

Back by Popular Demand

Officials are Honored
For
Giving Their Greatest Gift, their TIME!!

Sierra Nevada Swimming Officials Newsletter

September 2024



*to become an official for
USA Swimming*

Six Reasons to Become an Official

- You'll be working with the greatest group of volunteers in all sports.
 - You'll be close to the action.
 - The bleachers aren't comfortable anyway!
 - High satisfaction; low pay.
- It's a great way to meet future Olympians — unless you already have one in your home.
 - Great food in hospitality, and you can't beat the price.

I hope you enjoy the newsletter!

Swimmingly,

Bill

Sierra Nevada Swimming Name Tag's Anybody?

All name tags will now be purchased by you by going onto the Hasty Awards web site, that is written below, and then filling in the needed information, like your name, mailing address, where the name tag will be shipped, your credit card information and the "in hands" date. When the information is entered properly, you will submit your order. You will use a credit card, and the name tag will be mailed to you when completed. Please allow two to three weeks for delivery.

Copy and paste the link below onto your browser:

<https://www.hastyawards.com/catalog/Nametags/136/>

All name tags now are made with the new Sierra Nevada Swimming Miner Pin.



The name tags will be mailed to you when they are completed by Hasty Awards.

The cost of one name tag is \$5.95, which includes shipping and handling.

If you want to phone directly and not use the Hasty Awards web site method to order you name tag, please dial (800) 448-7714 or (785) 242-5297

IF YOU ARE INTERESTED IN BUYING A WHITE POLO SHIRT OR OTHER MERCHANDISE FROM USA SWIMMING

Use <https://www.usaswimming.org/> to login on USA Swimming and from their homepage, go the bottom of the page and look for Officials. Click on Officials.

Look for OFFICIALS TOP RESOURCES at the bottom of the page.

Inside one of the blue boxes, click on Officials Uniforms.

Now you will have to choose who you are shopping for....

Pick Meet Officials

You now will have 11 items to choose from, including meet shirts and sweatshirts.



On-Demand/Just-in-Time Production Terms: On-demand/just-in-time items are produced to order. Production time is **10-15 BUSINESS days** after receipt of your order. Production time begins on the following business day. Weekends are not considered business days. We cannot guarantee delivery dates. By completing checkout, you acknowledge the listed production time and agree to our terms. If you cancel your order after checkout there is a \$25 cancellation fee. There will be no shipping refunds if you choose an expedited method.

CONGRATULATIONS AND WELCOME TO OUR NEW STROKE AND TURN OFFICIALS IN 2023 AND 2024

We would like to recognize the following individuals for completing all the requirements to be certified as a Stroke and Turn Judge for the 2023 and 2024 years. If we have missed anyone, please let us know so that we can recognize you in the next newsletter.

Alezeau, Alexis	LIFE	Paaso-Lawrence, Maria	ROC
Bak, Chrystelle	EGAC	Pawelska, Marlena	SPKS
Baker, Jamie	DART	Perak, Cassie	NRWL
Balitaan, Franco	GOLD	Pirtz, Greg	CCA
Barrow, Jade	VACA	Plummer, Charlie	DART
Bobe, Marian	CCA	Powell, Allison	UCD
Brady, Kelli	DDUR	Przygodzka, Jenny	SMST
Brownsey, Philip	STAR	Raj, Vishwa	LIFE
Bullock, Amanda	DDUR	Ramos, Kacey	VACA
Bullock, Josh	DDUR	Ranjan, Hemant	CCA
Chamberlin, Maria	SOST	Riera, Marc	EGAC
Comer, Danyail	SBS	Rodriguez, Rando	EGAC
Connaughton, Katie	SYS	Rose, Courtney	AQUA
Covaciu, Daniela	SPKS	Roxas Jr, Waldo	GOLD
Curiel, Tennelle	ORLN	Samonek, Michelle	EGAC
Dela Cruz, Jhoana	ROC	Scarpete, Karen	ORLN
Dobbs, Michelle	ORLN	Shtov, Elena	CCA
Dukes, Nick	ROC	Skinner, Roy	DDUR
Elmore, Amy	CCA	Sullivan, Mark	DART
Faulkner, Teresa	NRWL	Taylor, Jared	LIFE
Ferguson, David	VACA	Twang, Lynn	LIFE
Fuentes, Julia	DPCC	Vogelbacher, Mandi	NRWL
Fuentes, Sergio	DPCC	Nugent, Annie	WST
Ganzon, Czarina	EGAC	Voss, Lisa	WOOD
Gayoba, Esther	DPCC		
Hopkins, Patsy	ORLN		
Johnson, Aaron	AQUA		
Kaszkur, Piotr	LIFE		
Kikuta, Amanda	SYS		
Little, Tara	AQUA		
Lo, Hans	SMST		
Loseth, Kelly	CCA		
Mancenido, Anna Mariel	DART		
McEntee, Diane	EGAC		
Miller, Don	EGAC		
Miller, Jen	EGAC		
Montejano, Kevin	COLU		
Moss, Dan	SPKS		
Murphy, Andrea	SMST		
Nelson, Joseph	EGAC		
Nelson, Rebecca	RAD		
Neumann, Joshua	ORLN		

USA Swimming University Launches Officials Courses

By Devonie Pitre // USA Swimming

USA Swimming is proud to announce the addition of two Officials training courses to the online educational platform [USA Swimming University](#). **Foundations of Officiating** and **Stroke & Turn Certification** are video-based modules with interactive features. Both courses are required for new stroke and turn officials. Recertifying stroke and turn officials only need to complete and pass the Stroke & Turn Certification.

“Through the Keeping Athletes First initiative and the standards established by members, we are excited to launch USA Swimming’s first two Officials Certification courses,” said USA Swimming Managing Director of Sport Development Joel Shinofield. “Like the new coach education courses built by over 300 coaches, for coaches, we have leaned heavily on grassroots officials and members of the National Officials Committee to create these courses.”

“There was a tremendous collaboration to produce these tutorials,” said National Officials Committee Chair Dana Covington. “Many experts from the grassroots official to the National Officials Committee were utilized to provide input for this project. These tutorials will standardize the didactic portion of an officials training.”

To help officials learn from other members of the community, both courses feature footage from local clubs across the country. All curriculum is based on training provided at the LSC level and continues to be free for all members.

