



**SOUTHEASTERN SWIMMING, INC.**  
**2013 DISTRICT WEST CHAMPIONSHIPS**  
8 & Under Championships  
February 16 – 17, 2013

Sanctioned by USA Swimming and Southeastern Swimming, Inc.

SANCTION #: 13SEXCEL-02-16

TIME TRIAL SANCTION#: 13SEXCEL02-16TT

**HOST** Excel Aquatics  
920 Heritage Way  
Brentwood, TN 37027  
[www.excelaquatics.org](http://www.excelaquatics.org)

**LOCATION** Tracy Caulkins Competition Pool at Centennial Sportsplex  
222 25th Avenue North  
Nashville, TN 37203 - (615) 321-3510

**FACILITY** POOL – The 50-meter competition pool has eight nine-foot wide lanes with a 7 foot minimum and a 14 foot maximum depth, 6 inch competitor non turbulent lane lines. The natatorium also houses a separate 6 lane, 25-yard warm-up/warm-down pool, and has seating for 1,500 spectators. No outside food or coolers are allowed inside the pool area. The competition course has been certified in accordance with USA Swimming Rules 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

*The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms*

**TIMING** Fully automatic Colorado Timing System 6 electronic timing system and full color LED matrix video display scoreboard with lane/time/place display for two pools. Manual backup.

**MEET DIRECTOR(S)** 8 & Under Russ Browning  
9 & Over Russ Browning

**MEET REFEREE** Clay Minatra  
clay.minatra@nissan-usa.com  
615-476-4960

Visiting officials are welcome and encouraged to participate. All officials must wear current USA Swimming membership credentials while on deck and must present current Officials certification card to the Meet Referee at check-in. Please contact Tara Todd at [tara.todd@vanderbilt.edu](mailto:tara.todd@vanderbilt.edu) with level of certification and sessions desired. Southeastern Swimming, Inc. Officials dress code is white polo shirt, khaki pants/shorts/skirt, and white shoes and is to be worn for all sessions. Officials briefings take place 45 minutes prior to the start of each session in the hospitality room.

**ENTRY CHAIRPERSON** 2013 SE District Champs Meet Entry Chair  
c/o Excel Aquatics  
920 Heritage Way  
Brentwood, TN 37027  
[xcelentries@aol.com](mailto:xcelentries@aol.com)

**USA SWIMMING  
MEMBERSHIP,  
RULES & SAFETY**

All current USA Swimming and SES Rules & Regulations apply.  
All USA Swimming and SES safety rules will be strictly enforced.

All current USA Swimming and Southeastern Swimming rules will govern this meet. USA Swimming Rules 202.3.2 – At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of an USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

Insurance regulations require that all swimmers, coaches, judges, starters, and referees be a current member of USA Swimming, Inc. It is each club's responsibility to register their swimmers, coaches and officials. Swimmers, coaches, and officials who are not current members of USA Swimming, Inc. may not participate in the meet nor be on the pool deck. Coaches MUST constantly display their current USA Swimming coach credentials to gain deck access. The Meet Referee reserves the right to ask for coach credential display and/or deny deck access if the coach does not comply or card is no longer valid/current.

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**ELIGIBILITY**

Athlete's age as of February 16, 2013 will determine his or her age for the entire meet. All participants must be USA Swimming registered athletes residing in the Western District of the Southeastern Swimming LSC. Entries will not be accepted without 2013 registration numbers. Coaches and officials must present evidence of certification as required by Southeastern Swimming and USA Swimming. A swimmer's age on the first day of the meet will determine his or her age for the entire meet. All swimmers must be registered prior to competing. Entries listed as "registration applied for" will not be accepted.

If an athlete ages up between February 18, 2013 and February 22, 2013 the athlete will be allowed to swim in his/her current (ie: lower) age-group at the District Meet even if he/she has made a Southeastern time standard in an event. However, he/she will only be eligible for the "Qualifier" award presented at the District Meet.

**SWIMMERS WITH  
DISABILITES**

In accordance with USA Swimming Rules, Articles 105 and 202.1.13, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee with specific requests.

