

Official UUCS Relay Team Selection Procedures

Article I – Definitions

1. A “flat-start time” is defined as the time recorded from a given individual race or relay where the swimmer’s body is stationary prior to the start, and the start is performed immediately after a signal from the Starter. A flat-start time can be recorded from the first member of a relay.
2. A “relay start” is defined as a start performed by a swimmer swimming a leg on a relay other than the first leg, where the swimmer’s body is allowed to be in motion before the swimmer leaves the block.
3. “Predicted cumulative time” is defined as a race time created by adding the flat-start times of the members of a hypothetical relay together to predict how quickly those members would finish the relay.

Article II – Relay Selection

1. For any given relay, the Executive Board will create the fastest relay (by predicted cumulative time) based on the best flat-start time recorded within that season by each swimmer.
2. A flat-start time for an event can be performed and recorded at an official CCS-sanctioned meet, or at a time trial in which at least one board member was present, at a pool sanctioned by CCS.
3. A time performed using a relay start can be converted to a flat-start time by adding 0.7 seconds to the time recorded using the relay start. This will allow the time performed using a relay start to be compared against flat-start times for the purposes of relay selection.

Article III – Relay Alterations

1. The Executive Board reserves the right to make alterations to relay selections based on the following criteria:
 1. An individual's performance which indicates a significant trend of improvement in one event may be selected over a swimmer at a comparable level who has not indicated a significant improvement.
 2. An individual with superior practice performance and attendance may be selected over a swimmer with comparable best times but inferior practice performance and attendance.
 3. An individual who indicates they are in a position to swim a faster time in a given relay while at the meet may be selected for a relay over an individual, despite season best or personal best times, based on current performance at the meet.
 4. An individual who is slower in a given event may be selected for a relay over another individual if the faster individual swimming the relay leads to a clear reduction in UUCS scoring opportunity due to timing of other relays or individual events.
 5. An individual who violates the central tenets of the team (mutual respect, work ethic, and team spirit) as outlined in the constitution may be removed from a relay, regardless of their time or scoring opportunity.
 6. The Executive Board will take into account additional circumstances that may have a significant impact on the performance of an athlete that are not outlined in these guidelines.
2. A meeting will be held at minimum one week before the National and Regional meets where the Executive Board will hear alteration suggestions from team members.
 1. The relay selections for the given meet will be announced at minimum two days before this meeting takes place.
 2. The altered relay selections will be announced within two days following the meeting.
 3. Team members are encouraged to suggest alterations that fit within the guidelines in Section 1 of this article.
 4. Team members are encouraged to review the examples in Article V for other circumstances that may be considered by the Executive Board for relay selection and alteration.
3. The Executive Board reserves the right to make alterations to relay selections while at the meet. A given relay change must be approved by 4/7 members of the Executive Board.
4. The Executive Board will ask for and consider the opinions of the coaches when making relay selections.

Article IV – Where This Document Applies

1. These rules shall apply to the National and Regional meets.
2. These rules shall apply to major in-state meets and the majority of travel meets, at the discretion of the Executive Board. This includes meets such as Rocky Mountain Invitational, Ram Invite, The Fall Buff Invite, and the Veterans Memorial Invite (VMAC).

