the swimmer touches the vertical surface or crosses the finish line.

Rationale 1: To make it perfectly clear where the race ends.

LDX 303.5.2	p. 62	OWLDC	Modify
--------------------	--------------	--------------	---------------

Out-of-the-Water—Swimmers shall leave the water, as defined by the course, and run up the beach to a ~~marked~~ specifically designated finish line. Place judges and timers shall position themselves accordingly. Order of finish shall be determined as the swimmer’s chest crosses the finish line.

Rationale 1: To make the language consistent with 303.5.1.

LDX 303.6.3 SWIMWEAR	p. 62	OWLDC	Modify
-----------------------------	--------------	--------------	---------------

303.6.3 Wetsuits may be allowed in all USMS-sanctioned open water events, at the discretion of the ~~meet~~ event director. Wetsuits generally provide a competitive advantage. If awards are given to wetsuit competitors they shall be awarded separately from those for non-wetsuit competitors. Any published results or records must clearly indicate which swimmers wore wetsuits.

Rationale 1: Because the OWLDC is aware that people wearing wetsuits are no longer allowed to be treated as non-participants because they represent a major area of growth to our organization. In most cases, these neoprene-clad souls would trade their eye teeth to go without but for whatever reasons they chose to look like shark bait, they want/need/can’t live without it so by allowing this new rule, they can now wear their wetsuit in our USMS races and get a prize from USMS. Also, members of the OWLDC are getting tired of extracting naked, frozen people from the bathrooms where they are attempting to warm up by splashing themselves with lukewarm water from the sink and recognize that if these folks had been offered an opportunity to wear a wetsuit in their race, they would be having a much more fun time at this USMS event than experiencing hypothermia and swearing on their mother’s grave to never swim in an open water race again.

Rationale2: This rule is leading our organization down the slippery slope to *The Sanitization of Open Water Swimming*. We have regulated water temp, hot hats, buoys every so often, swim suits that help us float, and more devices to take the element of nature out of the events, sort of like rock climbing with an elevator, so are we “purists” now viewed as the extremists in our sport, the on the fringe element? But on the other hand at least people are swimming and staying healthy, which is a wonderful thing for our society.

Rationale3: As purists spend time acclimating to less warm water temps and not spending time cycling 140 miles or running 26 at a stretch, do we get a motor on our bike? How about we start a “Buffet Event”, similar to the 300IM: Pick a few choices you want and we’ll all compete together. This could lead to the “All Gadget Olympics.”

LDX 303.6.3 SWIMWEAR	p. 62	<table border="1"><tr><td>Verne Scott, PMS</td></tr></table>	Verne Scott, PMS	Modify
Verne Scott, PMS				

303.6.3 Wetsuits may be allowed in all USMS-sanctioned open water events, at the discretion of the ~~meet~~ event director. Wetsuits generally provide a competitive advantage. If awards are given to wetsuit competitors they shall be awarded separately from those for non-

wetsuit competitors. Any published results or records must clearly indicate which swimmers wore wetsuits.

Rationale 1: Encourage more people to enjoy the benefits of open water swimming and especially senior folks.

Rationale 2: Provide confidence, safety and protection for swimmers and reduce the risk of hypothermia when the water has a low temperature.

Rationale 3: Provide equal and fair treatment and opportunity for all swimmers whether they do or do not wear a wet suit.

Rationale 4: The policy should include a provision that a wet suit should not be worn in competition when the water temperature exceeds a defined temperature.

Rationale 5: I believe that some of the comments against such a policy are from those who are only considering their own personal experience rather than what is good for the sport of swimming. My swimming background and experience, which serves as the basis for my recommendation spans 34 years under USMS rules, includes training and competition in pools and open water, Chairman of PMS, Vice President of USMS, and Executive Director of USA Triathlons. Your assistance in making my recommendation known to delegates of the Convention will be appreciated.

LDX 303.8.10 DISQUALIFICATIONS p. 63 OWLDC Housekeeping

303.8.10—Act in an unsportsmanlike or unsafe manner within the swimming venue.

Rationale 1: Remove indent in 2008 Rule Book.