In the 30-minute Foundations of Officiating course, new officials will learn:

- Roles and responsibilities;
- What to expect on deck; and
- The principles and values of officials.

In the 60-90-minute-long Stroke & Turn Certification, officials will learn:

- Protocols and procedures for Stroke & Turn officials;
- Technical stroke, turn, and finish rules for all strokes, individual medley, and relays;
- Disqualification process; and
- How to work with other officials on deck.

“I am excited for LSC Officials Chairs to view this,” continued Covington. “It offers some great ideas and lays the foundation of what is expected of an official.”

All new officials must take both courses before beginning on-deck training. Courses may be taken in either order. However, we recommend taking the Foundations of Officiating first. The Stroke & Turn Certification must be passed with a test score higher than 80 percent. Upon completion of both courses, in accordance with R-9 rules, new officials must complete at least four on-deck mentor training sessions. Once sessions are completed, evaluation and sign-off from the trainer/certifying officials are required.

Officials who are recertifying must take the Stroke & Turn Certification only. The exam must be passed with a test score higher than 80 percent.

“I really hope parents, coaches, or athletes watch these videos and have an interest sparked to come and join us on deck as officials,” said Covington. “I believe that officiating is a great way to help raise the next generation of great people through the sport of swimming. There is room for everyone, so come out and give officiating a try!”

View all educational opportunities on USA Swimming University [here](#).

SAFE SPORT - Best Practice Guidelines

The following Best Practice Guidelines are strongly recommended for all USA Swimming members.

1. Parents should be encouraged to appropriately support their children's swimming experience.
2. All swimming practices should be open to observation by parents.
3. Coaches should not initiate contact with or accept supervisory responsibility for athletes outside club programs and activities.
4. When only one athlete and one coach travel to a competition, at the competition the coach and athlete should attempt to establish a "buddy" club to associate with during the competition and when away from the venue.
5. Relationships of a peer-to-peer nature with any athletes should be avoided. For example, coaches should avoid sharing their own personal problems with athletes.
6. Coaches and other non-athlete adult members should avoid horseplay and roughhousing with athletes.
7. When a coach touches an athlete as part of instruction, the coach should do so in direct view of others and inform the athlete of what he/she is doing prior to the initial contact. Touching athletes should be minimized outside the boundaries of what is considered normal instruction. Appropriate interaction would include high fives, fist bumps, side-to-side hugs and handshakes.
8. Coaches should avoid having athletes as their favorites. They should also avoid creating a situation that could be perceived as them having favorites.
9. Gift-giving, providing special favors or showing favoritism to individual athletes is strongly discouraged.

Updated: June 23, 2019

Best Swimming Quotes of All Time

No matter how passionate you are about swimming, it's natural to fall into a rut at times. Maybe you're lacking motivation, discouraged from a recent injury or just plain tired. Perhaps you've lost sight of the "why" that used to fire you up.

Sometimes, the best way to re-ignite your love for swimming is to soak in words of wisdom from the greats. Check out our top inspirational quotes about swimming below!

"Success isn't final, failure isn't fatal, it's courage that counts." -Alicia Coutts

"I try to make the good days great and take something positive from the days I'm not feeling good."
-Katie Ledecky

"No matter how slow you go, you are still lapping everyone on the couch." -Unknown

"For myself, losing is not coming second. It's getting out of the water knowing you could have done better. For myself, I have won every race I've been in." -Ian Thorpe

"You never know how strong you are until being strong is the only choice you have."-Missy Franklin

"Swimming has an educational value - mental, moral and physical - in giving you a sense of mastery over an element, and the power of saving life, and in the development of mind and limb."
-Robert Baden-Powell

"I think that everything is possible if you put your mind to it and you put the work and time into it I think your mind really controls everything." -Michael Phelps

"The water doesn't know your age."-Dara Torres

"If you want to learn to swim, jump into the water. On dry land, no frame of mind is ever going to help you."-Bruce Lee

"Have fun, because that's what life is about."-Ryan Lochte

"The only difference between try and triumph is a little umph."-Unknown

"Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves."-Kieran Perkins

Famous Swimmers and Their Inspirational Stories

Success does not happen overnight. It takes time, hard work and perseverance. The road to success is often filled with setbacks and challenges, but it is through facing and overcoming those challenges that we grow and become stronger. So, when you're feeling down or overwhelmed, remember that you have the strength and determination to overcome any obstacle. Remember that every time you step into the pool, you are one step closer to achieving your goals.

Swimming is a sport that can bring joy and happiness to your life. So, enjoy the journey and embrace the struggles. They are what make the victories that much sweeter and there are many who proved it with their life. Keep pushing yourself and never give up on your dreams. You will surely achieve greatness in the pool and in life, with your hard work and determination.

Famous swimmers often influence others through their achievements and their dedication to the sport. Many people look up to these athletes as role models and are inspired by their hard work and determination. There are many swimmers who have achieved great success in the sport and have inspired others with their accomplishments. Here are examples of two famous swimmers.

Johnny Weissmuller was a Hungarian-American competitive swimmer and actor who is best known for his portrayal of Tarzan in a series of movies. He is considered one of the greatest swimmers in history and is credited with popularizing the sport of swimming.

During his competitive swimming career, Weissmuller set 67 world records and won five Olympic gold medals. He won three gold medals in the 1924 Summer Olympics in Paris, and two more in the 1928 Summer Olympics in Amsterdam. He also set numerous world records in freestyle swimming and was the first person to swim the 100-meter freestyle in less than a minute.

Johnny Weissmuller was born in what is now Romania and immigrated to the United States with his family as a child. He grew up in Chicago and began swimming at an early age. He showed natural talent for the sport and began setting records as a teenager. His rivalry with Duke Kahanamoku: Johnny Weissmuller and Duke Kahanamoku were two of the most successful and influential swimmers of their time. They were fierce rivals in the pool and competed against each other in several major competitions, including the Olympics. Despite their rivalry, they became good friends and remained close throughout their lives.

In addition to his role as Tarzan, Weissmuller appeared in several other films and television shows throughout his career. He also worked as a voice actor and provided the voice for the character of Tarzan in several animated films and television shows. Johnny Weissmuller was known for his love of practical jokes and was known to play pranks on his co-stars and friends. He had a reputation for being mischievous and enjoyed making people laugh.

