	POLICY & PROCEDURE	POLICY NUMBER: **244**
	Subject: **Meets** **4 Hour Rule**	**EFFECTIVE DATE:** Immediate Amended: 2-21-2012 Retired:

With the exception of championship meets, all other age group competition shall be planned to allow the events for swimmers 12 years and younger to be completed in four (4) hours or less for a timed finals session. This includes any competition for which age group events are designated and/or events for which age group swimmers receive awards based on their age group and/or events for which age group swimmers are scored based on their age group.

The four (4) hours shall be determined from the first heat of each particular age group during a session (e.g. 9-10 Girls) until the final heat of that same age group during that session (9-10 Girls).

Seeding of the meet entries shall be performed using a 30 second interval (+ 15 for backstroke) between heats. A shorter interval may be used with the consent of the
> a. MSI General Chair; or
> b. MSI Administrative Chair; or
> c. MSI Officials' Chair

An interval shorter than 15 seconds is prohibited.

In the event that the length of any session exceeds 4 hours, the host organization shall reject entries on the basis of the last entries submitted are the first entries rejected. The host organization shall then again seed the meet. This process shall continue until each age group session is completed within 4 hours.

Planning shall not include the elimination of any event listed in the published order of events.