LDX ARTICLE 304 CONDUCT OF POOL MEETS POSTAL EVENTS p. 63 OWLDC
Modify
CONDUCT OF POOL MEETS POSTAL EVENTS

Rationale 1: The OWLDC does not run any pool meets, rather we organize postal events run by selected event hosts. Please see existing article 306.1.7 as an example of existing comprehensible wording.

LDX 304.3 OFFICIALS p. 64 OWLDC Modify

304.3.1 There shall be at least one ~~an~~ adult acting in the capacity of a starter/~~head~~ counter/timer/referee (~~may be one person~~) who shall be present at all times, having no other responsibilities during the period of the swim.

Rationale 1: Better clarifies that only one adult on deck is needed during a postal event.

LDX 304.5 TIMING p. 65 OWLDC Modify

304.5 A stopwatch or electronic timing system shall be used to time the ~~meet~~ event.

Rationale 1: To make the language consistent with Article 303.

LDX 304.5 TIMING p. 65 OWLDC Add

304.5.2 *Splits must be recorded to the nearest second and tenth (or hundredth) of a second. Cumulative time is the primary split to record, lap split times are secondary.*

Rationale 1: Clarifies the expectation of what splits to record and the accuracy needed.

**LDX ARTICLE 305 NATIONAL OPEN WATER ~~LONG-DISTANCE~~ AND POSTAL
CHAMPIONSHIPS EVENTS p. 65 OWLDC Modify**

Rationale 1: To clarify what events our committee presides over.

LDX 305.2.1 NATIONAL CHAMPIONSHIPS EVENTS p. 65 OWLDC Modify

305.2.1 At the discretion of the Open Water Long Distance Committee, national championship ~~meets~~ events may be awarded in the following events:

Rationale 1: Housekeeping, making the language consistent with the title.

LDX 305.2.1 NATIONAL CHAMPIONSHIPS EVENTS p. 66 OWLDC Add

I Other national championship events and distances may be awarded at the discretion of the Open Water and Long Distance Chair.

Rationale 1: When excellent opportunities become available for the USMS membership, our organization can make the most of these events as national championships.

Rationale 2: Housekeeping

LDX 305.2.2 Team Events p. 66 OWLDC Modify

305.2.2 ~~Team~~ Relay events (as defined in article 302.5).

Rationale 1: To make the language consistent with Article 102.3.2

LDX 305.2.2 Team Events p. 66 OWLDC Modify

A ~~Team~~ Relay competitions shall be contested in postal championships and may be contested in other championships. Recognized ~~teams~~ relays shall be three-person male and female ~~teams~~ relays and four-person mixed ~~teams~~ relays.

B Age groups for ~~team~~ relay events shall be the same as those listed in article 102.3.2A.

Rationale 1: To make the language consistent with Article 102.3.2

LDX 305.3 SITE SELECTION p. 66 OWLDC Housekeeping

305.3.3 Events not awarded at the annual meeting may be awarded by the Open Water and Long Distance Committee chair.

305.3.4 Suitable bids shall comply with all applicable USMS swimming and Open Water and Long Distance rules, policies and procedures.

Rationale 1: Housekeeping

LDX 305.3.5 SITE SELECTION: p. 66 OWLDC Modify & Add

We would like to propose that we rewrite 305.3.5 and include this chart in Appendix D along with the site selection map and description of areas (as in the 2007 rule book, pages 159 & 160)

305.3.5 A three-area award system shall be followed for the bidding of non-postal Open Water National Championships. (See Appendix D for map and description of areas.) ~~Suitable bids from a qualifying area shall receive preference over bids from other areas.~~ Suitable bids will be evaluated on the basis of three criteria (1) in or out of a qualifying area, (2) the timing and venue of the Open Water National Championship in relation to a same year pool National Championship and (3) is the bid for a festival of Open Water National Championships or for just one Open Water National Championship. (See Appendix D for chart of the hierarchy of the criteria to be evaluated.) Postal national championships may be awarded to an organization for two consecutive years and will be awarded without regard to area.

