



# **Richmond Metropolitan Aquatics League**

[www.swimrmal.org](http://www.swimrmal.org)  
rmalswim@gmail.com

Officials  
Training

2023 Season

# Agenda

The Mission

The philosophy of officiating swimming

Typical Jurisdictions for RMAL & the DQ Slip

Definitions

Technical Rules

IM and Relays

# Mission “Why we do it”

- Establish and ensure a fun, fair environment where all swimmers can flourish
- Contribute to our children’s development
- Help the coaches help the swimmers
- Contribute to the sport’s development
- You meet some really nice people along the way
- We need your help



# The philosophy of officiating swimming

**1. The swimmer ALWAYS gets the benefit of the doubt.**

**(Penalty of “disqualification” is one of the most severe of any sport)**

2. Everything is grounded in the rules. The rules determine what is allowed and what is not.

- “Ugly but legal” - Officials are NOT coaches

3. Observe, do not inspect or scrutinize

4. Call what you see, and see what you call.

5. Observation should be fair, impartial, and consistent for all rules and all swimmers (all lanes/all heats/all ages/all skill levels)

6. Do not make calls which may have been unduly influenced by “other” pressures such as:

a) A string of similar calls, Pressure to “make a call”, A situation from another swimmer



# The philosophy of officiating swimming

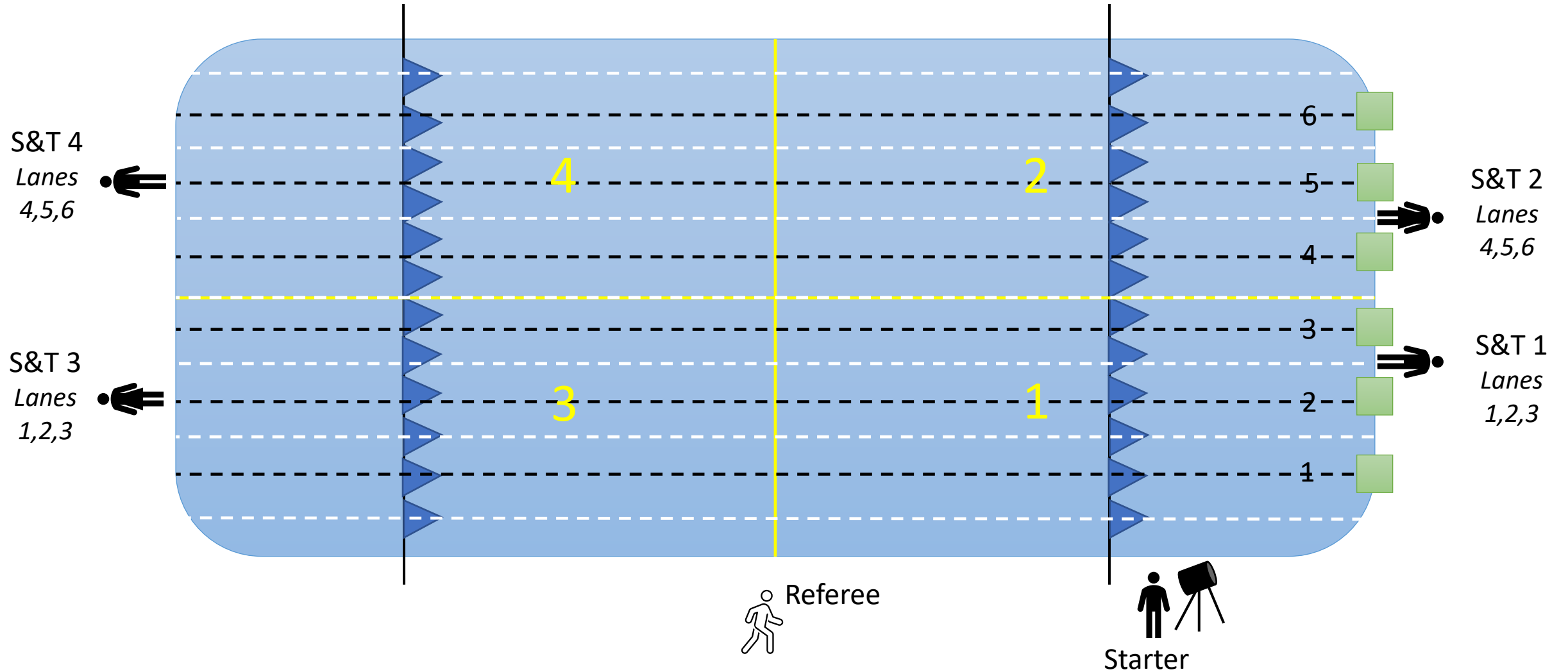
1. Step up immediately to the edge of the pool after the start if at the start end -- Be behind the blocks prior to the start
2. Be at the edge -- You will get wet!
3. Watch empty lanes to ensure equity from heat to heat
4. If the hand is not raised, then there is no call.
  - Prompt, confident, and decisive. Reflexive in nature.
    - Not enthusiastically or unsure
  - Raise your hand high and hold ~ 3-5 secs
  - A raised hand does not have to be a call
5. If there is doubt about a call or which swimmer made the infraction, raise your hand.



