

The NKSL is proud to promote and foster amateur swimming and diving and good sportsmanship and reminds you that no athlete, coach, or worker is permitted to consume alcohol if you are, or plan to be, engaged in the operation of the meet. The use of any tobacco product is also prohibited by all athletes, coaches or workers while engaged in the operation of the meet.

Please visit www.swimnksl.com for a complete set of rules and other important NKSL information.