

1e. Pool Depth / Number of Lanes / Unofficial Lanes / Diving Rules

Pool	Depth 1	Start method	Depth 2	8 and 10 Relay Start	Lanes	Yds or Meters	Unofficial Lanes
Arden	5ft	Blocks	3ft	Start in Water	5	25 Yard	Lane 5
Ashbourne	L1-2 < 4ft, L3-6 > 4ft	Blocks, L 3 - 6 In water, Lns 1 - 2	39"	Start in Water	6	25 Meter	Lanes 1 & 2
Crestview	7ft	Blocks	3ft	Start in Water	5	25 Yard	Lane 5
Darley	10ft	Blocks	3ft	Start in Water	5	25 Yard	Lane 5
Del Vets	9ft	Blocks	3.5ft	Start in Water	5	25 Yard	Lane 5
Elks	5ft	Blocks	3.5ft	Start in Water	6	25 Meter	Lanes 1 & 6
Fair Blue	5ft	Blocks	3.5ft	Start in Water	6	25 Yard	Lanes 1 & 6
Graylyn Crest	5ft	Blocks	3.5ft	Start in Water	5	25 Meter	Lane 1
Green Acres	9ft	Blocks	4ft	Start in Water	6	25 Meter	Lanes 1 & 6
High Point	5ft	Blocks	3ft	Start in Water	5	25 Yard	Lane 5
JCC	6ft	Blocks	4ft	Start in Water	6	25 Meter	Lanes 1 & 6
Lane	L1 < 4ft, L2-6 4ft 4in	Blocks, Lanes 2 - 6	L1 < 4ft, L2-6 4ft 4in	Start in Water	6	25 Meter	Lanes 1 & 6
River Road	5ft	Blocks	3.5ft	Start in Water	6	25 Meter	Lanes 1 & 6
Shellcrest	3.5ft	Start in Water	3.5ft	Start in Water	5	25 Yard	Lane 5
Silverside	5ft	Blocks	3.5ft	Start in Water	6	25 Meter	Lanes 1 & 6
Tatnall	10ft	Blocks	3.5ft	Start in Water	4	25 Yard	none
TimberLane	6ft	Blocks	3.5ft	Start in Water	4	20 Yard	none
Windybush	5ft	Blocks	3.5ft	Start in Water	5	25 Yard	Lane 5

Diving Rules

NBSL follows USS Swimming rules and regulations, unless specifically noted in the NBSL rules. Current USS rules allow diving only into water that is 4 feet or deeper. Water depth is measured from 1-5 meters from the edge of the pool.

If the pool depth is less than 4 feet - swimmers must start in the water, no diving

If the pool depth is 4 feet or deeper - swimmers may start from blocks no higher than 29.5 inches above the surface of the water

EXCEPTION: Warm-ups . The depth of designated diving or sprint lanes must be **5 feet or deeper.**

Each swim club is ultimately responsible for setting the water depth requirements for their particular pool. Visiting clubs are to abide by the requirements set by the home pool.