# The philosophy of officiating swimming

1. Work to improve your craft
  1. Review the stroke briefing before each meet
  2. Reflect on your performance after the meet
  3. Ask questions
2. Maintain a positive attitude at all times
3. Have Fun / Smile!

# Jurisdiction and Official Placement on the Deck



# The DQ Slip



Richmond Metropolitan Aquatics League

**USA SWIMMING** DISQUALIFICATION REPORT

EVENT # \_\_\_\_\_ HEAT \_\_\_\_\_ LANE \_\_\_\_\_  
 SWIMMER \_\_\_\_\_ TEAM \_\_\_\_\_

**BUTTERFLY** START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_  
 KICK: ALTERNATING (1A) \_\_\_\_\_ BREAST (1B) \_\_\_\_\_ SCISSORS (1C) \_\_\_\_\_  
 ARMS: NON-SIMULTANEOUS (1J) \_\_\_\_\_ MISCELLANEOUS RECOVERY (1F) \_\_\_\_\_  
 TOUCH: ONE HAND (1J) \_\_\_\_\_ NOT SEPARATED (1H) \_\_\_\_\_  
 NON-SIMULTANEOUS (1L) \_\_\_\_\_ NO TOUCH (1K) \_\_\_\_\_  
 NOT TOWARD THE BREAST OFF WALL (1M) \_\_\_\_\_  
 HEAD DID NOT BREAK SURFACE BY 15m (1N) \_\_\_\_\_ RE-SUBMERGED (1R) \_\_\_\_\_  
 OTHER (1T): \_\_\_\_\_

**BACKSTROKE** START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_  
 NO TOUCH AT TURN (2I) # \_\_\_\_\_  
 PAST VERTICAL AT TURN:  
 DELAY INITIATING ARM PULL (2S) \_\_\_\_\_ DELAY INITIATING TURN (2T) \_\_\_\_\_  
 MULTIPLE STROKES (2U) \_\_\_\_\_  
 TOES OVER LIP OF GUTTER AFTER THE START (2P) \_\_\_\_\_  
 HEAD DID NOT BREAK SURFACE BY 15m (2N) \_\_\_\_\_ RE-SUBMERGED (2R) \_\_\_\_\_  
 NOT ON BACK OFF WALL (2K) \_\_\_\_\_  
 SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) \_\_\_\_\_  
 OTHER (2T): \_\_\_\_\_

**BREASTSTROKE** START \_\_\_\_\_ SWIM \_\_\_\_\_ TURN \_\_\_\_\_ FINISH \_\_\_\_\_  
 KICK: ALTERNATING (3A) \_\_\_\_\_ BUTTERFLY (3C) \_\_\_\_\_ SCISSORS (3D) \_\_\_\_\_  
 ARMS: PAST HORIZONTAL (3E) \_\_\_\_\_ NON-SIMULTANEOUS (3F) \_\_\_\_\_  
 TWO STROKES UNDER (3G) \_\_\_\_\_ NOT IN SAME HORIZONTAL PLANE (3H) \_\_\_\_\_  
 ELBOWS RECOVERED OVER WATER (3I) \_\_\_\_\_  
 TOUCH: ONE HAND (3J) \_\_\_\_\_ NOT SEPARATED (3N) \_\_\_\_\_  
 NON-SIMULTANEOUS (3L) \_\_\_\_\_ NO TOUCH (3K) \_\_\_\_\_  
 NOT TOWARD THE BREAST OFF WALL (3M) \_\_\_\_\_  
 CYCLE: KICK BEFORE PULL (3Q) \_\_\_\_\_ HEAD NOT UP (3P) \_\_\_\_\_  
 DOUBLE PULLS/KICKS (3S) \_\_\_\_\_  
 OTHER (3T): \_\_\_\_\_

