

 	<p>POLICY & PROCEDURE</p>	<p>POLICY NUMBER: 234A</p>
	<p>Subject: Time Trial Policy</p>	<p>EFFECTIVE DATE: Approved: 5/17/94 Amended: 6/18/13, 11/15/16, 3/21/23 Retired:</p>

Time Trial Policy

1. A request to enter a time trial must be submitted by the athlete’s coach (or assigned coach).
2. For non-LSC championships, the fee to enter a time trial shall be set by the host club and shall be listed in the meet information if time trials are available.
3. For LSC championships, the fee to enter a time trial shall be \$10.
4. Athletes may not exceed the daily event limit stated in the current USA Swimming Rules and Regulations to enter a time trial. Athletes may scratch an event to enter a time trial to stay under the event limit. There shall be no refunds for events that are scratched.