

# **USA SWIMMING ALTITUDE ADJUSTMENTS**

**(as of August 2009)**

**(NOTE: as of 2008 the following is no longer part of the Rules & Regulations book of USA Swimming, and may be amended at any time by the Board of Directors. As of August 2009 altitude adjusted times are still tabulated in the USA Swimming SWIMS database. To be certain you can enter a meet with adjusted times, refer to the meet information or the meet referee.)**

207.10.5 (2007 version): Times achieved at an altitude of 3,000 feet or above may be adjusted as follows:

### **Time Adjustment**

<b>Event Distance</b>	<b>3000 - 4250 Feet</b>	<b>4251 - 6500 Feet</b>	<b>Above 6500 Feet</b>
200	.50 Sec.	1.20 Sec.	1.60 Sec.
400 or 500	2.50 Sec.	5.00 Sec.	7.00 Sec.
800 freestyle relay	2.00 Sec.	4.80 Sec.	6.40 Sec.
800 or 1000	5.00 Sec.	10.00 Sec.	15.00 Sec.
1500 or 1650	11.00 Sec.	23.00 Sec.	32.50 Sec.

- (1) Subtract the time indicated above from the actual time achieved at altitude. This is the time to be used on the entry form and seeding will be based on that time. Information relative to the adjustment accompanying the entry form must include name of swimmer, event, date of performance, elevation location, actual time, corrected time and signature of coach.
  - (2) A swimmer or relay may use the above adjustments to meet the national qualifying time standard and seeding will be based upon that time.
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