**FREESTYLE**  
 NO TOUCH AT TURN (4K) # \_\_\_\_\_  
 HEAD DID NOT BREAK SURFACE BY 15m (4N) \_\_\_\_\_ RE-SUBMERGED (4C) \_\_\_\_\_

**INDIVIDUAL MEDLEY**  
 STROKE INFRACTION(S) # \_\_\_\_\_ OUT OF SEQUENCE (5P) \_\_\_\_\_  
 FOURTH DISTANCE SWIM IN STYLE OF PREVIOUS STROKE \_\_\_\_\_

**RELAYS**  
 STROKE INFRACTION: (61-64) # \_\_\_\_\_ SWIMMER # \_\_\_\_\_  
 EARLY TAKE OFF SWIMMER (66-68) # \_\_\_\_\_  
 CHANGED ORDER (6P): SWIMMER \_\_\_\_\_ STROKE \_\_\_\_\_  
 OTHER (6T): \_\_\_\_\_

**MISCELLANEOUS**  
 FALSE START (7O) \_\_\_\_\_ DECLARED FALSE START (7P) \_\_\_\_\_  
 DID NOT FINISH (7Q) \_\_\_\_\_ DELAY OF MEET (7R) \_\_\_\_\_  
 OTHER (7S-Z): \_\_\_\_\_

JUDGE: \_\_\_\_\_  
(print name clearly)

REFEREE: \_\_\_\_\_  
(print name clearly)

NOTIFIED: \_\_\_\_\_ SWIMMER \_\_\_\_\_ COACH \_\_\_\_\_

rev. (7/19)

**DESK/REFEREE**

**USA SWIMMING** DISQUALIFICATION REPORT

EVENT # \_\_\_\_\_ HEAT \_\_\_\_\_ LANE \_\_\_\_\_

SWIMMER \_\_\_\_\_ TEAM \_\_\_\_\_

Must fill out prior to signing

Must be filled out before giving to coach

The S&T judge always fills out the red and can fill out the green, if known. The computer operator must make sure that the green is filled out before DQ slip is given to the swimmer's coach.

JUDGE: S&T Judge to print name here  
(print name clearly)

REFEREE: Referee to print name here  
(print name clearly)

NOTIFIED: \_\_\_\_\_ SWIMMER \_\_\_\_\_ COACH \_\_\_\_\_

rev. (7/19)

**DESK/REFEREE**

The referee should make sure that coaches are notified in a timely manner





# Heat Sheet DQ Example

DIT = Delay  
Initiating Turn

Kicking  
No body  
undulation

Heat 2 of 4 Finals Starts at 09:35 AM					
1	Franklin, Missy	16	SRVA-VA	1:29.70	Kicking
②	Lochte, Ryan	15	WAC-VA	1:26.18	DIT
3	Phelps, Michael	16	SRVA-VA	1:25.53	no
4	Ledecky, Katie	17	SRVA-VA	1:22.98	body
5	Dressel, Caeleb	17	SRVA-VA	1:23.79	undulation
6	Soni, Rebeca	15	SRVA-VA	1:25.60	
7	Coughlin, Natalie	16	BASS-VA	1:26.89	
8	Hoff, Katie	15	WAC-VA	1:33.26	

Drawing of  
distance  
from wall

Notice lane number circled / Infraction Identified / notes to help explain the call

# Definitions

- Arm—That part of the body that extends from the shoulder to the wrist
- Body—The torso, including the shoulders and hips
- Simultaneously—Occurring at the same time
- May—Permissive, not mandatory
- Shall—Mandatory

