

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.