CRITERIA FOR EVALUATION OF SUITABLE BIDS FOR OPEN WATER NATIONAL CHAMPIONSHIP EVENTS

Rank	In Area Bid	Out of Area Bid	Bid Tied to Pool NC (SCY or LCM)	Multiple OW NCs (Festival)	1 OW NC
1	x		x	x	
2	x		x		x
3		x	x	x	
4		x	x		x
5	x			x	
6		x		x	
7	x				x
8		x			x

Rationale1: We realize that we're thinking outside of the box a bit, but in continuing with the mission of growing USMS OW Swimming and utilizing tying an OW NC to a Pool NC and the festival idea as incentives and preference during the bidding process, we've designed a chart that represents a ranking system to evaluate bids for the OW NCs. Please note that the geographic rotation would continue with the in area and out of area criteria as outlined in 305.3.5 We believe that having a clearly defined criteria chart will aid the bidders in submitting their bids and in understanding the outcome of the awards of the bids.

LDX 305.3.5 SITE SELECTION: should follow p. 152 Appendix D OWLDC Modify & Add

We also recommend changing the titles of the map and the description of the areas

BIDDING AREAS FOR LONG-DISTANCE OPEN WATER NATIONAL CHAMPIONSHIPS EVENTS

Rationale1: Clarification of what events are eligible for bidding areas.

LDX 305.5.2 FINANCIAL p. 67 OWLDC Modify & Add

305.5.2 Complete financial statements shall be forwarded to the Open Water and Long Distance Committee chair after completion of the ~~meet~~ event, according to the championship forms provided.

Rationale 1: Housekeeping

Rationale 2: To clarify to event directors where their forms are located.

LDX 305.6 ENTRY FEES p. 67 OWLDC Modify & Add

305.6.1 The entry fees for open water long distance national championships shall not exceed \$30 \$50 for individual events and \$5 per team member in team relay events. Exceptions may be made to the fee limit at the discretion of the Open Water and Long Distance Committee.

Rationale 1: Housekeeping – two times

Rationale 2: To keep up with rising costs in our current economy.

LDX 305.6 ENTRY FEES p. 67 OWLDC Add

305.6.2 Postal National Championships: The entry fees for the postal national championships shall not exceed the following amounts. Exceptions may be made to the fee limit at the discretion of the Open Water and Long Distance Committee.

- A. One Hour Postal: \$6.00 per individual entry; \$15 per relay entry
- B. 5Km & 10Km Postals: \$12 per individual entry; \$18 per relay entry
- C. 3000-yd & 6000-yd Postals: \$12 per individual entry; \$18 per relay entry

Rationale 1: Housekeeping

Rationale 2: Entry Fees and Host Profits are based on the number of event entrants.

Rationale 3: To avoid confusion, the entry fees for the two smaller postal events will be the same.

LDX 305.7.3 RULES OF CONDUCT p. 67 OWLDC Modify

305.7.3 Officials—In addition to the officials required by article 303.7, the following officials are required for open water national championship events:

Rationale 1: Clarification

[Comment from the Chair: Since all of Article 305 pertains to OW NCs and all of Article 304 pertains to Post NCs, I'm not sure we need this except that many event directors don't read chapter headings --it's that forest/trees thing. Adding these additional 10 characters will not create a new line, hence no additional real estate is required.]

LDX 305.7.5 Wetsuits p. 67-68 OWLDC Modify & Add

305.7.5 Wetsuits—Wetsuit competitors shall be ~~excluded~~ included for the purposes of articles 305.8 through 306.1, except where noted. ~~In addition, wetsuit competitors shall have a separate start time and a separate finish line.~~ At the discretion of the event director, wetsuit competitors may have the same start and finish line as all non-wetsuit competitors but may be started in their own separate wave. Wetsuit competitors shall not be eligible for All-American or All-Star status or any USMS individual or relay records.

Rationale 1: To grow OW Swimming in USMS and allow all USMS participants to earn an award. See 303.6.3 for further rationale.

Rationale 2: To clarify exactly what honors wetsuit swimmers are eligible for.

A The temperature parameters observed by USA Triathlon will be observed by USMS for wetsuit use in USMS-sanctioned races.