Johnny Weissmuller is considered one of the greatest swimmers in history and is credited with popularizing the sport of swimming. He helped to raise the profile of swimming and inspired countless people to take up the sport. His legacy continues to be recognized by various organization, including the International Swimming Hall of Fame, which inducted him in 1966. After retiring from competitive swimming, Weissmuller pursued a career in acting and became famous for his role as Tarzan in the Tarzan film series. He appeared in 12 Tarzan films between 1932 and 1948, and his portrayal of the

character became iconic. Weissmuller continued to act in other films and television shows throughout his career and remained popular with audiences until his death in 1984.

Mark Spitz began swimming at a young age and first gained national attention at the age of 16 when he set a world record in the 200-meter butterfly event. He went on to compete in the 1968 Summer Olympics in Mexico City, where he won two gold medals.

In addition to his Olympic medals, Spitz won numerous awards and accolades for his achievements in swimming. He was inducted into the International Swimming Hall of Fame in 1977 and was named one of the 100 Greatest Olympians of all time by Sports Illustrated in 1996.

After the 1972 Olympics, Spitz retired from competitive swimming and pursued a career in business. He later returned to the sport as a television commentator and worked as a motivational speaker. Spitz has also been involved in various charitable causes, including the Special Olympics and the American Cancer Society.

HERE ARE A FEW SWIMMING TRIVIA QUESTIONS

1. Let's start out easy: How old was Katie Ledecky when she swam in the 2012 Olympics?

- a. 16 years old
- b. 15 years old
- c. 14 years and 10 months old
- d. 13 years and 10 months old

2. When and where did competitive swimming originate?

- a. 1700s in Germany
- b. 1800s in Britain
- c. 1800s in the United States
- d. 1700s in a backyard pool

3. What was the first recognized stroke in the sport?

- a. Freestyle
- b. Butterfly
- c. Breaststroke
- d. Backstroke

4. Who invented the flip turn?

- a. Fanny Durack in 1912
- b. Tex Robertson in 1936
- c. Al Vande Weghe in 1934
- d. Willy den Ouden in 1933

5. When did the women first compete in the Olympic 1500m freestyle?

- a. 1920
- b. 2012
- c. 1972
- d. Never

6. When did men first compete in the Olympic 800m?

- a. 2008
- b. 1974
- c. 1920
- d. Never

7. What animal did Michael Phelps compete against in 2017?

- a. An Alligator
- b. A Great White Shark
- c. Labrador Retriever
- d. Daffy Duck

8. When did the International Swimming Hall of Fame open?

- a. November 23rd, 1964
- b. June 23rd, 1972
- c. September 17th, 1959 (Rowdy Gaines' birthday)
- d. August 23rd, 1982 (Natalie Coughlin's birthday)

9. At age 64, who was the first to swim from Cuba to Florida without a shark cage?

- a. Susie Maroney
- b. Penny Palfrey
- c. Martin Strel
- d. Diana Nyad

10. In 2006, Croatian Veljko Rogošić swam the longest recorded distance in open water without flippers. He swam 139.8 miles across the Adriatic Sea. How long did it take him?

- a. 46 hours and 15 minutes
- b. 50 hours and 10 minutes
- c. 53 hours and 15 minutes
- d. 23 hours and 45 minutes

How well do you think you did? Let's find out.

Answer key:

- 1. B
- 2. B
- 3. C
- 4. C
- 5. D
- 6. D
- 7. B
- 8. A
- 9. D
- 10. B

My "ONE BIG THING" From Being Out & About

By Bill Rose

What a joy it was to once again be at a swimming meet. It was a "Special" meet for me. This was the 10th year that our LSC has hosted the Bill Rose Classic, our long course championship in Sierra Nevada Swimming. I was "honored" to be one of the Starters for the first event on two different days. I also got to start the 50-meter butterfly events for the 8&under swimmers, with Jamie Cahn as my Deck Referee. The highlight for me was being in many photos, with young swimmers, Officials and even past swimmers, signing shirts, arms, swim caps, backs and even foreheads. Thank you for the memories!!





SIERRA NEVADA SWIMMING LSC BOARD MEETING

**Please plan to attend our Board of Directors Meeting
and get involved!**

Meeting Date: **TBD**

Time: **TBD**

Hosted by: Sierra Nevada Swimming

Location: **More information will follow at a later date.**

Contact Information: Alex Ongaco <alex.ongaco@snswimming.org>

Remember: Silence is consent!!

.....

HOPE YOU HAVE WORKED ENOUGH SESSIONS IN THE SWIMMING YEAR OF 2024, IN ORDER TO MAINTAIN YOUR CURRENT CERTIFICATIONS IN 2025

CHECK THE REQUIREMENTS BELOW:

***USA Swimming Officials Certification Standards
For Utilization By
Local Swimming Committee (LSC) Officials***

The following standards have been established to provide a clear and uniform path for members who wish to become officials at the local level and enable LSCs to develop and conduct programs to recruit, certify, educate, train, and mentor USA Swimming officials and to provide competent and consistent officiating for our athletes. Furthermore, LSCs are required to implement these standards beginning February 1, 2024. Additionally, all LSCs are required to recognize the certified status of visiting and transferring officials from other LSCs.

The standards are being implemented expressly to facilitate the ability of officials to officiate in LSCs other than the one they received their certification. Additionally, these standards are intended to:

- Ensure a clear and consistent knowledge of the rules.
- Provide sufficient time in training to assure familiarity with all levels of competition.
- Provide opportunity to work on the deck and advance through the certification process.
- Allow automatic acceptance of officials' certifications between all LSCs.
- Ensure professionalism and teamwork while in attendance at a swim event both on and off the deck.

Any LSC official that holds an LSC certification as of 2/1/2024 will be grandfathered into that certification without additional training.

For the positions of Stroke & Turn and Starter, members who have five (5) plus years of USA Swimming as a 13 & Over athlete or coach member need only complete half of the on-deck apprentice requirements provided they show competency in the position, at the discretion of the LSC Officials' Chair (LSC OC) or designee. An athlete or coach may not officiate at a Session in which they are competing or coaching.

In the event it is believed that an official has not shown the necessary competency in the position after completion of the required training and apprentice Sessions, the LSC OC, or designee, shall provide the official with a written action plan of the steps needed to successfully obtain certification. Written notice shall be provided to the official within two (2) weeks of the last apprentice Session (or submission of the appropriate documents to the Certifier), and a copy shall be provided to the LSC OC. An apprentice may always request additional training.

