

Acceptable Proof of Time

Any swim where an NTV can be issued includes:

1. Sanctioned Meets
2. Sanctioned Time Trials
3. Approved Meets [The meet must adhere to Article 202.5 in the USA Swimming Rules and Regulations]
4. High School

Sectional Championships

State Qualifier

State Meet

Backstroke and IM times from the high school meets may be used only if the race was observed by a USS official and a form is signed by that official.

No high school dual meet times are acceptable.

5. YMCA

District Meets

New York State Championships

Backstroke and IM times from the YMCA meets may be used only if a USS official observed the race and that official signs a form.

No YMCA dual meet times are acceptable.