

USA SWIMMING ALTITUDE ADJUSTMENTS

(as of August 2024)

NOTE: The following is from the USA Swimming Operating Policy Manual posted at www.usaswimming.org as of August 2024.

38.0. USA SWIMMING SWIMS TIMES MODULE – POLICY AND GUIDELINES

4.6 ALTITUDE ADJUSTED TIMES

- A. Information on Altitude Adjusted Times May be Found in the USA Swimming Policy Manual. Altitude Adjusted Times may be used to enter USA Swimming Sanctioned Meets; they may not be used for records or recognition purposes.
- B. Times achieved at an altitude of 3,000 feet or above may be adjusted as follows:

Time Adjustment

Event Distance	3000 - 4250 Feet	4251 - 6500 Feet	Above 6500 Feet
200	.50 Sec.	1.20 Sec.	1.60 Sec.
400 or 500	2.50 Sec.	5.00 Sec.	7.00 Sec.
800 freestyle relay	2.00 Sec.	4.80 Sec.	6.40 Sec.
800 or 1000	5.00 Sec.	10.00 Sec.	15.00 Sec.
1500 or 1650	11.00 Sec.	23.00 Sec.	32.50 Sec.

- (1) 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.
 - (2) A swimmer or relay may use the above adjustments to meet the national qualifying time standard and seeding will be based upon that time.
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