Defined Terms

The following terms are specifically defined herein for the exclusive use of this document. Nothing in this Defined Terms section is intended to define any of these terms for any purpose outside of the Certification and training of USA Swimming Officials.

Certifier: An official designated by the LSC OC to certify training is complete and who shall record it in Officials Tracking System (OTS).

Clinic: Formal in person or online training clinic, recorded in OTS. Current LSC training curriculum will stay in place until USA Swimming Online Certification Training is available. When USA Swimming training curriculum is available, then that will be the required training.

Certification: The act of certifying. An official must meet certain requirements to be certified in a particular position.

Qualified Recertification Session: Qualified Recertification Sessions are Sessions officiated by certified officials which count towards the Recertification requirements listed in this document. In order for a Session to count as a Qualified Recertification Session, it must meet the following criteria: 1) the Session must include strokes and/or relays; 2) the Session must not be a Time Trial; 3) the Session must not contain only freestyle events, even if including both individual freestyle events and freestyle relays; 4) the Session must occur at a meet which is either a Sanctioned USA Swimming meet, a YMCA meet for which an LSC has issued an approval (as defined in USA Swimming Rule 202.6), or, for no more than 25% of any official's total required Qualified Recertification Sessions, an NCAA National or Conference Championship meet.

Satisfactory Performance: Demonstrates the requisite knowledge of the applicable rules and satisfactorily performs the on-deck protocols and duties for the position. Deficiencies must be provided by LSC OC, or designee, in writing to the affected official with an Action Plan to success.

Session: Any portion of a meet distinctly separated from other portions by locale, time, or type of competition, i.e., preliminaries and finals; morning and evening; Senior or Age Group, etc. All Sessions at Sanctioned USA Swimming meets, and YMCA meets for which an LSC has issued an approval (as defined in USA Swimming Rule 202.6) shall be recorded into OTS by the granting LSC's Officials' Chair or their designee. Sessions from other types of meets may be entered into OTS at the discretion of the LSC, strictly for tracking purposes.

Recertification:

- * The Stroke & Turn recertification procedures recertify Stroke & Turn Judge LSC certification.
- * The Chief Judge recertification procedures recertify Chief Judge and Stroke & Turn LSC certifications.
- * The Starter recertification procedures recertify Starter and Stroke & Turn Judge LSC certifications.
- * The Administrative Official recertification procedures recertify Administrative Official LSC certification.
- * The Referee recertification procedures recertify Referee, Administrative Official, Starter, Chief Judge (if held), and Stroke & Turn Judge LSC certifications.

TIMER (Minimum Age 11)

Education & Training	None except pre-meet briefing. Performance monitored by Chief Timer and/or Referee during meet.
Evaluation & Certification	No evaluation or certification required.
Renewal	Based on Satisfactory Performance.

ADMINISTRATIVE OFFICIAL (Minimum Age 18)

Education & Training	Member of USA Swimming. Attend AO Clinic training. Pass USA Swimming Administrative Official certification test. Apprentice as an Administrative Official for at least four (4) Training Sessions over two (2) meets with a Trainer(s). Satisfactory Performance.
Evaluation & Certification	Apprenticeship signed off by a Certifier. Must complete Certification within one (1) year from month of Clinic. May officiate in any AO role at any meet.
Re-cert every 3 years	Worked at least eight (8) Qualified Recertification Sessions, within a three (3) year period, as an AO, or in a role identified under 102.14.1A-D. Attend Clinic (recommend AO Clinic) training every three (3) years. Pass USA Swimming Administrative Official recertification test. Satisfactory Performance as AO.
Comment	Once a person is certified as an AO, they are encouraged to participate in as many meets as they can to gain experience and knowledge. This will allow those running meets to have greater confidence in their ability to be an AO at meets of various levels.

STROKE & TURN Junior Official (Age 16-17) effective 9/01/2024

Education & Training	Member of USA Swimming. Attend Stroke & Turn Clinic training. Pass USA Swimming Stroke & Turn Judge certification test. Apprentice a minimum of four (4) Training Sessions total over two (2) different meets with a Trainer (cannot make a disqualification during those apprentice Sessions.) Satisfactory Performance.
Evaluation & Certification	Apprenticeship signed off by a Certifier. Must complete certification within one (1) year from month of Clinic. May officiate in competitions below LSC Championships for 12&U athletes.
Re-cert every 3 years	When a Jr Official turns eighteen (18), their Jr. ST certification will convert to certified ST once the adult membership requirements have been met. Time as a Jr ST official will convert to the S&T renewal cycle.

STROKE & TURN (Minimum Age 18)

Education & Training	Member of USA Swimming. Attend Stroke & Turn Clinic training. Pass USA Swimming Stroke & Turn Judge certification test. Apprentice a minimum of four (4) Training Sessions total over two (2) different meets with a Trainer (cannot make a disqualification during those apprentice Sessions.) Satisfactory Performance.
Evaluation & Certification	Apprenticeship signed off by a Certifier. Must complete certification within one (1) year from month of Clinic. May officiate in any LSC meet.
Re-cert every 3 years	Worked a minimum of eight (8) Qualified Recertification Sessions, within a three (3) year period, at a minimum of two (2) different meets in Stroke & Turn or higher capacity. Attend Clinic every three (3) years. Pass USA Swimming recertification test every three (3) years for the highest certification held. Satisfactory Performance.
Comment	Once a person is certified as a stroke and turn official, they are encouraged to participate in as many meets as they can to gain experience and knowledge. This will allow those running meets to have greater confidence in their ability to officiate at meets of various levels.

Optional LSC Certification - CHIEF JUDGE (Minimum Age 18*)

Education & Training	Must be certified Stroke & Turn Judge Sixteen (16) or more Sessions as certified ST. Attend a CJ Clinic or briefing of CJ duties. Have read the CJ Professional documents. Apprentice as CJ for four (4) Training Sessions at a minimum of two (2) meets with a Trainer(s)
Evaluation & Certification	Apprenticeship signed off by a Certifier. May officiate in any LSC meet.
Re-cert every 3 years	Work sixteen (16) Qualified Recertification Sessions within a three (3) year period, with at least eight (8) as a CJ or Referee. Pass USA Swimming recertification test every three (3) years for the highest certification held. Satisfactory Performance as Chief Judge.