Rationale 1: From a safety perspective, just as hypothermia is a potentially serious outcome for some OW naked swimmers, heat-related illnesses ie: heat exhaustion or it's more serious continuum heatstroke, are potentially serious outcomes for wetsuit wearers in warmer temperatures. If we align ourselves with the current USA Triathlon temperature rules for wetsuit use, many of the wetsuited swimmers will already be versed in the rules and not be surprised if the water temperature dictated 'No Wetsuit Use' at a particular event. The current USA

Triathlon rules are below for reference:

4.4 Wet suits. Each age group participant shall be permitted to wear a wet suit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wet suit at their own discretion, provided however that participants who wear a wet suit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit. The wetsuit policy for elite athletes shall be determined by the USAT Athletes Advisory Council.

LDX 305.8.1 RESULTS p. 68 OWLDC Modify

Individual results shall be tabulated electronically by gender and age group in order of finish. Women's results shall be shown first, followed by Men's results. For each swimmer, the following information must be reported in ~~this~~ the order designated on the results forms in the championship packet for that event:

A Age group place

B Swimmer's name (~~last name first~~, as it appears on the USMS membership card)

Rationale 1: Due to variation of individual USMS registrars, all USMS cards are not consistent

C

Rationale 1: Add and renumber subsequent letters D&E. Inadvertently omitted.

DC Club (official USMS team abbreviation)

Rationale 1: Renumber

ED USMS Number

Rationale 1: Renumber and reformat to align with other letters.

E ADD DOB

Rationale 1: To have for historical purposes for USMS Archives, to be able to cross-reference for confirmation of identification (two people with the same name.)

F. Official time/distance

G. Special information (national records, overall place, place among men, etc.)

LDX 305.8.2 RESULTS p. 68 OWLDC Modify

305.8.2 ~~Team Relay~~ results shall be ~~tabulated~~ tabulated electronically by gender and age group in order of finish. Women's results shall be shown first, followed by Men's results, then Mixed teams last. Only non-wetsuited swimmers may contribute to relays. For each team, the following information must be reported in ~~this~~ the order designated on the results forms in the championship packet for that event:

Rationale 1: To make the language consistent with Article 102.3.2

Rationale 2: Housekeeping: typo

A Age group place

B ~~Club (official USMS team abbreviation)~~ Full name of Club and official USMS team

abbreviation

Team's full name (USMS club followed by blank, A, B, etc.)

Rationale 1: To clarify.

Rationale 2: To make the language consistent with Article 305.8.1C

C Official time/distance for the ~~team~~ relay.

Rationale 1: To make the language consistent with Article 102.3.2

D For each member of the ~~team~~ relay, include:

1. Name, as it appears on USMS registration card,

2. Age on date of swim,

3. Official time/distance,

4. USMS number,

5. DOB.

Rationale 1: To make the language consistent with Article 102.3.2

Rationale 2: To have for historical purposes for USMS Archives, to be able to cross-reference for confirmation of identification (two people with the same name.)

E Names, ages, ~~and~~ official time/distance, USMS number, and DOB for each member of the ~~team~~ relay.

LDX 305.9 CLUB SCORING p. 68-9 OWLDC Modify

305.9 CLUB SCORING

Club scores shall be officially tallied for national open water long distance championship postal events. At the discretion of the ~~meet host~~ event director, club scoring may be tallied for open water events.

Rationale 1: Housekeeping

LDX 305.9.1 CLUB SCORING p. 69 OWLDC Modify

305.9.1 Scoring A Club scoring for the one-hour swim shall be based on total club yardage for individual swims.

B Club point scoring for the 3000/6000 yard and 5K/10K postal national championships may be calculated based on a predetermined formula, approved by the Open Water Long Distance Committee, to fit the age group national record times for each gender. A preformatted spreadsheet containing this formula will be supplied to the meet directors, and is available at www.websitebobbruce.org

- 1. Description of club scoring in the entry information:** “Club Scoring: Club point scoring will be calculated based on Quality Points, which are ratios of each individual time to the corresponding USMS Record for the gender & age group. The faster the swim the more Quality Points a swimmer earns. Club totals will be the sum of the quality points of its swimmers. Since every swimmer will receive quality points, every swimmer counts!”