**ENTRIES**

Swimmers may enter up to four (4) individual events per day, including time trials. Entry times should be in Short Course Yards (SCY). The required method

of entry is email. Teams must submit their entry in a zipped file via email. A printed (PDF) report including full name, USA number, event numbers, and entry times of all swimmers must be included with the entry. This report will serve as the official entry form. Individual entries and a signed release with fee summary must be mailed within 72 hours of the meet entry deadline.

In the event that there are not enough entries to justify a two-session meet, Excel reserves the right to create a one session meet on both Saturday and Sunday. Your team will be notified if there is a change in the order of events.

**EMAIL ENTRIES**

The following guidelines must be followed for email entries:

1. Official entry forms and all entry fees and swimmer surcharges are due within 72 hours or receipt of entry.
2. Email entries must be zipped so that it arrives to the entry chair intact.
3. The club's entire entry must be sent in one email. Please do not flood the entry chair with several emails which compose one single team entry.

**ENTRY FEES**

\$4.00 per individual event (\$5.00 per late/deck entry)  
 \$9.00 per relay event (\$11.00 per late/deck entry)  
 \$10.00 per Time Trial event  
 \$5.00 facility surcharge per athlete  
 \$3.00 SE athlete surcharge  
 Make checks payable to Excel Aquatics.

NOTE: Late/deck entries will be accepted until 30 minutes prior to the start of each session on Saturday and Sunday, based on lane availability. No new heats will be formed. All entry fees are non-refundable.

**ENTRY**

**DEADLINE**

All entries must be sent to the Entry Chair. Entries will not be accepted prior to Friday, January 25, 2013, at 8:00am CST and will not be accepted after 11:59pm CST Tuesday, February 5, 2013. Teams are asked to strictly adhere to these deadlines which are necessary in order for all pre-meet activities to be completed by volunteer workers in a timely and efficient manner.

**MEET FORMAT**

This is a Timed Final meet with positive check-in for all relays and all individual events 400 yards or longer. This meet will serve as the Southeastern Swimming Championship for 8 & Under swimmers. All swimmers except those entered in the 8 & Under age group events must have times slower than the 2012-2013 Southeastern Championship Qualifying Times in entered events. Check-in sheets will be posted prior to the start of warm-ups, and will be removed 30 minutes prior to the start of the session. Failure to properly check-in for events will result in being scratched from the event. Only the swimmer or his/her coach may sign in for deck-seeded events. Heat sheets with lane assignments for all individual events 400 or longer will be posted in the pool area as soon as all scratches have been completed.

Sessions	Warm-up Start	Deck Entry & Check-In Closes	Meet Start
Saturday	10:00am	11:00am	11:30am
Sunday	7:30am	8:30am	9:00am

General Meet Warm-Up Guidelines will be in place for warm-up each day. Please see warm-up guidelines on the last page of this packet.