# Definitions

- **Vertical**—Perpendicular to the water surface
- **On the Back**—Position of the body when the shoulders are at or past vertical towards the back
- **On the Breast**—Position of the body when the shoulders are at or past vertical towards the breast
- **Propulsive**—Having the power to propel
- **Scissor Kick**—Use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick

# Definitions

- **Touch**—Contact with the end of the course
- **Turn**—A point where the swimmers reverse or change direction
- **Finish**—The instant that a swimmer touches the wall at the end of the prescribed distance
- **Wall**—Vertical portion of the pool, contiguous surfaces of the deck and overflow gutter, the front portion of the starting block or platform, or the touchpad at the end of the course

# Think of all strokes in the following pieces

1. The Start
2. The Stroke / Arms
3. The Kick
4. The Turn
5. The Finish

# Links to USA Swimming Videos on YouTube



How to officiate breaststroke: <https://youtu.be/6ZXUEfP-Agc>

How to officiate butterfly: <https://youtu.be/4ajQQQnSKQ0>

How to officiate backstroke: <https://youtu.be/v5IjKFBIY18?t=60>

How to officiate freestyle: <https://youtu.be/baQJzcnG3oQ>

How to officiate the Individual Medley: [https://youtu.be/6w452d\\_ZcAA](https://youtu.be/6w452d_ZcAA)

# Technical Rules

- Freestyle
- Backstroke
- Butterfly
- Breaststroke
- Individual Medley
- Relays

Please pause this video and watch...



How to officiate freestyle: <https://youtu.be/baQJzcnG3oQ>



# Freestyle

## Start

- Forward start.

## Stroke/Kick

- Any style may be used.
- Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

## Turns/Finish

- Some part of swimmer must touch the wall at completion of each length or required distance.

# DQ Slip--Freestyle



## FREESTYLE

NO TOUCH AT TURN (4K) #

HEAD DID NOT BREAK SURFACE BY 15m (4N) \_\_\_\_\_ RE-SUBMERGED (4C) \_\_\_\_\_

Swimmer returns  
underwater and  
gains distance via  
propulsive motion

- Walking on/springing from bottom
- Pulling on lane lines
- Swimmer leaves the pool when they lose contact with the water

Please pause this video and watch...



How to officiate backstroke: <https://youtu.be/v5IjKFBIY18?t=60>

# Backstroke



## Start

- In water facing start end

## Stroke/Kick

- Any style as long as swimmer remains on the back.
- Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

[Officiating Backstroke](#)

# Backstroke



## Turns

- During turn swimmer may go past vertical to the breast and may utilize a continuous single or continuous simultaneous double arm pull to initiate the turn.
- Some part of the swimmer must touch the wall at the completion of each length.
- Shoulders at or past vertical toward back when feet leave wall.

## Finish

- Some part of swimmer must touch the wall while on the back.
- Swimmer can be completely submerged prior to the finish touch once head has passed the backstroke flags

# DQ Slip--Backstroke



From Entry to Surfacing      From Surfacing to last stroke prior to turn      Last stroke in, wall, to heads up      Last stroke in to finish

	START	SWIM	TURN	FINISH
<b>BACKSTROKE</b>			✓	
TURN	NO TOUCH AT TURN (2I) # _____			
	PAST VERTICAL AT TURN:			
TURN	DELAY INITIATING ARM PULL (2S) _____		✓	
	DELAY INITIATING TURN (2T) _____			
TURN	MULTIPLE STROKES (2U) _____			
	TOES OVER LIP OF GUTTER AFTER THE START (2P) _____			
	HEAD DID NOT BREAK SURFACE BY 15m (2N) _____			
	RE-SUBMERGED (2R) _____			
	NOT ON BACK OFF WALL (2K) _____			
	SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) _____			
	OTHER (2T): _____			

"Delay" means that there are no body motions to initiate the turn

More than one stroke after swimmer is on the breast

Swimmer returns underwater and gains distance via propulsive motion

Swimmer is on the breast

- Arm pull can be slooowww
- Wall can break the turn
- Swimmer cannot scull back if swimmer failed to touch the wall

Please pause this video and watch...