Process for determining Quality Points:

1. Include the swimmer's personal data in the spreadsheet/database.
2. Include the following columns for each swimmer:

- a. Time: The swimmer's time expressed in hours, minutes, seconds, and hundredths of a second.
 - b. TimeSecs: The swimmer's time expressed in seconds and hundredths of a second by formula.
 - c. Record: The USMS Record for the swimmer's sex and age group expressed in hours, minutes, seconds, and hundredths of a second.
 - d. RecSecs: The USMS Record expressed in seconds and hundredths of a second by formula.
 - e. QPoints: Quality points are determined by dividing RecSecs by TimeSecs then multiplying by 1000, rounded to the whole number. Quality points are typically three digit numbers, but will be four digits if the swimmer ties or breaks the USMS Record.
3. See the attached sample spreadsheet (with examples) for cell formatting and formulae.

Individual Placement: Rank order of swimmers is determined strictly by time without reference to quality points.

Club Scoring: The sum of the quality points earned by each club (in individual events only) will determine ranking in the Club Scoring.

Results: The results MUST include both the swimmer's time and quality points.

Rationale 1: To clarify to Quality Points for Postal Championships.

C Club scoring for the other national championships shall be point value for placing in individual swims. Points shall be determined as if the meet were swum in a 10-lane pool (11-9-8-7-6-5-4-3-2-1).

D Only non-wetsuit swimmers will be allowed to contribute to relay events.

Rationale 1: To keep the purity of open water swimming.

LDX 305.10 AWARDS p. 69 OWLDC Modify & Add

305.10.1 National championship medals or other appropriate awards approved by the Open Water Long Distance Committee chair shall be awarded at least to the first six place non-wetsuit winners of individual championships in each age group, and at least to the first three place wetsuit winners of individual championships in each age group.

Rationale 1: We are clarifying the number of wetsuit award places for which an event director will need to provide.

Rationale 2: The more individuals who receive medals, the more apt they are to return to a USMS event.

A National championship medals or other appropriate awards approved by the Open Water Long Distance Committee chair shall be awarded to the first ten place winners of individual championships in each age group of the One Hour Postal Swim.

Rationale 1: Since this event is the largest of any USMS national championship, we are keeping consistent with 104.5.7A.

Rationale 2: The more individuals who receive medals, the more apt they are to return to a USMS event.

LDX 305.10.2 AWARDS p. 69 OWLDC Modify & Add

305.10.2 National championship medals or other appropriate awards approved by the Open Water Long Distance Committee chair shall be awarded to the members of at least the first three place winners of ~~team~~ relay championships in each age group.

B National championship medals or other appropriate awards approved by the Open Water Long Distance Committee chair shall be awarded to the first ~~ten~~ (or six???) place winners of ~~relay~~ championships in each age group of the One Hour Postal Swim.

Rationale 1: The more individuals who receive medals, the more apt they are to return to a USMS event.

Rationale 2: Since this event is the largest of any USMS national championship, we are keeping consistent with 104.5.7A.

CURRENTLY NO AWARD DETERMINATION EXISTS IN USMS POOL CHAMPS FOR RELAYS. I CROSS-REF'D 104.5.7, 104.5.6, AND 102.12.3. ARTICLE 102.12.3 ONLY REFERS TO SCORING, NOT AWARDS GIVEN. COMMITTEE CLARIFICATION IS NEEDED TO GET THIS CONSISTENT.

LDX 305.10.3 AWARDS p. 69 OWLDC Modify & Add

305.10.3 A USMS championship patch shall be awarded to each individual non-wetsuit champion and each scoring member of a non-wetsuit championship team. An individual shall receive only one patch per ~~meet~~ event.

Rationale 1: Wetsuit swimmers may only earn individual awards; we can not mix and match relay teams with WS and Naked swimmers. At this point, it's a stretch for USMS to extend our OW boundaries to include ANY wetsuited swimmers.

305.10.4 Appropriate awards approved by the Open Water Long Distance Committee chair may ~~shall~~ be awarded to the first, second and third place club winners in each non-wetsuit division.

Rationale 1: I sense a nightmare of scoring for already stressed event directors and wish to make this optional.

LDX 305.11.1 ALL-AMERICAN RECOGNITION p. 69 OWLDC Modify

305.11.1 The highest ranking non-wetsuit USMS member in each age group of each individual national open water long distance championship event shall qualify as a USMS Open Water Long Distance All-American for the calendar year in which the event was conducted.