<b>SEEDING</b>	All events will be seeded slowest to fastest. Be sure all entry times are in Short Course Yard (SCY) to ensure that swimmers are properly seeded.
<b>SCORING</b>	8 & Under individual events 1 <sup>st</sup> -8 <sup>th</sup> places: 9-7-6-5-4-3-2-1. 8 & Under relay events 1 <sup>st</sup> -8 <sup>th</sup> places: 18-14-12-10-8-6-4-2  Only one (1) relay team per club may score.
<b>AWARDS</b>	8 & Under: Individual –medals 1 <sup>st</sup> -8 <sup>th</sup> & Relay-medals 1 <sup>st</sup> -4 <sup>th</sup> . Trophies will be awarded for Individual High Point and Runner Up (Male and Female). Team Trophies will be awarded to the top team in the men’s and women’s divisions.  9 & Over: Individual-ribbons 1 <sup>st</sup> -8 <sup>th</sup> & Relay-ribbons 1 <sup>st</sup> -4 <sup>th</sup> .  In lieu of placement, Standard Breaker ribbons will be given to 9 & older swimmers who achieve a 2012-2013 Southeastern Championship qualifying time in an entered event.  All awards are provided by Southeastern Swimming, Inc.  Coaches with swimmers achieving SE Championship Time Standards at the District Championships are reminded that they must submit qualifying entries to the Southeastern Championships Meet by email no later than 6:00 PM CST, Monday, February 18, 2013.
<b>CLERK of COURSE</b>	The host club reserves the right to assign 8 & Under and 10 & Under events to the Clerk of the Course.
<b>STARTS</b>	At the Meet Referee's discretion, fly-over starts may be implemented in order to ensure each session is completed in a timely manner.
<b>TIME TRIALS</b>	Time Trials shall be held at the conclusion of any session, time permitting, at the coach's request. Time Trials are intended only for swimmers attempting to qualify for National Championships, Sectional Meets, or LSC Championship meets. Athletes whose entry times do not closely approach these time standards may be denied entry into time trials. Athletes may enter as many time trial events as desired as long as they do not exceed 5 events per day limit. Fees: \$10.00 per individual event; \$10.00 per relay. Sign-up deadlines will be announced during the meet.
<b>CONCESSIONS</b>	Food and beverage will be available. No smoking is allowed anywhere on the site.
<b>ADMISSION</b>	Free
<b>HEAT SHEETS</b>	Psych sheets will be available online at <a href="http://www.excelaquatics.org">www.excelaquatics.org</a> on Monday prior to the meet.
<b>PARKING</b>	There are two parking lots available for the meet. Participants may park in either the main parking lot or the overflow lot. Please enter the pool through the main entrance to the Indoor Sports Complex. Pool fire exit doors will not be used for entrance.

**RECYCLING:** XCEL is supporting the SES Recycling Initiative (a pilot program for USA Swimming) at its hosted meets. Please look for additional information about this Initiative posted at the swimming venue and assist XCEL with this Initiative.

**MEET EVALUATIONS:** Please send any comments, suggestions, or evaluations concerning the meet to:

Matt Webber, General Chairman, SES  
P. O. Box 1102  
Huntsville, AL 35807-0102  
256-885-0226  
[cutiger276@yahoo.com](mailto:cutiger276@yahoo.com)

The following forms are attached as an integral part of this meet invitation and are required for entry:

SES current Waiver, Acknowledgment and Liability Release Form  
Team Information Form and Summary of Fees  
SES Information Form for Disabled Swimmers (duplicate as needed)  
XCEL Warm-Up Guidelines for General Warm-Up



**SOUTHEASTERN SWIMMING, INC.**  
**2013 DISTRICT WEST CHAMPIONSHIPS**  
 8 & Under Championships  
 February 16 – 17, 2013

**SATURDAY – SESSION 1\***  
 Warm-up 10:00 AM Competition starts 11:30 AM

**ENTRY TIMES MUST BE SLOWER THAN TIMES LISTED.**

<u>GIRLS</u>	<u>SE QUAL TIME</u>	<u>EVENT</u>	<u>SE QUAL TIME</u>	<u>BOYS</u>
1	2:40.69	10 & U 200 Freestyle	2:55.49	2
3		8 & U 100 Freestyle		4
5	38.19	10 & U 50 Backstroke	40.59	6
7		8 & U 25 Backstroke		8
9	1:34.69	10 & U 100 Fly	1:46.49	10
11		8 & U 50 Fly		12
13	1:35.59	10 & U 100 Breaststroke	1:46.39	14
15		8 & U 50 Breaststroke		16
17	32.49	10 & U 50 Freestyle	32.99	18
19		8 & U 25 Freestyle		20
21	1:22.89	10 & U 100 IM	1:26.99	22
23		8 & U 100 Free Relay		24
25		10 & U 200 Free Relay		26
		10 Minute Break		
27	7:01.49	10 & U 500 Freestyle	7:36.79	28