Richmond  
Metropolitan  
Aquatics  
League

How to officiate butterfly: <https://youtu.be/4ajQQQnSKQ0>

# Butterfly



## Start

- Forward start

## Stroke

- Body kept on breast.
- Multiple kicks permitted but first arm pull must bring swimmer to the surface.
- Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.
- Arms, shoulder to wrist, brought forward over water and pulled back simultaneously.

[Officiating Butterfly](#)



# Butterfly



## Kick

- Simultaneous up and down movement.
- No alternating, scissors, or breaststroke kicking movements.

## Turns/Finish

- Shoulders at or past vertical toward breast when the swimmer leaves the wall.
- Touch should be made with both hands separated and simultaneous at, above, or below the water surface.

# Butterfly & Breaststroke



OK

Separated means:  
No stacked hands



The graphic features a blue background with a central vertical strip of water splashes. Four white rectangular boxes show hand positions: three at the top and one at the bottom. The top-left box shows two hands side-by-side with fingers spread. The top-middle box shows two hands stacked on top of each other. The top-right box shows two hands side-by-side with fingers spread. The bottom box shows two hands stacked on top of each other. The text 'OK' is in the top-left, 'Separated means: No stacked hands' is in the bottom-left, and the Fina logo is in the bottom-right.

# DQ Slip--Butterfly



From Entry  
to Surfacing

From Surfacing  
to last stroke  
prior to turn

Last stroke  
in, wall, to  
heads up

Last stroke  
in to finish

**BUTTERFLY**      START \_\_\_\_\_ SWIM  TURN \_\_\_\_\_ FINISH \_\_\_\_\_

KICK: ALTERNATING (1A) \_\_\_\_\_ BREAST (1B) \_\_\_\_\_ SCISSORS (1C) \_\_\_\_\_

ARMS: NON-SIMULTANEOUS (1E)  UNDERWATER RECOVERY (1F) \_\_\_\_\_

TOUCH: ONE HAND (1J) \_\_\_\_\_ NOT SEPARATED (1H) \_\_\_\_\_

          NON-SIMULTANEOUS (1L) \_\_\_\_\_ NO TOUCH (1K) \_\_\_\_\_

NOT TOWARD THE BREAST OFF WALL (1M) \_\_\_\_\_

HEAD DID NOT BREAK SURFACE BY 15m (1N) \_\_\_\_\_ RE-SUBMERGED (1R) \_\_\_\_\_

OTHER (1T): \_\_\_\_\_

Pull initiated, but arms  
recovered under the water

Swimmer returns underwater  
and gains distance via propulsive  
motion

Please pause this video and watch...



How to officiate breaststroke: <https://youtu.be/6ZXUEfP-Agc>

# Breaststroke

## Start

- Forward start.

## Stroke

- Body kept on breast.
- Stroke cycle is **one arm pull and one leg** kick in that order.
- Simultaneous arm movement.
- After start and each turn **one arm stroke may be completely back to legs**. Head must break surface at **widest part of second pull**.
- **Recovery by the hands from the breast-on**, under, or over the water. Elbows under water except last stroke before turn or finish.

# Breaststroke



## Kick

- After start and each turn, prior to the first breaststroke kick, a single butterfly kick is permitted.
- Movement of the legs shall be simultaneous.
- Feet turned out during propulsive part of kick.
- No alternating, scissors, or butterfly kick, except as stated, is allowed.

## Turns/Finish

- Shoulders at or past vertical toward breast when feet leave wall.
- Touch shall be made with both hands separated and simultaneously.
- At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted.
- Head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete stroke cycle preceding the touch.
- Once a touch has been made, the swimmer may turn in any manner

# Butterfly & Breaststroke



OK

Separated means:  
No stacked hands



The graphic features a blue background with a central vertical strip of water splashes. Four white rectangular boxes show hand positions: three at the top and one at the bottom. The top-left box shows two hands side-by-side with fingers spread. The top-middle box shows two hands stacked on top of each other. The top-right box shows two hands side-by-side with fingers spread. The bottom box shows two hands stacked on top of each other. The text 'OK' is in the top-left, 'Separated means: No stacked hands' is in the bottom-left, and the Fina logo is in the bottom-right.