Rationale 1: This will keep the playing field level and allow wetsuit swimmers to shed their skins if they want AA Recognition.

LDX 305.11.2 ALL-AMERICAN RECOGNITION p. 69 OWLDC Modify

305.11.2— The members of the highest ranking non-wetsuit USMS ~~team~~ relay in each age group of each national Open Water Long Distance Championship event shall qualify as USMS Open Water Long Distance ~~Team~~ Relay All-Americans.

Rationale 1: Housekeeping: separate onto its own line in the Rule Book.

Rationale 2: This will keep the playing field level and allow wetsuit swimmers to shed their skins if they want AA Recognition; to be consistent with 305.11.1.

LDX 305.12 ALL-STAR TEAM p. 70 OWLDC Modify

305.12 ALL-STAR TEAM

A USMS All-Star Team shall be selected each calendar year from the official non-wetsuit results of the USMS open water and postal ~~long distance~~ national championship events.

Rationale 1: To clarify exactly which swimmers are eligible and in which races they must participate.

305.12.1 A swimmer shall earn points for a top 10 non-wetsuit finish in each open water ~~long distance~~ and postal national championship event in the following manner: 1st: 22 points, 2nd: 18 points, 3rd: 16 points, 4th: 14 points, 5th: 12 points, 6th: 10 points, 7th: 8 points, 8th: 6 points, 9th: 4 points, 10th: 2 points.

Rationale 1: To clarify exactly which swimmers are eligible and in which races they must participate.

305.12.2 To be considered for the All-Star Team, a swimmer shall compete in at least three non-wetsuit events, of which one shall be an open water event and one shall be a postal event.

Rationale 1: To clarify exactly which swimmers are eligible and in which races they must participate.

305.12.3 If a swimmer scores points in one age group and ages up to another age group in the course of a year, the points earned shall be transferred up to the new age group. If a swimmer swims the same event in two different age groups, only the higher finish will be counted. Only non-wetsuit results will be tabulated.

Rationale 1: To clarify exactly which swimmers are eligible.

LDX	305.12.4	ALL-STAR TEAM	p. 70	OWLDC	Add
------------	-----------------	----------------------	--------------	--------------	------------

305.12.4 If a swimmer begins an open water event but does not complete it due to an individual DNF, his participation will still count towards 305.12.2

Rationale 1: If this swimmer is the only person in his/her age group eligible for All-Star status, their participation in an open water event (should) count because they made an attempt to complete the event. Or should only events that are completed count towards All-Star status? However, in the case of an event being stopped due to unforeseen circumstances (weather, safety issues, etc.), such an event would be counted.

LDX	306	RECORDS	p. 70	OWLDC	Modify
------------	------------	----------------	--------------	--------------	---------------

306.1.1 Individual and relay national records for non-wetsuit swimmers will be maintained in quarter-mile straightaway events (1-mile and 2-mile) and time/distance pool events (one-hour, 3000yard, 6000-yard, and 5- and 10-kilometer postal). ~~Team~~ Relay national records shall be maintained in all ~~long distance pool~~ postal events. The records shall be for three-person male and female ~~teams~~ relays and four-person mixed ~~teams-relays~~.

Rationale 1: To clarify exactly which swimmers are eligible to set records.

Rationale 2: The OWLDC does not run any pool meets, rather we organize postal events run by selected event hosts.

Rationale 3: To make the language consistent with 302.5.1.

306.1.2 Record times shall be swum in a sanctioned meet and shall be routed through the ~~meet event~~ host to the Open Water ~~Long Distance~~ Postal Committee chair.

Rationale 1: Housekeeping

Rationale 2: The OWLDC does not run any pool meets, rather we organize postal events run by selected event hosts.

306.1.6 ~~Long distance~~ Postal national records may be established by using a swimmer's split time in an individual event if:

A The split is swum as an initial distance within a scheduled event,

B The swimmer completes the full distance of the scheduled event without being disqualified and

C The intent to record a split time is brought to the attention, in writing, of the event ~~host~~ director at the time of entry in the longer event.

Rationale 1: Housekeeping

D At least two dedicated handheld watches are used to ~~record~~ document the record split.

Rationale 1: Better wording, more clear.

