

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.

	"A" Freestyle Relay	
Breaststroke	Breaststroke	Breaststroke
Backstroke	Backstroke	Backstroke
Butterfly	Butterfly	Butterfly
Freestyle	Freestyle	Freestyle
100 IM or 100 Free	100 IM or 100 Free	100 IM or 100 Free
	"A" Medley Relay	

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.