**SATURDAY – SESSION 2\***  
 Warm-up 10:00 AM Competition starts 11:30 AM

**ENTRY TIMES MUST BE SLOWER THAN TIMES LISTED**

<u>WOMEN</u>	<u>SE QUAL TIME</u>	<u>EVENT</u>	<u>SE QUAL TIME</u>	<u>MEN</u>
29	2:11.49	11-12 200 Freestyle	2:16.89	30
31	2:04.99	13-14 200 Freestyle	2:00.09	32
33	2:01.29	Senior 200 Freestyle	1:48.49	34
35	32.79	11-12 50 Backstroke	33.09	36
37	1:05.59	13-14 100 Backstroke	1:03.69	38
39	1:02.39	Senior 100 Backstroke	56.49	40
41	1:21.09	11-12 100 Breaststroke	1:23.59	42
43	2:43.49	13-14 200 Breaststroke	2:37.59	44
45	2:36.29	Senior 200 Breaststroke	2:21.89	46
47	30.79	11-12 50 Butterfly	32.09	48
49	1:05.49	13-14 100 Butterfly	1:02.99	50
51	1:01.49	Senior 100 Butterfly	54.89	52
53	1:09.79	11-12 100 IM	1:11.59	54
55	2:22.29	13-14 200 IM	2:16.29	56
57	2:16.89	Senior 200 IM	2:03.09	58
59		11-12 200 Free Relay		60
61		13-14 400 Free Relay		62
63		Senior 400 Free Relay		64
		10 Minute Break		
65	5:49.19	11-12 500 Freestyle	5:58.99	66
67	5:35.29	13-14 500 Freestyle	5:18.39	68
69	5:23.99	Senior 500 Freestyle	4:53.09	70

\*The Meet Referee and the Meet Director reserve the right to adjust course designations for individual events if necessary to make the meet run more efficiently.



**SOUTHEASTERN SWIMMING, INC.**  
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 8 & Under Championships  
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**SUNDAY – SESSION 3\***  
 Warm-up 7:30 AM Competition starts 9:00 AM

**ENTRY TIMES MUST BE SLOWER THAN TIMES LISTED.**

<u>GIRLS</u>	<u>SE QUAL TIME</u>	<u>EVENT</u>	<u>SE QUAL TIME</u>	<u>BOYS</u>
71		8 & U 100 IM		72
73	2:52.49	10 & U 200 IM	3:23.79	74
75		8 & U 25 Breaststroke		76
77	44.09	10 & U 50 Breaststroke	47.09	78
79		8 & U 25 Fly		80
81	37.89	10 & U 50 Fly	41.79	82
83		8 & U 50 Freestyle		84
85	1:12.79	10 & U 100 Freestyle	1:15.79	86
87		8 & U 50 Backstroke		88
89	1:25.59	10 & U 100 Backstroke	1:29.39	90
91		8 & U 100 Medley Relay		92
93		10 & U 200 Medley Relay		94

**SUNDAY – SESSION 4\***  
 Warm-up 7:30 AM Competition starts 9:00 AM

**ENTRY TIMES MUST BE SLOWER THAN TIMES LISTED**

<u>WOMEN</u>	<u>SE QUAL TIME</u>	<u>EVENT</u>	<u>SE QUAL TIME</u>	<u>MEN</u>
95	2:31.99	11-12 200 IM	2:33.99	96
97	5:02.99	13-14 400 IM	4:48.59	98
99	4:47.69	Senior 400 IM	4:23.49	100
101	28.09	11-12 50 Freestyle	28.09	102
103	26.59	13-14 50 Freestyle	24.99	104
105	25.79	Senior 50 Freestyle	22.79	106
107	1:10.69	11-12 100 Fly	1:11.39	108
109	2:29.99	13-14 200 Fly	2:27.49	110
111	2:16.89	Senior 200 Fly	2:03.49	112
113	36.69	11-12 50 Breaststroke	38.29	114
115	1:15.69	13-14 100 Breaststroke	1:11.69	116
117	1:11.89	Senior 100 Breaststroke	1:04.19	118
119	1:09.99	11-12 100 Backstroke	1:11.99	120
121	2:21.69	13-14 200 Backstroke	2:16.69	122
123	2:16.69	Senior 200 Backstroke	2:02.29	124
125	1:00.49	11-12 100 Freestyle	1:02.29	126
127	57.59	13-14 100 Freestyle	54.49	128
129	55.89	Senior 100 Freestyle	49.89	130
131		11-12 200 Medley Relay		132
133		13-14 400 Medley Relay		134
135		Senior 400 Medley Relay		136
		10 Minute Break		
137	20:01.49	13-14 1650 Freestyle	19:29.49	138
139	19:48.19	Senior 1650 Freestyle	17:37.39	140

\*The Meet Referee and the Meet Director reserve the right to adjust course designations for individual events if necessary to make the meet run more efficiently.

