

Suburban Swim League
Guidelines for UNOFFICIAL HEATS – 2026

Also see SSL Rule 8t

1. Unofficial Heats are intended for those swimmers who are participants in no more than ONE (1) official event. Unofficial heats should not be created just to accommodate swimmers who have already participated in 2 other events, whether official or unofficial.
2. When Unofficial heats are swum, they should be swum directly after the Official heat of that event. **When conditions warrant, the Referee and the two Team Reps may, at their discretion, reduce the number of unofficial heats, or move the unofficial heats to the end of the meet.**
3. Each team is permitted SIX (6) unofficial heats during a meet, for a meet total of TWELVE (12).
 - Teams are not required to use all six of their allowed unofficial heats.
 - If the coaches agree, the heats can be mixed to include swimmers from both teams.
 - May be used at any time, and for any stroke in the meet.
 - Exhibition heats of 100 / 200 Relays may be swum at the conclusion of the Medley Relays of the same distance, and may include a mix of age groups; these relays may be swum as Freestyle relays, if desired.
4. An unofficial swimmer may fill an empty lane in an official event – does not count as one of the six allowed unofficial heats per team. The swimmer must be entered on the team roster.
5. Coaches should communicate prior to the day of the meet, but no later than the morning of the meet, to discuss:
 - The use of their six (6) unofficial heats.
 - Combining of unofficial heats.
 - Shared use of the 5th lane in a 5 lane pool.
 - Use of empty lanes.
6. Additional unofficial heats may be added to the END of the meet, conditions permitting, and at the discretion of the host team. Additional heats do NOT need a full complement of officials.
7. Team's may not use the other team's unofficial heats.

Suburban Swim League
SAFETY PROCEDURES - 2026

Also see SSL Rule 10a. and Rule 12.

The Suburban Swim League always has and will continue to be concerned about the safety of our swimmers during SSL competition. The Safety procedures included in the SSL Rules are recommended for all SSL competitions, including Dual Meets, Time Trials, and Championships. The purpose is to establish SAFE Practices during potentially dangerous periods. The procedures are similar to those that have been adopted by USA Swimming, and are enforced at all national, as well as regional USA competitions.

There have been legal actions nationwide which have resulted in high damages being awarded to swimmers injured during competitive swimming activities. As a result, we have found that insurance rates have increased significantly in the past several years, primarily a result of these legal actions. These actions place additional responsibilities on all of us to ensure that we are operating our competitions in a safe manner.

Only one swimmer / relay team is allowed in a lane during a race, either official or unofficial.