

Cobb Summer Swim League, Inc.



2020 Manual

Revision History

Date	Revisions	Author	Version
February, 2012	Complete rewrite to improve clarity	PHobbs, et al	0.1
May, 2012	Final set of edits; TJohnson,		0.1
June 4, 2012	Update relay “swim-up” language, finalize	P.Hobbs, et al	0.1
June 5, 2012	Change doc name to CSSL Manual 2012v1	DTulka	1.0
April 14, 2013	Addition of rule updates	P Hobbs	1.0
March1, 2014	Clarification of existing rules/return to 2011 dive depth language	P Hobbs	1.1
April 21, 2015	Change to USA swimmer rule and DQ rules	Kenny/Lash	1.2
March 2, 2017	Manual edit and updates	Exec Board	17.1
Nov 17, 2017	Updated for 2018 and protest rules	J Frankel	18.1
Dec 15, 2017	Appendix C revision	J Frankel	18.2
Dec 16, 2017	Scoring/Forfeit, Concussions	J Frankel	18.3
Feb 8, 2018	Update changes from annual meeting	J Frankel	18.4
Sept 20, 2018	Updated Protest change	J Frankel	19.1
January 9, 2019	Updated changes as approved by the executive council (infractions and penalties, weather delays, 120 swimmers)	J Frankel	19.2
Oct 12, 2019	Updated for 2020 and formatting errors	J Frankel	20.1
January 15, 2020	Starter and announcer	J Frankel	20.2

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 in the [Infraction and Penalties](#) section of this manual:

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 – Jason Frankel
CSSL Secretary – Jill Brinkman
CSSL Treasurer – Wendy Kenny
CSSL League Administrator – Chris Lash
CSSL PR/ Compliance Officer – Doug Tilt

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 recommended 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 and By-Laws. The Coordinator shall make copies as needed for coaches and other team leaders.
2. Review CSSL rules and regulations with your team's coaches and volunteers. Violations are subject to the penalties set forth in [Infractions and Penalties](#).
3. Obtain the required certifications from your coaches and insurance documentation from your HOA for submission to CSSL by the first day of practice.
4. Procure equipment and supplies necessary. See [PERSONNEL](#)
5. 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 the Coordinator's responsibility to address conduct issues within the team. See [Unsportsmanlike Conduct](#)
6. You are responsible for ensuring that all athletes have a signed concussion form their parents, and for ensuring that all personnel running the team are familiar with the signs of a concussion and how to treat an athlete with a concussion. See the Heads Up site, <https://www.cdc.gov/headsup/youthsports/index.html>, for more information.
7. The Coordinator is to ensure the host coach contacts the visiting coach no later than 24 hours prior to the meet to coordinate exhibition heats and lane decisions as well as additional relays as described under "exhibition heats". [Contact Visiting Team](#)
8. The host team Coordinator is to contact 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.
10. If there are any problems during a meet, or you want to contest the meet, the coordinator's first course of action is to submit a letter of protest to cobbsummerswim@gmail.com within 48 hours of the conclusion of the meet. All protests must be received within 48 hours of the conclusion of the meet, even if the 48 hours occurs on the weekend.

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, each coordinator should provide information pertaining to each team's pool to allow visiting teams to arrive prepared.

Rules and Regulations

Roster

1. A complete roster from Hy-Tek must be submitted to CSSL by the date and location published each year by the Executive Board. The deadline for roster additions is 6 PM the day of your weekly meet. No additions to your roster after the fourth 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 must have a minimum of 49 but may have an unlimited number of swimmers on the rosters. However, each team may swim a maximum of 120 swimmers in a meet. If a team wants to swim more than 120 swimmers, that team must contact the opposing team and get their approval. Once approved by the opposing team, an email must be sent to the league at cobbsummerswim@gmail.com, at least 72 hours prior to start of the meet, requesting permission. The league will as quickly as possible inform the teams of the request. If the request is approved by the executive board, the additional swimmers may swim in the meet in lanes that are already open. The meet must be setup and consolidated with the opposing team with 120 swimmers. Then, the additional swimmers may be added to the open lanes. No new heats will be created to accommodate the added swimmers. Do not recruit swimmers from other established teams. For more information, see the [Recruiting](#) section of this manual.
3. Registered USA Swimmers in the current calendar year with a current USA number 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.
4. Electronic rosters submissions and fees are due by the dates set at the annual coordinators 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 1 min 30 secs they will be removed from the water.
4. Cobb County abides by the GRPA rule on participation boundaries.
5. Swimmers must be in good standing with the swim team they represent.
6. Swimmers may not swim for more than ONE CSSL team.