STARTER (Minimum Age 18*)

Education & Training	Member of USA Swimming. Attend Starter Clinic training. Certified Stroke & Turn Judge for minimum of three (3) months; worked at least four (4) Sessions at a minimum of two (2) meets since Stroke & Turn certification. Pass USA Swimming Starter certification test. Apprentice as Starter for at least four (4) Training Sessions total, over two (2) meets with two (2) Trainers. Trainer can be the Deck Referee. Satisfactory Performance.
Evaluation & Certification	Apprenticeship signed off by a Certifier. Must complete Certification within one (1) year from month of Clinic. May officiate in any LSC meet.
Re-cert every 3 years	Worked eight (8) Qualified Recertification Sessions, within a three (3) year period, as Starter. Attend Clinic (recommend Starter) every three (3) years. Pass USA Swimming recertification test every three (3) years for the highest certification held. Satisfactory Performance.
Comment	Once a person is certified as a Starter, they are encouraged to participate in as many meets as they can to gain experience and knowledge. This will allow those running meets to have greater confidence in their ability to be a Starter at meets of various levels.

REFEREE (Minimum Age 19)

Education & Training	Member of USA Swimming. Certified Stroke & Turn. Certified Administrative Official. Certified Starter. Attend Referee Clinic training. Pass USA Swimming Referee certification test. Apprentice as a Referee for at least four (4) Training Sessions total over two (2) meets with two (2) Trainers. Satisfactory Performance.
Evaluation & Certification	Apprenticeship signed off by a Certifier. Must complete Certification within one year from month of Clinic. May officiate in any Referee role at any meet, except that in meets classified as USA Swimming Championships (as defined by 102.10.5), this certification may not meet the requirements of serving as the required Administrative Referee.
Re-cert every 3 years	Worked sixteen (16) Qualified Recertification Sessions, within a three (3) year period, with at least eight (8) Qualified Recertification Sessions in any Referee position. Pass USA Swimming Referee recertification test every three (3) years. Attend Clinic (recommend Referee) every three (3) years.

Satisfactory Performance.

Comment

Once a person is certified as a Referee, they are encouraged to participate in as many meets as they can to gain experience and knowledge. This will allow those running meets to have greater confidence in their ability to be a Referee at meets of various levels.

Any additional exception and/or addition to these standards must be approved by the USA Swimming Board of Directors and National Officials Committee, who may stipulate appropriate conditions for each exception.

Recommend review of Standards after 2 years of implementation (January 2026).

April 2024

Taking the Online tests

After taking your own specific online test for your original certification, the current requirement is passing the USA Swimming recertification test every three (3) years for the highest certification held.

So, that means that if you are currently a certified Referee, Starter, Administrative Official, Chief Judge and Stroke & Turn Judge, and you took the Referee recertification test in 2022, 2025 is your year to take this recertification test once again.

REMEMBER, these renewal tests have to be completed and passed as soon after January 1, 2025, as you can take the test.

It is easier to keep track of what year you last took the test than the day of the month you took the test. We are now still using the 2024 Rulebook on all online tests.

The 2024 Rulebook can be downloaded from the USA Swimming web site if you like, but in most cases, you do not need the whole Rulebook for your test. The Rules and Regulations is one book that can be seen on the web site, in its entirety, for free.

Looking for the current Rulebook:

When you are on the USA Swimming Home web page, click on **Officials** at the top of the web page. Look for **Rules & Policies** in the middle of the drop-down menu, then click on **Rules & Policies**. You will now see page that has a whole lot of things to download.

Choose **2024 Rulebook** and click on **2024 Rulebook** and the 2024 Rulebook appears. You should be able to download the copy of the 2024 Rulebook to your desktop for future use.

Another way to find the current Rulebook is to click on **Officials** at the top of the USA Swimming homepage. Look for **Online Testing** and click on that. Now you will see a red box saying **RULEBOOK**. If you click on that, you have found the current Rulebook used on the current online tests.

Each year, after the USA Swimming House of Delegates meeting in September, the new Rulebook will be approved, with any changes to the rules. Once the next years Rulebook is printed, you can order a free Rulebook, as part of your yearly USA Swimming membership. This doesn't happen automatically, but you will have to reply to someone at USA Swimming when you receive that email. Your new Rulebook will be mailed to you sometime early in the new year.

Now we are ready to take the required online test. Make sure to choose the correct one for you. There are now less tests to choose from, but you will still need to choose. Is the certification test or the recertification test the one you want to take? They are different and in some cases the recertification test is longer. You will need to get a satisfactory passing score of 80% or you will have to do it over. Each test question has a hint, taken directly out of the Rulebook to make your test taking experience easier.

When you are on the Online Testing page, now look for **BROWSE**, in a white outlined box. Click on that. Now you are on the same page where you found the **(CANRA) Mandatory Reporting: Understanding Your Responsibility** course and the APT courses that you are required to take each year. The online test you will need to take could be the Administrative Official Certification test or the

Administrative Official Recertification test. You will also find the Open Water Judge or the Open Water Referee on this list of tests to take. Going down the list alphabetically, the Referee Certification and the Referee Recertification tests are found next. Toward the end, the Starter Certification, Starter Recertification and the Stroke and Turn Certification Course can be found.

If you want to look at only the Officials tests, click on [Officials](#) in one of the circles at the top of the page.

When you have found the one test that you need to take, click on [VIEW INFO](#) in the red box. You have to be logged in to go further, but after you have logged in, just follow the instructions.



[BACK TO COURSES](#)

Stroke and Turn Certification Course

This course is required as part of the certification as a Stroke and Turn Judge.

 **Must be logged in to access this course**

STROKE AND TURN



Certification Course and Assessment

Passing grade/
score

80%



\$0.00 (Member)

\$0.00 (Non-Member)



Course

All Ages

This course is the beginning of the process to become a Stroke and Turn Judge. In the course, we'll review some of the basics of officiating, dive deep into the technical rules of swimming, and help you build the skills needed on deck as an official. At the end of this course, you will be able to:

- Identify all components of each stroke as it complies with the applicable rules.
- Apply the technical rules of swimming to identify infractions for disqualification.
- Recognize how your roles and responsibilities coordinate with the officiating team at a meet.
- Follow the process by which an identified infraction becomes a disqualification.
- Understand the pathway required to complete the Stroke and Turn certification.

 **Must be logged in to access this course**

Happy testing!!

Officials: When taking your on-line tests, please...