306.1.7 Split times from individual postal events may not be used as part of a relay entry into a separate relay postal event of a shorter distance or for entry into a separate individual postal event of a shorter distance.

LDX	Glossary - Drafting/Slipstreaming	p. x	OWLDC	Modify
------------	--	-------------	--------------	---------------

Drafting/Slipstreaming—In an open water event, an individual swimming behind or next to ~~a single~~ another swimmer or support craft for the purpose of taking advantage of the reduced water resistance created by the former's wake.

Rationale 1: To be consistent with USA-Swimming Rules and Regulations.

Rationale 2: To clarify this term for event directors.

LDX	Glossary – Electronic Timing Chip	p. x	OWLDC	Modify
------------	--	-------------	--------------	---------------

Electronic timing chip is a miniature transponder in a specially designed housing, marked with a unique identification number. The transponder is a waterproof glass capsule that contains a silicon chip and an energizing coil. The chip, worn on an ankle strap, triggers the timing system when the swimmer steps on a timing sensor pad when exiting the water and records finish times and race numbers. It can be used in a wide variety of sports but may not be used an audible pacing device in swimming.

Rationale 1: To educate those who are not aware of this new device and how to use it.

LDX	Glossary –Escort Craft	p. x	OWLDC	Add
------------	-------------------------------	-------------	--------------	------------

Escort Craft — Boats or paddle boards used for the swimmers' safety and logistical support.

Rationale 1: To clarify this term for event directors.

Rationale 2: To be consistent with USA-Swimming Rules and Regulations.

LDX	Glossary – Event (Meet Director)	p. x	OWLDC	Add
------------	---	-------------	--------------	------------

Event (Meet) Director - The person responsible for the administration and conduct of the event.

Rationale 1: To clarify this term for event directors.

LDX	Glossary – Finish Point	p. x	OWLDC	Add
------------	--------------------------------	-------------	--------------	------------

Finish Point — The physical location where the race terminates.

Rationale 1: To be consistent with USA-Swimming Rules and Regulations.

Rationale 2: To clarify this term for event directors.

LDX	Glossary – Grease	p. x	OWLDC	Add
------------	--------------------------	-------------	--------------	------------

Grease — A substance used by the swimmers to reduce friction or reduce the loss of body heat during a swim.

Rationale 1: To be consistent with USA-Swimming Rules and Regulations.

Rationale 2: To clarify this term for event directors.

LDX	Glossary – Open Water Swimming	p. xi	OWLDC	Add
------------	---------------------------------------	--------------	--------------	------------

Open Water Swimming — any competition that takes place in rivers, lakes, reservoirs, or oceans.

Rationale 1: To be consistent with USA-Swimming Rules and Regulations.

Rationale 2: To clarify this term for event directors.

LDX	Glossary – Medical Evacuation Plans	p. xi	OWLDC	Add
------------	--	--------------	--------------	------------

Safety/Medical Evacuation Plans — Written plans for the procedures to be followed in the event of an emergency or need for medical intervention.

Rationale 1: To be consistent with USA-Swimming Rules and Regulations.

Rationale 2: To clarify this term for event directors.

LDX	Glossary – Paddler	p. xi	OWLDC	Add
------------	---------------------------	--------------	--------------	------------

Paddler — A person on a paddle board or manually propelled craft who supports a swimmer or group of swimmers.

Rationale 1: To be consistent with USA-Swimming Rules and Regulations.

Rationale 2: To clarify this term for event directors.

LDX	Glossary – Straightaway Swim (a.k.a Cable Swim)	p. xii	OWLDC	Add
------------	--	---------------	--------------	------------

Straightaway Swim (a.k.a Cable Swim) is any swim of any length that is set on a straight course.

(see 302.3.1)

Cable Swim is a straightaway swim on a ¼ mile cable, measured within plus or minus 6 inches, in stationary open water and defined by a cable with floats or a continuous marking system visible to the swimmer.

Rationale 1: To clarify this term for event directors.

LDX	Glossary – Turn	p. xii	OWLDC	Add
------------	------------------------	---------------	--------------	------------

Turn— A point on the course where the swimmers reverse or change direction of the swim.

Rationale 1: To be consistent with USA-Swimming Rules and Regulations.