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

All Coaches' certifications must be electronically submitted to the compliance officer at compliancecssl@gmail.com before the team's first practice.

2. CSSL Coaches may only swim for the CSSL team that they are coaching.
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 and may **NOT be entered into more than** (1) medley relay and (1) freestyle relay – to do so would result in a rules infraction.

1. Relays will be set up with “And Under” categories.
2. Relay participation parameters:
 - a. A swimmer is allowed to swim in any relay above or equal to their age. For example, a 9-year-old swimmer may swim in the 10 and under relay, 12 and under, 13 and under, and so on. However, the 9-year-old is ineligible to swim in the 8 and under and 6 and under relays.
 - b. A swimmer is only allowed to swim in one (1) Medley and one (1) Freestyle relay.
3. 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 and **Must** be reviewed each year for each challenged swimmer. If you have special needs swimmers on your team, notify the League at <mailto: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.
4. Submitting entries to another team:
 - The host coach shall contact the visiting coach on the day before their scheduled meet to consolidate heats.
 - Copies of the heat sheet shall be given to the referee, the opposing Coordinator, and the announcer.
 - The heat sheet shall include the swimmers name, age and gender.
 - Lanes 1 through 4 in heat 1 are scoring lanes for individual events. 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 their 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.

For 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.

5. Each team is allowed to enter a co-ed relay that must swim in a non-scoring lane. They may not swim unopposed.

Exhibition Heats

1. Please refer to the [Order of Events](#) 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

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

Heat Sheets

1. Heat sheets must contain first name, last name, age and gender of swimmer.
2. Copies are to be given to the Referee, announcer, and opposing team coordinator.
3. 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.
4. The Referee will have the jurisdiction of combining events and heats after the meet has started.

Warm-up schedule

- Host Team 5:00 P.M.
- Visiting Team 5:30 P.M.
- Coaches, Coordinators, and Referee meeting 5:45 P.M.

Start time/End time

1. The meet is to begin promptly at 6:00, if the referee is not there contact the CSSL Board and begin the meet (404)-465-4432.

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 agree. 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 and must be cleared.
2. Visiting teams should be advised to wait in their cars if there is no safe covered area to wait.
3. Coordinators should review with their team the weather procedure at home and for away meets.
4. During a weather delay, the coordinators from each team (NOT COACHES) will discuss and agree upon the postponing, cancelling, forfeiting, or rescheduling of the meet until 9:00 PM. If they have come to an agreement, the referee will contact a member of the executive board for final approval and/or confirm reschedule date and time. Teams should not inform their members until receiving confirmation from executive board. If no agreement has been made by 9:00 PM, the referee will help to make the final decision by contacting a member of the executive board. Once the decision has been made, the referee will inform both teams to deliver the message to their members.
5. If the deadline arrives before all events are finished, it will be considered a finished meet if event 46 Heat 1 has been completed.
6. 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.
7. All meets cancelled due to weather should be rescheduled. No meet can be submitted as a draw or double forfeit. The team that is unwilling/unable to make up/reschedule the meet will forfeit the meet and receive a score of 0. The non-forfeiting team will be given the average of all of the points from the winning teams in their current zone.

Rescheduling or Continuing a meet

If the meet is called before event 46 is completed, the meet shall be re-scheduled beginning with the next event after the meet was suspended. 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 from where the meet was stopped or delayed due to weather.