TAKING THE ON-LINE SWIMMING TESTS

1. Once you have picked the test you want to take and are logged in on the USA Swimming web site, it will take you to the test, where a red box with **START** showing. Click on that to start the test. You will get a note to **LAUNCH** the course.
2. Click on Start Course. On the Stroke and Turn Judge test, you will now listen to a 3:30 minute video, before you start the test. You will now click on the play button to get started.
3. Before you get to the 31-question test, you have to go through a video and questions about being a Stroke & Turn Judge.

MAKE SURE YOU HAVE DOUBLE CHECKED YOUR RESPONSES BEFORE YOU CLICK ON SUBMIT!!

In order for your testing to be completed, you will have to take the survey at the end of the test, so the testing will be completely completed. If you don't take the survey, the test score will not be processed.

**Now that you are certified, you may work other USA Swimming, LSC's
or Sierra Nevada Swimming meets in
September of 2024.**

Meet Date: September 15, 2024

Type of Meet: September Hot Dog Meet - AGO - SCY

Hosted by: Gold

Location: Tokay High School
1111 W. Century Blvd, Lodi, Ca. 95240

From Highway 99, exit at Kettleman Lane (Highway 12), take Kettleman Lane west 2 miles to Ham Lane, left on Ham Lane, 2 blocks. From I-5 - Exit Highway 12 East to Ham Lane, right on Ham Lane, 2 blocks. Pool located directly east of tennis courts.

Directions: Use the website below to look at a map of the area around Tokay High School:
<https://www.google.com/maps/dir//1111+W+Century+Blvd,+Lodi,+CA+95240/@38.1099375,-121.3671341,12z/data=!4m8!4m7!1m0!1m5!1m1!1s0x80900aa18bb8de67:0x1e3503cd7cab3179!2m2!1d-121.2847331!2d38.1099663?entry=ttu>

Contact Information: Meet Director: John Griffin - <swimlodi@gmail.com>
Meet Referee: Diane Walker - <dwakas@gmail.com>

Meet Date: September 21-22, 2024

Type of Meet: Invite - SCY

Hosted by: STAR

Location: Rio Del Oro Racquet Club, Sacramento

Directions: Use the website below to look at the map of the area around Rio Del Oro Racquet Club of Sacramento. http://maps.google.com/maps?hl=en&source=hp&um=1&ie=UTF-8&cid=0,0,3826466632981135959&fb=1&hq=rio+del+oro&hnear=sacramento&q=us&daddr=119+Scripps+Dr,+Sacramento,+CA+95825-6305&geocode=12809205724098204541,38.571450,-121.407866&ei=ZMP9SrvdBZCosgOntfWHCw&sa=X&oi=local_result&ct=directions-to&resnum=1&ved=0CAoQnglwAA

Contact Information: Meet Referee: Richard Levin <coachrichard@riorapids.com>
Meet Referee: TBD

Meet Date: September 21, 2024

Type of Meet: Super League

Hosted by: Sierra Marlins Swim Team

Location: Folsom Aquatic Complex
1200 Riley Street, Folsom, CA. 95630

Directions: Use the Mapquest website for the directions of the Folsom Aquatic Center.
<http://www.mapquest.com/maps?city=Folsom&state=CA&address=1200+Riley+Street>

Contact Information: Meet Director Kathleen Calkins <meetdirector@sierramarlins.net>
Meet Referee: Ivan Herrera <herrera_ivan@hotmail.com>

Meet Date: September 22, 2024

Type of Meet: Black/Red InterSquad

Hosted by: Sierra Marlins Swim Team

Location: Folsom Aquatic Complex
1200 Riley Street, Folsom, CA. 95630

Directions: Use the Mapquest website for the directions of the Folsom Aquatic Center.
<http://www.mapquest.com/maps?city=Folsom&state=CA&address=1200+Riley+Street>

Contact Information: Meet Director Kathleen Calkins <meetdirector@sierramarlins.net>
Meet Referee: TBD

Meet Date: September 21-22, 2024

Type of Meet: DART Fall Kickoff - AGO

Hosted by: DART

Location: Davis, California

Where: Arroyo Pool-Arroyo Community Park
Shasta Drive, Davis, CA 95618

Directions: Arroyo Pool is located in Arroyo Community Park on Shasta Drive in Davis. From Highway 113, take Covell Blvd. west. Turn left onto Shasta Drive (first stoplight) and left into the parking lot at Arroyo Community Park. Parking is allowed on Shasta and nearby streets. Do Not Park in unmarked parking spots.

Website Directions: Use the Google web site below for the directions of the Arroyo Community Park Pool.

http://maps.google.com/maps?hl=en&q=2000+Shasta+Drive+Davis,+CA+95616&oq=&um=1&ie=UTF-8&hq=&hnear=2000+Shasta+Dr,+Davis,+CA+95616&gl=us&daddr=2000%20Shasta%20Dr,%20Davis,%20CA%2095616&ei=4q-eS9T5A4ySsgOeiOx9&sa=X&oi=geocode_result&ct=directions-to&resnum=1&ved=0CAkQwwUwAA

Contact Information: Billy Doughty <swimdavis@yahoo.com>
Meet Referee: TBD

Meet Date: September 20-21, 2024

Type of Meet: The Plunge Quad Invitational

Hosted by: NSS

Location: Bear River High School
11130 Magnolia Road in Grass Valley, CA

Directions: Use the web site below to look at a map of the area around Bear River High School

<http://www.google.com/maps?f=d&iwstate1=dir:to&daddr=11130+Magnolia+Rd+Grass+Valley,+CA+95949&fb=1&geocode=6243785487999400210,39.046659,-121.073298&oi=manybox&ct=17&cd=1&resnum=1>

Directions:

From Sacramento, heading toward Reno on I-80 E, take the CA-49 exit toward Grass Valley/Placerville and go 0.2 miles.

Turn left at CA-193/CA-49 and continue to follow CA-49 for 10.4 miles. Turn right at Combie Road. After driving through the intersection of Combie Road and W. Hacienda Drive, Combie Road changes to Magnolia Road. Continue on Magnolia Road for 0.5 miles and you will find your destination, 11130 Magnolia Rd Grass Valley, CA 95949

Contact Information: Daryn Glasgow: <coachglasgow@gmail.com>
Meet Referee: Jason Shibata <jasonsswim@gmail.com>

Meet Date: September 21-22, 2024

Type of Meet: WAC Senior Mock T/F

Hosted by: WAC

Location: Sierra College
5100 Sierra College Blvd., Rocklin, CA. 95677

Directions: Use the Google website for the directions of the Sierra College.