# DQ Slip--Breaststroke



Richmond  
Metropolitan  
Aquatics  
League

From Entry  
to Surfacing

From Surfacing  
to last stroke  
prior to turn

Last stroke  
in, wall, to  
heads up

Last stroke  
in to finish

**BREASTSTROKE**      START \_\_\_\_\_ SWIM  TURN \_\_\_\_\_ FINISH \_\_\_\_\_  
KICK: ALTERNATING (3A) \_\_\_\_\_ BUTTERFLY (3C) \_\_\_\_\_ SCISSORS (3D) \_\_\_\_\_  
ARMS: PAST HIPLINE (3E)  NON-SIMULTANEOUS (3F) \_\_\_\_\_  
TWO STROKES UNDER (3G) \_\_\_\_\_ ~~NOT IN SAME HORIZONTAL PLANE (3H) \_\_\_\_\_~~  
ELBOWS RECOVERED OVER WATER (3I) \_\_\_\_\_  
TOUCH: ONE HAND (3J) \_\_\_\_\_ NOT SEPARATED (3N) \_\_\_\_\_  
NON-SIMULTANEOUS (3L) \_\_\_\_\_ NO TOUCH (3K) \_\_\_\_\_  
NOT TOWARD THE BREAST OFF WALL (3M) \_\_\_\_\_  
CYCLE: KICK BEFORE PULL (3Q) \_\_\_\_\_ HEAD NOT UP (3P) \_\_\_\_\_  
DOUBLE PULLS/KICKS (3S) \_\_\_\_\_  
OTHER (3T): \_\_\_\_\_

At turn, some part of the body other than  
the hands touch, or no touch at all

Head does not break the  
surface during a cycle



Please pause this video and watch...



How to officiate the Individual Medley: [https://youtu.be/6w452d\\_ZcAA](https://youtu.be/6w452d_ZcAA)

# Individual Medley

## Start

- Forward start

## Stroke/Kick

- Rules for each stroke apply.
- Must swim  $\frac{1}{4}$  of event distance as prescribed in stroke, in order of Butterfly, Backstroke, Breaststroke, and Freestyle.
- **May not swim in the style of the other three strokes during the freestyle leg.**

## Turns/Finish

- Transition turns conform to the finish rules for the stroke.
- **When transitioning from the breaststroke to freestyle, the swimmer must be on the breast before any stroke or kick**

# DQ Slip--Freestyle



Richmond  
Metropolitan  
Aquatics  
League

**BUTTERFLY** START \_\_\_\_ SWIM \_\_\_\_ TURN \_\_\_\_ FINISH \_\_\_\_  
KICK: ALTERNATING (1A) \_\_\_\_ BREAST (1B) \_\_\_\_ SCISSORS (1C) \_\_\_\_  
ARMS: NON-SIMULTANEOUS (1E) \_\_\_\_ UNDERWATER RECOVERY (1F) \_\_\_\_  
TOUCH: ONE HAND (1J) \_\_\_\_ NOT SEPARATED (1H) \_\_\_\_  
NON-SIMULTANEOUS (1L) \_\_\_\_ NO TOUCH (1K) \_\_\_\_  
NOT TOWARD THE BREAST OFF WALL (1M) \_\_\_\_  
HEAD DID NOT BREAK SURFACE BY 15m (1N) \_\_\_\_ RE-SUBMERGED (1R) \_\_\_\_  
OTHER (1T): \_\_\_\_\_