All meets cancelled due to weather should be rescheduled. No meet can be submitted as a draw or double forfeit. The team that is unwilling/unable to make up/reschedule the meet will forfeit the meet and receive a score of 0. The non-forfeiting team will be given the average of all the points from the winning teams in their current zone.

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 within 48 hours of the conclusion of the meet in question. No protest will be accepted after 48 hours. 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. 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 4ft 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.
3. Review referee safety check list and check items listed.
4. It is the responsibility of the host team to ensure the baby pool is safely blocked off.

Lighting

1. Pools must have sufficient 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.
3. The host team will forfeit if a meet is halted due to inadequate lighting.

Lanes

1. Lanes 1-4 are scoring lanes for individual events.
2. Lanes 1 and 3 are visitors' lanes and lanes 2 and 4 are home team lanes. These lane assignments cannot be changed for heat 1 of individual events.
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](#).
4. Lane 1 should be numbered on the right on the start end of the pool with the swimmers facing the water.
5. Make sure lane lines are stretched tight and have a lane line separating other water areas not used during meet.

Backstroke Flags

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

Unsportsmanlike Conduct

1. Unsportsmanlike conduct to referees (From a Coordinator)
 - a. Referee will stop the meet.
 - b. Referee will approach opposite coordinator to inform of the situation and to assist.
 - c. Referee will then call the executive board to inform and receive assistance, while the opposite coordinator helps with the situation.

At this point, the coordinator will be asked to leave the pool area. If the coordinator does not leave, the meet is cancelled, given a forfeit, and action with the executive board.

2. Unsportsmanlike conduct to referees (Coaches, Parents, Swimmers) – New Protocol
 - a. Referee will stop the meet.
 - b. Referee will approach that team's coordinator to inform of the situation and to assist.
 - c. Referee will then call the executive board to inform and receive assistance, while the coordinator helps with the situation.

At this point, the person involved will be asked to leave the pool area. If the person does not leave, the police will be called. The meet will not resume until the situation is handled by the police. If the meet is canceled or cannot finish, the other team wins by forfeit.

Infractions and Penalties

For swimming swimmers not included on the roster, the following penalties will result:

1. The team with the ineligible swimmer will pay double the league swimmer fee for all ineligible swimmers and submit an updated roster within 24 hours to <mailto:rosterscssl@gmail.com>.
2. **For the first offense**, the coach will be warned. **For the second offense**, the coach will be put on probation for the current and following season. Probation and the second offense follow the coach to the following season. **For the third offense**, the coach will be suspended from the league for the current and next swim season.
3. If a meet was won by a team with the infraction in the scoring lane, that meet will be forfeited.

For all other infractions of the rules, the penalties will be determined and voted on by the executive board. These infractions include, but are not limited to unsportsmanlike conduct, swimming too many USA swimmers, etc. Penalties could include but are not limited to verbal warnings, suspending swimmers, coaches or coordinators, forfeiting a meet, etc.

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](#)), they must be securely bolted down. Timers or other heavy objects will suffice. If bolting down is not feasible, it is the coordinator's responsibility to make sure the blocks are stable and secure.
2. Table and chairs – for volunteer workers such as ribbon writers, scorekeepers, etc.
3. Clipboards – for timers, judges and referees
4. Stopwatches and pencils
5. Backstroke flags and Lane ropes
6. P.A. Systems and Bullhorn for announcer
7. Air horn, whistle or start system for starter
8. Paper work
 - Lane cards (Pink and Blues or Hy-Tek)
 - Place Cards
 - Heat Sheet
 - Score Sheet
 - Meet Roster (not team roster), to be turned into the meet referee by both teams
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 volunteers, introduce home team meet volunteers to visiting team volunteers; and make any other preparations necessary prior to turning the meet over to the meet referee.
3. Host team **must** provide officials and workers with bottled water. This is mandatory for 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, team coordinators, and head coach from visiting team.
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 or Hy-Tek)
 - Place Cards
 - Heat Sheet
 - Score Sheet
 - Meet Roster, (not team roster), to be given to the meet referee
4. Ribbons

Set-up

1. All paperwork must be 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
- Event Board

Announcer

The starter and announcer **DO NOT** have to be separate people. One person can do the job of the starter and announcer, provided that the person can do both jobs without being distracted and are able to be at the pool deck, next to the meet referee. This is not a requirement and teams can still have the option of the jobs be split to have 1 starter and 1 announcer.

