



February 15, 2007

Special Notice to All Members of USA Swimming

Pursuant to USA Swimming Rule 504.8, the USA Swimming Board of Directors has decided to amend Rule 103.2.2 (page 43 of the 2007 Rules & Regulations) which specifically applies to teaching racing starts to provide as follows:

103.2 WATER DEPTH –

*.2 /M/ **Teaching Racing Starts** – Minimum water depth for teaching racing starts in any setting from any height starting block or the deck shall be 6 feet (1.84 meters) measured for a distance of 3 feet 31/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall.*

This decision has been made with the advice and consent of the Safety Education Committee, the Rules and Regulations Committee, and legal counsel. The purpose of this action is to further protect novice swimmers from accidental bottom strikes while they are learning to execute racing starts. This change is effective immediately.

Please direct any questions about this announcement to Bruce Stratton, Chairperson of the Rules & Regulations Committee. His email address is: bruce@strattoncpa.com.