Article V – Examples

1. A swimmer with a faster flat-start time than another swimmer in the 100 butterfly is selected over that swimmer with the slower time for the butterfly leg of the 200 or 400 medley relays. A swimmer with a faster flat-start time than another swimmer in the 100 freestyle is more likely to be selected for the 200 or 400 freestyle relays.
2. Swimmer A consistently splits 25.0 on the 200 freestyle relay during the season, but holds a season best time of 26.5 in the individual 50 freestyle. Swimmer B holds a season best time of 26.0 in the individual 50 freestyle, and has not swam the 50 freestyle on a relay. Swimmer A will be selected over swimmer B for the 200 freestyle relay, as their relay split of 25.0 can be converted to a flat-start time of 25.7, which is faster than swimmer B's flat-start time.
3. Swimmer A holds a season best time of 19.5 in the 50 freestyle. Swimmer B has season best times of 22.0 and 48.5 in the 50 and 100 freestyle, respectively. Swimmer A may be selected over swimmer B for the 400 freestyle relay, despite not recording a flat-start time in the 100 freestyle this season, due to swimmer A's significantly faster 50 freestyle time.
4. Swimmer A and swimmer B both have flat-start times of 31.5 in the 50 breaststroke. Swimmer A attends practice six times per week, whereas swimmer B attends practice two times per week. Swimmer A may be selected for a relay over swimmer B due to their higher practice attendance.
5. Swimmer A has a personal best time of 55.0 in the 100 butterfly. Swimmer B has a personal best time of 49.0 in the 100 butterfly. Both swimmer A has recorded a flat-start time of 56.0 in the 100 butterfly this season, whereas swimmer B has recorded a flat-start time of 57.0 in the 100 butterfly this season. Swimmer A will be selected over swimmer B due to having the faster flat-start time this season, despite swimmer B's significantly faster personal best time.
6. Swimmer A has a season best time of 1:00 in the 100 backstroke. Swimmer B has a season best time of 59.0 in the 100 backstroke. Swimmer B will be swimming the 500 freestyle 10 minutes before the 400 medley relay. Swimmer A may be selected for the relay.
7. Swimmer A posts a time of 23.0 in the 50 butterfly prelims, but is disqualified from the final due to a flinched start. Swimmer B posts a time of 22.7 in the 50 butterfly prelims, making the final. The turnaround time from the 200 medley relay final to the 50 fly final is anticipated to leave little recovery for the athletes. Swimmer A may be selected for the 200 medley relay over swimmer B, despite recording a slower time, as giving swimmer B the relay spot may reduce overall team scoring potential due to the quick turnaround between their events.
8. Swimmer A qualifies for Nationals in the 50 freestyle at fall intrasquad, swimming a time of 22.5 in a brief. Swimmer A breaks their hand early fall semester and is unable to race again until the National meet. Swimmer B has a personal and season best time of 22.0 in the 50 freestyle, which they swam tapered and shaved in the lead-up to nationals.

Swimmer A has a best time of 21.6 from the following year, an observed history of consistency in their time on the team, consistently has overperforming on relays during their time on the team, and is training very well in the lead-up to nationals. Swimmer A may be selected for the relay, despite their slower flat-start time this season.

9. Swimmer A has a flat-start time of 58.5 in the 100 butterfly. Swimmer B has a flat-start time of 58.0. Swimmer A has consistently swum fast at big, high-pressure meets (such as the Rocky Mountain Invitational and Regionals) this season, whereas swimmer B has added time in those same high-pressure situations. Swimmer A may be selected for the relay over swimmer B.
10. Swimmer A marks themselves available for all relays. Swimmer B is by far the fastest swimmer on the team, and also marks themselves eligible for all relays. Swimmer B has a great start to the meet, but refuses to swim the 400 freestyle relay without specifying a reason. Another swimmer fills in, and the performance of the team as a whole is negatively affected due to Swimmer B's reluctance to swim. Swimmer A, despite having a slower time, may be selected for relays later on in the meet.
11. Swimmer A positively engages with coaching staff and teammates in the lead-up to Nationals, while Swimmer B constantly engages in negative self-talk and makes critical and disparaging comments about other athletes to teammates throughout the season. Regardless of who is faster, Swimmer A may be selected for the relay.
12. If there are two swimmers with similar times who show up to practice a similar amount, the swimmer with more effort at practice may be selected for relay.

Amended:
8/18/2025
01/04/2026
06/07/2026

Executive Board Signatures:

Chandler Eyre, President	06/07/2026
Madi Harward, Vice President	06/09/2026
Kaydence Taylor, Secretary	06/05/2026
Molly Rayburn, Marketing Director	06/05/2026
JP Rossetti, Treasurer	06/09/2025
Beca Bringard, Women's Captain	06/07/2026
Noah Schroeder, Men's Captain	06/05/2026