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, Girls 7/8, 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 starter and announcer **DO NOT** have to be separate people. One person can do the job of the starter and announcer, provided that the person can do both jobs without being distracted and are able to be at the pool deck, next to the meet referee. This is not a requirement and teams can still have the option of the jobs be split to have 1 starter and 1 announcer.

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.

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. Each team must provide a caller and writer and they must be on opposite finish sides.
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. These forms are collected by the runner who will turn it in to the scoring table.
4. Judges shall not also serve as timers concurrently.
5. 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 order of finish is determined by the place judge cards. If they are not in agreement, they should be taken to the referee for final determination in heat 1 only. 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:

Individual Events:

1st Place: 5 Points
2nd Place: 3 Points
3rd Place: 2 Points
4th Place: 1 Point

Relays:

1st Place: 7 Points
2nd Place: 4 Points

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

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

Tie: in the event of a tie that is not resolved by the place judges in conjunction with the referee, the following process shall be used: Points for 1st and 2nd 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. It is recommended that there shall be at least one timer for each end of the pool to accommodate one-length events. The home team will be responsible for even lanes and the visiting team will be responsible for the 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 in the fifth lane.

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 and collect 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):

Once the referee has given the out reached arm signal to the starter the starter will proceed with the following:

- a. 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.
- b. When all swimmers are motionless in starting position, he/she gives the starting signal.
- c. 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 less than 4ft. 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 per event 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.

Dive Over Starts

1. May be performed on all forward start events and relays
2. Dive over starts are permitted in the following circumstances:
 - Both team's coordinators must agree to have dive over starts and on the age groups
 - 11 and over events
 - Host pool must have dive blocks

Disqualifications

1. The referee will use CSSL-provided disqualification report forms to report all disqualifications and infractions.
2. The swimmer must be attempting the designated stroke.
3. Week 1 disqualifications will be 9 and up, week 2 will be 7 and above. 5 and 6 will only be disqualified for safety violations.

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 in [Host team Equipment](#)
 - 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 the 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 order of finish.

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 Executive Board. The following penalties can and will be imposed as outlined in the [Infractions and Penalties](#) section.

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 Board to be reinstated at the end of the probationary period.
2. Executive Board will advise all other coordinators in his/her division of any team suspensions or probations.
3. The Executive Board 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 the Executive Board if there are problems during the meet

Apparel

Proper swim meet attire must be worn at your summer league meets. USA, high school, or any other team cannot be represented on 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" rule 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 host team will provide anyone with USA team information.

Protest

Any team may lodge a protest for violation of rules. All protests must be delivered to the Cobb Summer Swim League within 48 hours of the conclusion of the meet in question. No protest will be accepted after 48 hours. CSSL may call an Executive Council meeting if necessary.

When lodging a protest questioning the USA status of a swimmer, the protesting coordinator will be required to bring the proof to the executive board.

State Qualifying Meet (County Meet)

Cobb County Parks and Recreation is responsible for sponsoring, hosting, and running 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.

G.R.P.A. State Meet

Cobb County Parks and Recreation is responsible for providing information on the GRPA meet.