Rationale 2: To clarify this term for event directors.

LDX Glossary – Venue p. xii OWLDC Add

Venue — Geographical area and environs where ~~the~~ a swim event is conducted.

Rationale 1: To be consistent with USA-Swimming Rules and Regulations.

Rationale 2: To clarify this term for event directors.

LDX Glossary – Wave p. xii OWLDC Add

Wave — The second or subsequent start used if the start area cannot accommodate all contestants at the same time.

Rationale 1: To be consistent with USA-Swimming Rules and Regulations.

Rationale 2: To clarify this term for event directors.

LDX 507.2.10 Definition of Standing Committees p. 87 SALLY DILLON PNA Modify

I just noticed this past weekend that the committee description for the OWLD committee doesn't seem to be what was approved last year. The "new" wording (which is also in the title for Part 3) does not give a true picture of the committee's responsibility IMO. The term "Open Water Long Distance" does not indicate well that there are other long distance activities that the committee governs (i.e. Postal swims).

I discussed this with Kathy Casey and she looked back through convention notes and says this: "I couldn't find "Open Water/Long Distance" anywhere in writing, but the final copy of legislation that came to the House for a final vote says "Open Water and Long Distance" for the title and the first sentence and that was approved. However, the "and" was left out of both in the rule book. The sentence about selecting sites for championship events did not have the words "open water" in it, only long distance and that's what passed the House yet "open water" is in that sentence in the rule book. So that's what I found. It would be a legislation change (emergency this year) to straighten out the description (pg 87)." I also believe a rule change will be needed to change the title in Part 3 (pg 57). The rest of Part 3 appears to use the correct wording.

LDX Articles 108: GUIDELINES FOR OFFICIATING SWIMMERS WITH ~~A DISABILITY~~ SPECIAL NEEDS IN USMS MEETS p. 47 OWLDC Modify

Rationale 1: To align our organization with the current ADA language.

If this is adopted, "Disability" will need to be replaced by "Special Needs" throughout Article 108.

LDX 108.1.2B3(c) Officiating Swimmers with Special Needs p. 46 OWLDC Modify
108.1.2B3(c) Allowing the athlete's assistant(s) on the deck, in the pool, or in open water ~~or in the water~~ to assist with a start: and/or a finish.

Rationale 1: Athletes with physical special needs may need help getting from the water to the start and or finish in an open water event, especially those with a running start or finish.

LDX 108.1.2B3(d) Officiating Swimmers with Special Needs p. 46 OWLDC Add

108.1.2B3(d) In an Open Water event, allowing the referee to assess the severity of the special need of a swimmer and to allow them to wear adaptive equipment they currently use in everyday life, such as a leg brace to stabilize a paralyzed leg.

Rationale 1: Swimmers with special needs may need to use their same adaptive equipment when competing in open water events in order to maintain body position, as long as such equipment does not provide them with speed.

LDX 507.2.10 Definition of Standing Committees p. 87 OWLDC Modify
507.2.10 Open Water Long Distance Committee—The Open Water Long Distance Committee shall solicit and review bid proposals and select the sites for the open water long distance championship events. The committee shall work in a coordinating and advisory capacity with event hosts and make recommendations to enhance the quality of open water long distance championship events. The committee shall maintain records and select the All-American Open Water Long Distance and Open Water Long Distance All-Star Teams. The committee may initiate and shall consider proposed amendments, and shall report them, with the committee’s recommendations, at the annual meeting of the House of Delegates, in accordance with the provisions of Part 6. ~~The committee shall maintain records and select the All-American Open Water Long Distance and Open Water Long Distance All-Star Teams.~~ The committee may interpret and render opinions regarding any provision of the rules and regulations of USMS within the committee’s jurisdiction as defined in article 601.1. The committee shall consist of the committee chair and no more than 16 additional members, with at least one member from each zone. The Rule Book Coordinator shall be an ex officio member of the committee. The chair shall serve as the USMS liaison to the USA Swimming Open Water Committee.

Rationale 1: Moving the “records” sentence up one sentence earlier is more logical and does not split up the two sentences that deal with proposing amendments and interpreting rules, similar to the format of the descriptions for the Rules and Legislation Committees