<https://www.google.com/maps/dir//5100+Sierra+College+Bld,+Rocklin,+CA+95677/@38.7909296,-121.2932558,12z/data=!4m8!4m7!1m0!1m5!1m1!1s0x809b1efcb1fbbd27:0x61a185eaedf313e0!2m2!1d-121.2108548!2d38.7909585?entry=ttu>

Contact Information: Meet Director Kainoa Pistorius <kainoapistorius@yahoo.com>
Meet Referee: Bonnie Ragland <blsragland@gmail.com>

Meet Date: September 21, 2024

Type of Meet: RAD Sprint and Relay Meet

Hosted by: RAD

Location: Shasta Community College
11555 Old Oregon Trail, Redding, CA. 96003

Directions: Use the Google website for the directions of the Shasta Community College.

<https://www.google.com/maps/dir/38.5810432,-121.3759488/11555+Old+Oregon+Trail,+Redding,+CA+96003/@39.5801397,-123.1883581,8z/data=!3m1!4b1!4m10!4m9!1m1!4e1!1m5!1m1!1s0x54d292424aaa81e7:0x5ed9d011106316fa!2m2!1d-122.3177956!2d40.6242052!3e0?entry=ttu>

Contact Information: Meet Director Mark Wagner <reddingswimteam@yahoo.com>
Meet Referee: Bill Fisher <golfswim2004@yahoo.com>

Meet Date: September 27-29, 2024

Type of Meet: Splashtember

Hosted by: Vacaville Swim Club

Location: Walter Graham Aquatic Center
1100 Alamo Drive, Vacaville, CA 95687

Directions: From Eastbound Interstate 80: Alamo Drive Exit, stay to the right. Turn right at the second light, Marshall Rd. (McDonald's). Pool and parking on the left. Westbound Interstate 80: Alamo Drive exit, stay to the right. Turn right at the light (Alamo Dr.) Turn right at the third light, Marshall Rd. (McDonald's). Pool and parking is on the left.

Google Directions: Use the web site below to look at a map of the area around the Walter Graham Aquatic Center.

<http://maps.google.com/maps?hl=en&explds=17259,17311,22713,24472,25854,25901,25907,26087,26095,26144,26158,26209,26218,26339,26446,26512&sugexp=ldymIs&tok= KhY8 Alo0Mqi7olxJk-yLw&xhr=t&q=1100+Alamo+Dr+Vacaville,+CA+95688&cp=33&rlz=1G1GGLQ ENUS2 64&um=1&ie=UTF->

[8&hq=&hnear=1100+Alamo+Dr,+Vacaville,+CA+95687&gl=us&daddr=1100%20Alamo%20Dr,%20Vacaville,%20CA%2095687&ei=3iGJTJ6oA4agsAOXpoiVCg&sa=X&oi=geocode_result&ct=directions-to&resnum=1&sqi=2&ved=0CBUQwwUwAA](https://www.google.com/maps/dir//1100+Alamo+Dr,+Vacaville,+CA+95687&gl=us&daddr=1100%20Alamo%20Dr,%20Vacaville,%20CA%2095687&ei=3iGJTJ6oA4agsAOXpoiVCg&sa=X&oi=geocode_result&ct=directions-to&resnum=1&sqi=2&ved=0CBUQwwUwAA)

Contact Information: David Ferguson: <meetdirector@vacavilleswimclub.com>
Meet Referee: Niffey Carmody <niffeycarmody@gmail.com>

Meet Date: September 28, 2024

Type of Meet: WAC Intersquad 2024

Hosted by: WAC

Location: Sierra College
5100 Sierra College Blvd., Rocklin, CA. 95677

Directions: Use the Google website for the directions to Sierra College.
<https://www.google.com/maps/dir//5100+Sierra+College+Blvd,+Rocklin,+CA+95677/@38.7909296,-121.2932558,12z/data=!4m8!4m7!1m0!1m5!1m1!1s0x809b1efcb1fbbd27:0x61a185eaedf313e0!2m2!1d-121.2108548!2d38.7909585?entry=ttu>

Contact Information: Meet Director Kainoa Pistorius <kainoapistorius@yahoo.com>
Meet Referee: TBD

SWIMMING SITUATIONS

I have shared with you some of the situations that appear in the newly revised Stroke and Turn situations which can be found at:

<https://websitedevsa.blob.core.windows.net/sitefinity/docs/default-source/officialdocuments/officials-training-resources/situations-and-resolutions/situations-and-resolutions-stroke-and-turn.pdf>

- Changed September 1, 2024 -

1. A swimmer in the 100-yard butterfly moves too close to the right lane line. During the recovery portion of an arm stroke, his right arm hits the lane line, causing the right arm to trail the left arm over and into the water (alternating action). However, the swimmer then pulls both arms back simultaneously during the propulsive portion of the arm stroke. The stroke judge signals a disqualification. Is this a valid DQ?

Recommended Resolution: This is a correct call. The rule states, "Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race." In this case, the swimmer's arms were not brought forward over the water simultaneously. The fact that the lane line prevented the swimmer from recovering both arms simultaneously is not germane to the judging of the stroke.

Applicable Rule: 101.3.2

2. Near the finish of a butterfly race, a swimmer starts her final stroke and finds herself too close to the wall to make a full recovery. She ducks her head underwater and reaches forward from the breast simultaneously with both hands to touch. Is this legal?

Recommended Resolution: No, this is not legal. The swimmer executed an underwater recovery, which is prohibited in the butterfly. The rule states, "Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race."

Applicable Rules: 101.3.2

3. A swimmer is 8 years old, and his coach thinks that he is a terrific butterfly swimmer. Currently, at the start, he takes only one kick and then one arm stroke that brings him to the surface of the water. The coach thinks that the swimmer would be able to swim faster if he took multiple strokes underwater at the start. Is this allowed?

Recommended Resolution: No. The rule states, "The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface."

Applicable Rules: 101.3.2

4. A swimmer is 8 years old and has insufficient strength to lift her arms completely over the water during the recovery phase of her stroke. She pushes her arms forward, with her elbow and part of her forearm underwater, but with the remainder of her forearm, her wrists, and her hands clearly out of the water. The stroke judge raises his hand to signal a disqualification on the basis of an underwater recovery. Should the deck referee accept the call?