Appendix A – Order of Events

1. 7-8 GIRLS	2 LENGTHS FREESTYLE (3H)	45. 5 & 6 GIRLS	1 LENGTH BACK (6H)
2. 7-8 BOYS	2 LENGTHS FREESTYLE (3H)	46. 5 & 6 BOYS	1 LENGTH BACK (6H)
3. 9-10 GIRLS	2 LENGTHS FREESTYLE (3H)	47. 7-8 GIRLS	4 LENGTH IM (1H)
4. 9-10 BOYS	2 LENGTHS FREESTYLE (3H)	48. 7-8 BOYS	4 LENGTH IM (1H)
5. 11-12 GIRLS	4 LENGTHS FREESTYLE (3H)	49. 9-10 GIRLS	4 LENGTH IM (1H)
6. 11-12 BOYS	4 LENGTHS FREESTYLE (3H)	50. 9-10 BOYS	4 LENGTH IM (1H)
7. 13-14 GIRLS	4 LENGTHS FREESTYLE (3H)	51. 11-12 GIRLS	4 LENGTH IM (1H)
8. 13-14 BOYS	4 LENGTHS FREESTYLE (3H)	52. 11-12 BOYS	4 LENGTH IM (1H)
9. 15-18 GIRLS	4 LENGTHS FREESTYLE (3H)	53. 13-14 GIRLS	4 LENGTH IM (1H)
10. 15-18 BOYS	4 LENGTHS FREESTYLE (3H)	54. 13-14 BOYS	4 LENGTH IM (1H)
11. 5 & 6 GIRLS	1 LENGTH FREESTYLE (7H)	55. 15-18 GIRLS	4 LENGTH IM (1H)
12. 5 & 6 BOYS	1 LENGTH FREESTYLE (7H)	56. 15-18 BOYS	4 LENGTH IM (1H)
13. 7-8 GIRLS	4 LENGTH MEDLEY RELAY*	57. 7-8 GIRLS	1 LENGTH BACK (6H)
14. 7-8 BOYS	4 LENGTH MEDLEY RELAY*	58. 7-8 BOYS	1 LENGTH BACK (6H)
15. 9-10 GIRLS	4 LENGTH MEDLEY RELAY*	59. 9-10 GIRLS	1 LENGTH BACK (6H)
16. 9-10 BOYS	4 LENGTH MEDLEY RELAY*	60. 9-10 BOYS	1 LENGTH BACK (6H)
17. 11-12 GIRLS	8 LENGTH MEDLEY RELAY*	61. 11-12 GIRLS	2 LENGTH BACK (6H)
18. 11-12 BOYS	8 LENGTH MEDLEY RELAY*	62. 11-12 BOYS	2 LENGTH BACK (6H)
19. 13-14 GIRLS	8 LENGTH MEDLEY RELAY*	63. 13-14 GIRLS	2 LENGTH BACK (6H)
20. 13-14 BOYS	8 LENGTH MEDLEY RELAY*	64. 13-14 BOYS	2 LENGTH BACK (6H)
21. 15-18 GIRLS	8 LENGTH MEDLEY RELAY*	65. 15-18 GIRLS	2 LENGTH BACK (6H)
