

UP - AGING GUIDELINES

Below is the language regarding up-aging, as it appears in the MICSA By-laws:

Dual Meets

UP-AGING. Up-aging may be used in dual meets pursuant to the following rules:

Is not allowed to displace a correctly aged swimmer who is swimming that day, for any event.

is allowed only when a club has fewer than five (5) swimmers in an age group.

MICSA Championship Meet

If a club has a void age group, the coach may up-age a swimmer to complete his/her relays in the Finals.

A club cannot have a void age group in the Finals if said club entered a swimmer (not including up-aged swimmers) in that age group in any of their dual meets or any time trials during the season.

In each dual meet - each team must fill the following slots with correctly aged swimmers, if possible!

Up-aging can only apply to those events for swimmers aged 9 & Over.

<i>"A" Freestyle Relay</i>		
<i>Breaststroke</i>	<i>Breaststroke</i>	<i>Breaststroke</i>
<i>Backstroke</i>	<i>Backstroke</i>	<i>Backstroke</i>
<i>Butterfly</i>	<i>Butterfly</i>	<i>Butterfly</i>
<i>Freestyle</i>	<i>Freestyle</i>	<i>Freestyle</i>
<i>100 IM or 100 Free</i>	<i>100 IM or 100 Free</i>	<i>100 IM or 100 Free</i>
<i>"A" Medley Relay</i>		

Therefore, to fill the above 17 slots - with each swimmer being allowed to enter 4 events - it would take 5 swimmers.

Some Reminders:

The need to up-age is determined by the number of swimmers present on a given day, not by the number of swimmers in an age-group on your roster.

If you normally have 5 swimmers in a particular age-group, but are missing one of them for a particular meet, you would then be allowed to up-age the spots you cannot fill with younger swimmers for that meet on that particular day.

All swimmers should be swimming in their correct age-group, unless you have an excess of 5 or more swimmers.

After filling the 17th spot in an age-group, swimmer #5 would be available to fill empty lanes in an older age-group, if the need arises.

The need to up-age is based strictly on the number of swimmers available at a given meet.

Being able to swim a stroke legally is not a factor in allowing up-aging.

You cannot create a void in an age-group by taking a correctly aged swimmer and up-aging them.

For example, a 13-14 year old swimmer should not be up-aged to the 15-17 age-group, and then replaced by an 11-12 year old to fill the vacated 13-14 spot. In this instance, the 11-12 year old should be swimming in the vacant 15-17 spot in the line-up.