

USPFC SWIMMING-2026

GUIDING BODIES

United States Police and Fire Championships (USPFC)
7944 Convoy Court, San Diego, CA 92111
Tele. (858) 571-9919; E-mail: 4info@cpaf.org

United States Masters Swimming Rules & Regulations
One Olympic Plaza, Colorado Springs, CO 80909
Tele: (719) 866-4578; FAX: (719) 578-4669
website: www.usaswimming.org

Entry Deadline: June 12, 2026

EVENTS

INDIVIDUAL: MEN & WOMEN

50 Yard Freestyle	100 Yard Breaststroke
50 Yard Backstroke	100 Yard Individual Medley
50 Yard Butterfly	200 Yard Freestyle
50 Yard Breaststroke	200 Yard Individual Medley
100 Yard Freestyle	500 Yard Freestyle
100 Yard Backstroke	1000 Yard Freestyle
100 Yard Butterfly	

4-PERSON TEAM:

200 Yard Freestyle Relay
200 Yard Medley Relay
200 Yard Mixed Freestyle Relay
200 Yard Mixed Medley Relay

"Mixed" relay teams must have at least one male & one female.

NOTE: A competitor may enter a **MAXIMUM** of five (5) individual events.

AGE CATEGORIES: in individual swimming events, competitors shall compete within their actual age category **ONLY**.

Men's and Women's individual events will be offered in the following age categories:

18-29	40-44
30-34	45-49
35-39	50-54

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55-59

70-74

60-64

75-79

65-69

80+ (Men only)

Relay events will be offered in the following age categories:

18+

30+

40+

50+

60+

70+

OFFICIALS

Meet referee

Starter

Clerk of the course

Chief timer: responsible for recruiting timers and runners prior to the meet and supervising these people during the meet.

Lane timers

Announcer

Timing Equipment Operators

Runners

PERSONNEL

Sport Coordinator: The swimming coordinator must have experience in the sport

MEDICAL

Lifeguard: As required by pool. Lifeguards will be hired through pool and should be included in venue fee.

At minimum appropriate medical personnel shall be equipped with an AED (Automated External Defibrillator) and located at poolside throughout the swimming competition. Basic medical supplies, such as a first aid kit, must also be on site. Communications shall be available at each venue and preparations made in case it is necessary to summon emergency services.

FACILITY

Pool: 25 or 50 yard or 50-meter pool with eight or more marked lanes, designed for competitive swimming. Dressing and shower facilities must be available.

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Swimming venue should include a warmup area.

EQUIPMENT

Lane lines, starting blocks, lap cards, bleachers, chairs, and tables for officials.

Electronic timing with touch pad and print out. Stopwatches on each lane are required as backup.

P/A system loud enough to be heard throughout the pool area.

SCHEDULE/SCORING

Scratches will be accepted until the scratch meeting the night prior to the competition.

Try to refrain from having heats of fewer than four swimmers. If enough scratches occur in successive heats, combine heats to provide better competition and speed up the meet.

Seeding: If possible, use previous USPFC results to seed first (1st) through third (3rd) place in the final heats. Other swimmers who submit times will be seeded accordingly. Swimmers that do not submit a time will be placed in the remaining heats by means of an open draw.

MEET TYPE:

No-Preliminary Meet

All swimmers compete against the clock.

If there are multiple heats, they will serve as finals.

GENERAL SPORT RULES for Swimming

MANDATORY SCRATCH MEETING: A scratch meeting shall be scheduled for the night prior to competition. The “Date, Time and Place” shall be published in the entry book and confirmation letter. This scratch meeting shall be held near the USPFC registration area or the venue.

NO CHANGES OR ADDS FOR INDIVIDUAL EVENTS WILL BE ALLOWED AFTER THIS SCRATCH MEETING.

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This scratch meeting is MANDATORY for the following swimmers and relay team captains.

- 1) All relay team captains. **Exception:** if a relay team has preregistered and will arrive at the blocks exactly as preregistered with the four (4) team members eligible and present, this meeting is recommended, but not mandatory.
- 2) All registered swimmers who wish to swim on a relay team but have not registered on a team. **Note:** if a swimmer wishes to swim on a relay team, they should preregister for that relay as a “pool entry” on their original entry form. Preregistered “pool entries” will be given preference at this meeting. Any swimmer that is not preregistered as a “pool entry” and is placed on a relay team at this scratch meeting will be required to immediately go to registration, pay the appropriate fees and return to the scratch meeting with proof of payment. This is the competitor’s responsibility.
- 3) All swimmers who wish to change, add or drop any individual event. These swimmers must bring documentation to the scratch meeting from USPFC registration showing they have changed or added an individual event and paid the appropriate fees.

Note: PRE-REGISTERED SWIMMERS WITHOUT CHANGES/ADDITIONS ARE NOT REQUIRED TO ATTEND THE SCRATCH MEETING!

At the conclusion of this scratch meeting, no other changes or adds will be allowed. At the discretion of the director of swimming, pool-side registration may be allowed for relay teams only.

A program of events with swimmers and heat numbers shall be distributed or posted for competitors and spectators prior to the event. Do not publish an assigned time for each heat/event, as heats may be combined, and the overall schedule shortened.

Practice: It is beneficial to schedule a practice session in conjunction with the mandatory scratch meeting to allow swimmers to familiarize themselves with pool conditions.

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An abbreviated order of events shall be printed in the entry booklet, using the order of events that follows. Note: This will help competitors decide which events to enter.

Each heat will begin with the oldest swimmers and will end with the youngest swimmers. Each heat will alternate between the women and men and will begin with the men's event 80+.

Example:

EVENT

200 Individual Medley
200 Individual Medley
200 Individual Medley
200 Individual Medley
200 Individual Medley
200 Individual Medley
200 Individual Medley
200 Individual Medley
200 Individual Medley
200 Individual Medley
200 Individual Medley
200 Individual Medley
200 Individual Medley

DIVISION

Men's 80+
Women's 70-79
Men's 70-79
Women's 60-69
Men's 60-69
Women's 50-59
Men's 50-59
Women's 40-49
Men's 40-49
Women's 30-39
Men's 30-39
Women's 18-29
Men's 18-29

USPFC - ORDER OF EVENTS

200 Individual Medley
200 Freestyle
100 Butterfly
50 Breaststroke
200 Freestyle Relay
50 Freestyle
1000 Freestyle
100 Backstroke
50 Butterfly

100 Breaststroke
200 Medley Relay
500 Freestyle
200 Medley Relay Mixed
100 Freestyle
100 Individual Medley
50 Backstroke
200 Freestyle Mixed Relay

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AWARDS

A maximum of 408 sets of medals (1st through 3rd) will be required. USPFC will advise you of the actual number of sets needed based on the total entries, plus a reasonable margin for ties.

ATTENTION COORDINATORS

**THE USPFC GENERAL RULES APPLY TO ALL SPORTS.
YOU MUST BE FAMILIAR WITH ITS CONTENTS.**

**PRECISE RESULTS MUST BE FORWARDED
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE
CONCLUSION OF THIS SPORT**

The USPFC Director assigned to your sport is knowledgeable and experienced in providing assistance during the preparation and running of the sport. Questions, a detailed accounting of your preparations, and any area requiring approval of the USPFC shall be submitted in a timely manner to this USPFC Director.

The USPFC Directors want to work with you to make your sport a success.

PLEASE USE THE USPFC DIRECTORS AS A RESOURCE.