22. 15-18 BOYS	8 LENGTH MEDLEY RELAY*	66. 15-18 BOYS	2 LENGTH BACK (6H)
23. 5 & 6 GIRLS	4 LENGTH FREE RELAY*	67. 7-8 GIRLS	1 LENGTH FLY (3H)
24. 5 & 6 BOYS	4 LENGTH FREE RELAY*	68. 7-8 BOYS	1 LENGTH FLY (3H)
25. 7-8 GIRLS	1 LENGTH FREESTYLE (7H)	69. 9-10 GIRLS	1 LENGTH FLY (3H)
26. 7-8 BOYS	1 LENGTH FREESTYLE (7H)	70. 9-10 BOYS	1 LENGTH FLY (3H)
27. 9-10 GIRLS	1 LENGTH FREESTYLE (7H)	71. 11-12 GIRLS	2 LENGTH FLY (3H)
28. 9-10 BOYS	1 LENGTH FREESTYLE (7H)	72. 11-12 BOYS	2 LENGTH FLY (3H)
29. 11-12 GIRLS	2 LENGTHS FREESTYLE (7H)	73. 13-14 GIRLS	2 LENGTH FLY (3H)
30. 11-12 BOYS	2 LENGTHS FREESTYLE (7H)	74. 13-14 BOYS	2 LENGTH FLY (3H)
31. 13-14 GIRLS	2 LENGTHS FREESTYLE (7H)	75. 15-18 GIRLS	2 LENGTH FLY (3H)
32. 13-14 BOYS	2 LENGTHS FREESTYLE (7H)	76. 15-18 BOYS	2 LENGTH FLY (3H)
33. 15-18 GIRLS	2 LENGTHS FREESTYLE (7H)		
34. 15-18 BOYS	2 LENGTHS FREESTYLE (7H)		
35. 7-8 GIRLS	1 LENGTH BREAST (5H)	77. 7-8 GIRLS	4 LENGTH FREE RELAY*
36. 7-8 BOYS	1 LENGTH BREAST (5H)	78. 7-8 BOYS	4 LENGTH FREE RELAY*
37. 9-10 GIRLS	1 LENGTH BREAST (5H)	79. 9-10 GIRLS	4 LENGTH FREE RELAY*
38. 9-10 BOYS	1 LENGTH BREAST (5H)	80. 9-10 BOYS	4 LENGTH FREE RELAY*
39. 11-12 GIRLS	2 LENGTH BREAST (5H)	81. 11-12 GIRLS	8 LENGTH FREE RELAY*
40. 11-12 BOYS	2 LENGTH BREAST (5H)	82. 11-12 BOYS	8 LENGTH FREE RELAY*
41. 13-14 GIRLS	2 LENGTH BREAST (5H)	83. 13-14 GIRLS	8 LENGTH FREE RELAY*
42. 13-14 BOYS	2 LENGTH BREAST (5H)	84. 13-14 BOYS	8 LENGTH FREE RELAY*
43. 15-18 GIRLS	2 LENGTH BREAST (5H)	85. 15-18 GIRLS	8 LENGTH FREE RELAY*
44. 15-18 BOYS	2 LENGTH BREAST (5H)	86. 15-18 BOYS	8 LENGTH FREE RELAY*