Recommended Resolution: Yes, the call should be accepted. The rules define the arm as “that part of the body that extends from the shoulder to the wrist.” The butterfly rule states, “Both arms must be brought forward simultaneously over the water.” Both entire arms must recover over the water; the swimmer in question did not comply with this rule. However, there is no requirement that there be a visible space between the water and the recovering arms. Thus, had this swimmer been able to lift the arms sufficiently so that during the recovery the entire arms were above the water, or even broke the surface of the water even though not completely clearing the water, the swim would have been legal.

Applicable Rules: 101.3.2, Glossary

5. A swimmer is 7 years old and sometimes struggles when swimming the butterfly. When he recovers his arms, the entirety of both arms barely breaks the surface of the water, but there is no visible space between his arms and the water. Should the swimmer be disqualified?

Recommended Resolution: No. The rules define the arm as “that part of the body that extends from the shoulder to the wrist.” The butterfly rule states, “Both arms must be brought forward simultaneously over the water.” There is no requirement that there be a visible space between the water and the recovering arms.

Applicable Rule: 101.3.2, Glossary

TAKING THE ON-LINE TESTS

- Changed September 1, 2024 -

The examples this month are some of the questions from the Open Water Judge Certification test, which will now be answered with the 2024 Rulebook.

- 1.** In the butterfly, the swimmer's arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race. What constitutes the arm?
- A.** That part of the body that extends from the elbow to the wrist.
 - B.** That part of the body that extends from the shoulder to the wrist.
 - C.** That part of the body that extends from the shoulder to the elbow.
 - D.** None of the above.

Hint: Please review the Glossary for the correct answer.

- 2.** In the breaststroke: When is a single butterfly kick permitted?
- A.** A single butterfly kick is not permitted at any time during a breaststroke event.
 - B.** A single butterfly kick is permitted after the start and each turn, at any time prior to the first breaststroke kick.
 - C.** A single butterfly kick is not permitted after the start and each turn, until after the initiation of the first arm pull.

Hint: Please review reference 101.2.3 for the correct answer.

- 3.** In the breaststroke: At each turn and at the finish of the race, what is required to make a legal touch or finish?
- A.** The touch shall be made with both hands separated and simultaneously below the water level.
 - B.** The touch shall be made with both hands separated and simultaneously at the water level.
 - C.** The touch shall be made with both hands separated and simultaneously at, above, or below the water level.
 - D.** The touch shall be made with both hands separated and simultaneously. The shoulders must be parallel to the water level.

Hint: Please review reference 101.2.4 for the correct answer.

- 4.** In the butterfly: After the start and after each turn and before the head has broken the surface of the water, how many kicks and pulls is the swimmer permitted?

- A. One or more kicks, one arm pull and one recovery.
- B. One or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface.
- C. One kick and one arm pull.
- D. One kick, one arm pull, and one recovery.

Hint: Please review reference 101.3.2 for the correct answer.

5. In the butterfly: From the beginning of the first arm pull, what is the required position of the body?

- A. The body must be at or past vertical to the back.
- B. The position of body is irrelevant until the head breaks the surface of the water.
- C. The body shall be kept on the breast.

Hint: Please review reference 101.3.2 for the correct answer.

6. In the backstroke: During the turn, if the shoulders turn past vertical toward the breast, what do the rules permit the swimmer to do to initiate the turn?

- A. The swimmer may use an immediate continuous single arm pull or immediate continuous simultaneous double arm pull to initiate the turn.
- B. The swimmer may glide to get into position prior to initiating an arm pull.
- C. The swimmer may complete the arm pull and then glide prior to initiating the body's turning action.
- D. None of the above.

Hint: Please review reference 101.4.3 for correct answer.

7. In the backstroke: After executing a turn, at what point must the swimmer return to a position on the back to continue a legal swim?

- A. Before the first arm stroke.
- B. Upon leaving the wall.
- C. No later than the first arm stroke, but before the 15-meter mark.
- D. None of the above.

Hint: Please review reference 101.4.3 for the correct answer.

8. In an individual freestyle event, what style may the swimmer use?

- A. Any style the swimmer chooses.
- B. The crawl stroke only.
- C. Any style other than breaststroke, butterfly or backstroke.

Hint: Please review reference 101.5.2 for the correct answer.

9. In the freestyle: During a 500-yard freestyle event, a swimmer misses the wall. The Turn Judge signals an infraction with the raised hand. At what should be the end of the race, the Coach shouts, "swim another 50," and the athlete does so. Does the disqualification stand?
- A. The disqualification should stand because the swimmer must touch the wall upon completion of each length.
 - B. The disqualification should be overturned because the Rules and Regulations require that the swimmer touch the wall upon completion of each length. The length of the race is not relevant to the situation.
 - C. The disqualification should be overturned as the swimmer swam the entire 500 yards.

Hint: Please review reference 101.5.3 for the correct answer.

10. What is the required order for the strokes swum in the individual medley?
- A. First one-fourth, backstroke; second one-fourth, butterfly; third one-fourth, breaststroke; and the last one-fourth, freestyle.
 - B. First one-fourth, breaststroke; second one-fourth, butterfly; third one-fourth, backstroke; and the last one-fourth, freestyle.
 - C. First one-fourth, breaststroke; second one-fourth, backstroke; third one-fourth, butterfly; and the last one-fourth, freestyle.
 - D. First one-fourth, butterfly; second one-fourth, backstroke; third one-fourth, breaststroke; and the last one-fourth, freestyle.

Hint: Please review reference 101.6 for the correct answer.

- 1. The correct answer is "B" for the multiple-choice answer.
- 2. The correct answer is "B" for the multiple-choice answer.
- 3. The correct answer is "C" for the multiple-choice answer.
- 4. The correct answer is "B" for the multiple-choice answer.
- 5. The correct answer is "C" for the multiple-choice answer.
- 6. The correct answer is "A" for the multiple-choice answer.
- 7. The correct answer is "B" for the multiple-choice answer.
- 8. The correct answer is "A" for the multiple-choice answer.
- 9. The correct answer is "A" for the multiple-choice answer.
- 10. The correct answer is "D" for the multiple-choice answer.

If you have any questions that you would like to ask, just e-mail Bill Rose at: cbrose@omsoft.com