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**TO:** LSC General Chairs and Permanent Offices  
National Committee Chairs

**FROM:** Cathy Durance  
Member Services Director

**SUBJ:** Submitting Amendments to the Rules and Regulations

**DATE:** April 5, 2018

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Article 511, pages 137-139, of the *2018 USA Swimming Rules and Regulations*, provides information about submitting proposed amendments to the USA Swimming Rules & Regulations Committee. **The deadline date for submitting proposals is May 15.**

All proposed amendments must be submitted in writing to Jay Thomas, Chair of the Rules & Regulations Committee. Jay has specified that he prefers to receive amendments via e-mail. He will acknowledge receipt of all e-mailed legislation.

E-mail and mailing address:

Jay Thomas  
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Charlotte, NC 28210  
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cc: Rules & Regulations Committee  
Board of Directors  
Staff Liaisons to National Committees