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 vents](#)

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 is 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.)
- 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

At 5:45, the referee will have a meeting with all coaches, coordinators, place judges, timers, announcer, and the starter. The meeting agenda will include the following:

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, I 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, a meet roster, **and** at the conclusion of the meet they will get the Score Sheet from the Visiting Team. The Heat Sheets and a Score Sheet will be turned in to CSSL each week.

Appendix C - 5th Lane Rule

first right of refusal” for 5th Lane

1.	7-8 GIRLS	2 LENGTHS FREESTYLE (3H)	Home team has 5 th Lane in Odd Heats
2.	7-8 BOYS	2 LENGTHS FREESTYLE (3H)	Visiting team has 5 th Lane in Odd Heats
3.	9-10 GIRLS	2 LENGTHS FREESTYLE (3H)	Visiting team has 5 th Lane in Odd Heats
4.	9-10 BOYS	2 LENGTHS FREESTYLE (3H)	Home team has 5 th Lane in Odd Heats
5.	11-12 GIRLS	4 LENGTHS FREESTYLE (3H)	Home team has 5 th Lane in Odd Heats
6.	11-12 BOYS	4 LENGTHS FREESTYLE (3H)	Visiting team has 5 th Lane in Odd Heats
7.	13-14 GIRLS	4 LENGTHS FREESTYLE (3H)	Visiting team has 5 th Lane in Odd Heats
8.	13-14 BOYS	4 LENGTHS FREESTYLE (3H)	Home team has 5 th Lane in Odd Heats
9.	15-18 GIRLS	4 LENGTHS FREESTYLE (3H)	Home team has 5 th Lane in Odd Heats
10.	15-18 BOYS	4 LENGTHS FREESTYLE (3H)	Visiting team has 5 th Lane in Odd Heats
11.	5 & 6 GIRLS	1 LENGTH FREESTYLE (7H)	Home team has 5 th Lane in Odd Heats
12.	5 & 6 BOYS	1 LENGTH FREESTYLE (7H)	Visiting team has 5 th Lane in Odd Heats
13.	7-8 GIRLS	4 LENGTH MEDLEY RELAY*	Home team has 5 th Lane
14.	7-8 BOYS	4 LENGTH MEDLEY RELAY*	Visiting team has 5 th Lane
15.	9-10 GIRLS	4 LENGTH MEDLEY RELAY*	Home team has 5 th Lane
16.	9-10 BOYS	4 LENGTH MEDLEY RELAY*	Visiting team has 5 th Lane
17.	11-12 GIRLS	8 LENGTH MEDLEY RELAY*	Home team has 5 th Lane
18.	11-12 BOYS	8 LENGTH MEDLEY RELAY*	Visiting team has 5 th Lane
19.	13-14 GIRLS	8 LENGTH MEDLEY RELAY*	Home team has 5 th Lane
20.	13-14 BOYS	8 LENGTH MEDLEY RELAY*	Visiting team has 5 th Lane
21.	15-18 GIRLS	8 LENGTH MEDLEY RELAY*	Home team has 5 th Lane
22.	15-18 BOYS	8 LENGTH MEDLEY RELAY*	Visiting team has 5 th Lane
23.	5 & 6 GIRLS	4 LENGTH FREE RELAY*	Visiting team has 5 th Lane
24.	5 & 6 BOYS	4 LENGTH FREE RELAY*	Home team has 5 th Lane
25.	7-8 GIRLS	1 LENGTH FREESTYLE (7H)	Home team has 5 th Lane in Odd Heats
26.	7-8 BOYS	1 LENGTH FREESTYLE (7H)	Visiting team has 5 th Lane in Odd Heats
27.	9-10 GIRLS	1 LENGTH FREESTYLE (7H)	Visiting team has 5 th Lane in Odd Heats
28.	9-10 BOYS	1 LENGTH FREESTYLE (7H)	Home team has 5 th Lane in Odd Heats
29.	11-12 GIRLS	2 LENGTHS FREESTYLE (7H)	Home team has 5 th Lane in Odd Heats
30.	11-12 BOYS	2 LENGTHS FREESTYLE (7H)	Visiting team has 5 th Lane in Odd Heats
31.	13-14 GIRLS	2 LENGTHS FREESTYLE (7H)	Visiting team has 5 th Lane in Odd Heats
32.	13-14 BOYS	2 LENGTHS FREESTYLE (7H)	Home team has 5 th Lane in Odd Heats
33.	15-18 GIRLS	2 LENGTHS FREESTYLE (7H)	Home team has 5 th Lane in Odd Heats
34.	15-18 BOYS	2 LENGTHS FREESTYLE (7H)	Visiting team has 5 th Lane in Odd Heats
35.	7-8 GIRLS	1 LENGTH BREAST (5H)	Home team has 5 th Lane in Odd Heats
36.	7-8 BOYS	1 LENGTH BREAST (5H)	Visiting team has 5 th Lane in Odd Heats
37.	9-10 GIRLS	1 LENGTH BREAST (5H)	Visiting team has 5 th Lane in Odd Heats
38.	9-10 BOYS	1 LENGTH BREAST (5H)	Home team has 5 th Lane in Odd Heats
39.	11-12 GIRLS	2 LENGTH BREAST (5H)	Home team has 5 th Lane in Odd Heats
40.	11-12 BOYS	2 LENGTH BREAST (5H)	Visiting team has 5 th Lane in Odd Heats
41.	13-14 GIRLS	2 LENGTH BREAST (5H)	Visiting team has 5 th Lane in Odd Heats
42.	13-14 BOYS	2 LENGTH BREAST (5H)	Home team has 5 th Lane in Odd Heats
43.	15-18 GIRLS	2 LENGTH BREAST (5H)	Home team has 5 th Lane in Odd Heats
44.	15-18 BOYS	2 LENGTH BREAST (5H)	Visiting team has 5 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

