

As per USA Swimming Times Policy Manual (revised June 2019)

#### 4.6. ALTITUDE ADJUSTED TIMES

- A. Information on Altitude Adjusted Times may be found in the USA Swimming Policy Manual. Altitude Adjusted Times may be used to enter USA Swimming Sanctioned Meets. They may not be used for records or recognition purposes.
- B. Times achieved at an altitude of 3,000 feet or above may be adjusted as follows:

##### Time Adjustment

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

- (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 standard and seeding will be based upon that time.