

**ADJUSTMENTS FOR TIMES ACHIEVED AT ALTITUDE ABOVE 3,000 FEET**

Times achieved at an altitude of 3, 000 feet or above may be adjusted by the seconds indicated below:

<b><u>Event Distance</u></b>	<b><u>3000-4250 feet</u></b>	<b><u>4251-6500 feet</u></b>	<b><u>above 6500 feet</u></b>
200	0.5 seconds	1.2 seconds	1.60 seconds
400 or 500	2.5	5	7
800 free relay	2	4.8	6.4
800 or 1000	5	10	15
1500 or 1650	11	23	32.5
Corresponding Montana Cities:	Billings Great Falls Helena Kalispell Missoula	Bozeman Butte	

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.

A swimmer or relay may use the above adjustments to meet the national qualifying time standard and seeding will be based upon that time.

***~Taken from the 2002 USAS Rules Article 207.9.5 (page 80)***