47. 7-8 GIRLS	4 LENGTH IM (1H)	Visiting team has 5 th Lane
48. 7-8 BOYS	4 LENGTH IM (1H)	Home team has 5 th Lane
49. 9-10 GIRLS	4 LENGTH IM (1H)	Home team has 5 th Lane
50. 9-10 BOYS	4 LENGTH IM (1H)	Visiting team has 5 th Lane
51. 11-12 GIRLS	4 LENGTH IM (1H)	Visiting team has 5 th Lane
52. 11-12 BOYS	4 LENGTH IM (1H)	Home team has 5 th Lane in
53. 13-14 GIRLS	4 LENGTH IM (1H)	Home team has 5 th Lane in
54. 13-14 BOYS	4 LENGTH IM (1H)	Visiting team has 5 th Lane
55. 15-18 GIRLS	4 LENGTH IM (1H)	Visiting team has 5 th Lane
56. 15-18 BOYS	4 LENGTH IM (1H)	Home team has 5 th Lane
57. 7-8 GIRLS	1 LENGTH BACK (6H)	Home team – Odd Heats; Visiting team – Even Heats
58. 7-8 BOYS	1 LENGTH BACK (6H)	Home team – Odd Heats; Visiting team – Even Heats
59. 9-10 GIRLS	1 LENGTH BACK (6H)	Home team – Odd Heats; Visiting team – Even Heats
60. 9-10 BOYS	1 LENGTH BACK (6H)	Home team – Odd Heats; Visiting team – Even Heats
61. 11-12 GIRLS	2 LENGTH BACK (6H)	Home team – Odd Heats; Visiting team – Even Heats
62. 11-12 BOYS	2 LENGTH BACK (6H)	Home team – Odd Heats; Visiting team – Even Heats
63. 13-14 GIRLS	2 LENGTH BACK (6H)	Home team – Odd Heats; Visiting team – Even Heats
64. 13-14 BOYS	2 LENGTH BACK (6H)	Home team – Odd Heats; Visiting team – Even Heats
65. 15-18 GIRLS	2 LENGTH BACK (6H)	Home team – Odd Heats; Visiting team – Even Heats
66. 15-18 BOYS	2 LENGTH BACK (6H)	Home team – Odd Heats; Visiting team – Even Heats
67. 7-8 GIRLS	1 LENGTH FLY (3H)	Visiting team has 5 th Lane in Odd Heats
68. 7-8 BOYS	1 LENGTH FLY (3H)	Home team has 5 th Lane in Odd Heats
69. 9-10 GIRLS	1 LENGTH FLY (3H)	Home team has 5 th Lane in Odd Heats
70. 9-10 BOYS	1 LENGTH FLY (3H)	Visiting team has 5 th Lane in Odd Heats
71. 11-12 GIRLS	2 LENGTH FLY (3H)	Home team has 5 th Lane in Odd Heats
72. 11-12 BOYS	2 LENGTH FLY (3H)	Home team has 5 th Lane in Odd Heats
73. 13-14 GIRLS	2 LENGTH FLY (3H)	Visiting team has 5 th Lane in Odd Heats
74. 13-14 BOYS	2 LENGTH FLY (3H)	Visiting team has 5 th Lane in Odd Heats
75. 15-18 GIRLS	2 LENGTH FLY (3H)	Home team has 5 th Lane in Odd Heats
76. 15-18 BOYS	2 LENGTH FLY (3H)	Visiting team has 5 th Lane in Odd Heats
77. 7-8 GIRLS	4 LENGTH FREE RELAY*	Visiting team has 5 th Lane
78. 7-8 BOYS	4 LENGTH FREE RELAY*	Home team has 5 th Lane
79. 9-10 GIRLS	4 LENGTH FREE RELAY*	Visiting team has 5 th Lane
80. 9-10 BOYS	4 LENGTH FREE RELAY*	Visiting team has 5 th Lane
81. 11-12 GIRLS	8 LENGTH FREE RELAY*	Home team has 5 th Lane
82. 11-12 BOYS	8 LENGTH FREE RELAY*	Home team has 5 th Lane
83. 13-14 GIRLS	8 LENGTH FREE RELAY*	Visiting team has 5 th Lane
84. 13-14 BOYS	8 LENGTH FREE RELAY*	Home team has 5 th Lane
85. 15-18 GIRLS	8 LENGTH FREE RELAY*	Visiting team has 5 th Lane
86. 15-18 BOYS	8 LENGTH FREE RELAY*	Home team has 5 th Lane

Relays: Only Have One Heat for Relays

*Teams may choose 2 relays and add one additional heat