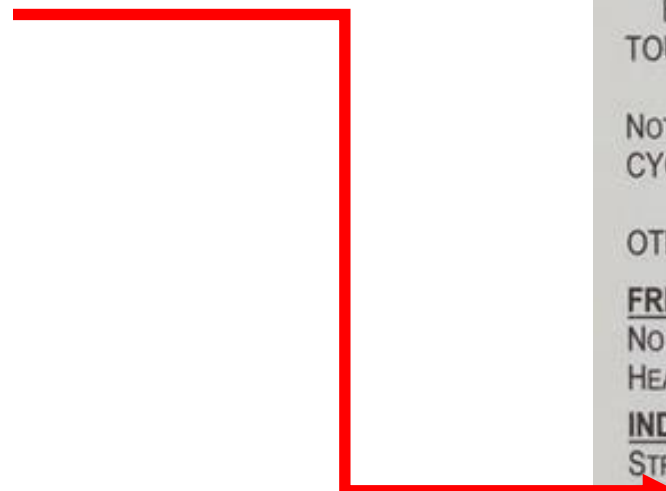
**BACKSTROKE** START \_\_\_\_ SWIM \_\_\_\_ TURN \_\_\_\_ FINISH \_\_\_\_  
NO TOUCH AT TURN (2I) # \_\_\_\_  
PAST VERTICAL AT TURN:  
DELAY INITIATING ARM PULL (2S) \_\_\_\_ DELAY INITIATING TURN (2T) \_\_\_\_  
MULTIPLE STROKES (2U) \_\_\_\_  
TOES OVER LIP OF GUTTER AFTER THE START (2P) \_\_\_\_  
HEAD DID NOT BREAK SURFACE BY 15m (2N) \_\_\_\_ RE-SUBMERGED (2R) \_\_\_\_  
NOT ON BACK OFF WALL (2K) \_\_\_\_  
SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) \_\_\_\_  
OTHER (2T): \_\_\_\_\_

**BREASTSTROKE** START \_\_\_\_ SWIM \_\_\_\_ TURN \_\_\_\_ FINISH \_\_\_\_  
KICK: ALTERNATING (3A) \_\_\_\_ BUTTERFLY (3C) \_\_\_\_ SCISSORS (3D) \_\_\_\_  
ARMS: PAST HIPLINE (3E) \_\_\_\_ NON-SIMULTANEOUS (3F) \_\_\_\_  
TWO STROKES UNDER (3G) \_\_\_\_ NOT IN SAME HORIZONTAL PLANE (3H) \_\_\_\_  
ELBOWS RECOVERED OVER WATER (3I) \_\_\_\_  
TOUCH: ONE HAND (3J) \_\_\_\_ NOT SEPARATED (3N) \_\_\_\_  
NON-SIMULTANEOUS (3L) \_\_\_\_ NO TOUCH (3K) \_\_\_\_  
NOT TOWARD THE BREAST OFF WALL (3M) \_\_\_\_  
CYCLE: KICK BEFORE PULL (3Q) \_\_\_\_ HEAD NOT UP (3P) \_\_\_\_  
DOUBLE PULLS/KICKS (3S) \_\_\_\_  
OTHER (3T): \_\_\_\_\_

**FREESTYLE**  
NO TOUCH AT TURN (4K) # \_\_\_\_  
HEAD DID NOT BREAK SURFACE BY 15m (4N) \_\_\_\_ RE-SUBMERGED (4C) \_\_\_\_

**INDIVIDUAL MEDLEY**  
STROKE INFRACTION(S) # 3f OUT OF SEQUENCE (5P) \_\_\_\_  
FOURTH DISTANCE SWIM IN STYLE OF PREVIOUS STROKE \_\_\_\_

Swimmer is  
swimming on the  
back during the  
freestyle leg



# Relays

## Freestyle Relay

- Freestyle rules apply.
- Each swimmer must swim  $\frac{1}{4}$  of distance.

## Medley Relay

- Rules pertaining to each stroke apply.
- Each swimmer must swim  $\frac{1}{4}$  of event distance as prescribed stroke, in order of **Backstroke, Breaststroke, Butterfly, and Freestyle**.
- **May not swim in the style of the other three strokes during the freestyle leg.**

## Takeoffs

- Swimmer's feet/foot must remain in contact with the starting platform until the incoming swimmer has touched the finish wall or pad.
- **Toes to Touch.**



Richmond  
Metropolitan  
Aquatics  
League

# DQ Slip--Relays

## RELAYS

STROKE INFRACTION: (61-64) # 3f SWIMMER # 3

EARLY TAKE OFF SWIMMER (66-68) # \_\_\_\_\_

CHANGED ORDER (6P): SWIMMER \_\_\_\_\_ STROKE \_\_\_\_\_

OTHER (6T): \_\_\_\_\_



# **Richmond Metropolitan Aquatics League**

Thank you

[www.swimrmal.org](http://www.swimrmal.org)  
rmalswim@gmail.com