**2012 – 2013 SOUTHEASTERNS SWIMMING CHAMPIONSHIP TIME STANDARDS**

<b>10 &amp; U</b>	<b>11-12</b>	<b>13-14</b>	<b>Senior</b>	<b>Event</b>	<b>Senior</b>	<b>13-14</b>	<b>11-12</b>	<b>10 &amp; U</b>
<b>FREESTYLE</b>								
:32.99	:28.09	:24.99	:22.79	<b>50</b>	:25.79	:26.59	:28.09	:32.49
1:15.79	1:02.29	:54.49	:49.89	<b>100</b>	:55.89	:57.59	1:00.49	1:12.79
2:55.49	2:16.89	2:00.09	1:48.49	<b>200</b>	1:59.09	2:04.99	2:11.49	2:40.69
7:36.79	5:58.99	5:18.39	4:53.09	<b>500</b>	5:23.99	5:35.29	5:49.19	7:01.49
	13:19.39	11:29.79	10:37.29	<b>1000</b>	1:10.79	11:29.99	12:25.69	
		19:29.49	17:37.39	<b>1650</b>	9:48.19	20:01.49		
<b>BACKSTROKE</b>								
:40.59	:33.09			<b>50</b>			:32.79	:38.19
1:29.39	1:11.99	1:03.69	:56.49	<b>100</b>	1:02.39	1:05.59	1:09.99	1:25.59
		2:16.69	2:02.29	<b>200</b>	2:16.69	2:21.69		
<b>BREASTSTROKE</b>								
:47.09	:38.29			<b>50</b>			:36.69	:44.09
1:46.39	1:23.59	1:11.69	1:04.19	<b>100</b>	1:11.89	1:15.69	1:21.09	1:35.59
		2:37.59	2:21.89	<b>200</b>	2:36.29	2:43.49		
<b>BUTTERFLY</b>								
:41.79	:32.09			<b>50</b>			:30.79	:37.89
1:44.69	1:11.39	1:02.99	:54.89	<b>100</b>	1:01.49	1:05.49	1:10.69	1:34.69
		2:27.49	2:03.49	<b>200</b>	2:16.89	2:29.99		
<b>INDIVIDUAL MEDLEY</b>								
1:26.99	1:11.59			<b>100</b>			1:09.79	1:22.89
3:23.79	2:33.99	2:16.29	2:03.09	<b>200</b>	2:16.89	2:22.29	2:31.99	3:07.29
		4:48.59	4:23.49	<b>400</b>	4:47.69	5:02.99		





**SOUTHEASTERN SWIMMING DISTRICT CHAMPIONSHIPS - WEST  
WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:**

I, the undersigned coach or team representative, verify that all athletes and coaches listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

501.7

.1 All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(S) are members of their LSC and USA Swimming.

.2 All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

And as

302.4 False Registration – A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates an athlete is registered with USA Swimming when the listed athlete or the listed club is not properly registered.

I also acknowledge that I am familiar with the rules of USA Swimming and Southeastern Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. Excel Aquatics Inc., the Nashville Metro Parks & Recreation Department, the Centennial Sports Plex, Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the Internet in the form of psych sheets, meet results or any other documents associated with the running of this meet.

<b>SIGNATURE OF COACH OR CLUB OFFICIAL:</b>	
<b>CLUB:</b>	
<b>TITLE:</b>	<b>DATE:</b>

**TEAM INFORMATION**

<b>CLUB NAME:</b>		<b>INITIALS:</b>
<b>ADDRESS:</b>		
<b>LSC:</b>	<b>HEAD COACH:</b>	
<b>CONTACT PERSON:</b>		<b>PHONE NUMBER:</b>
<b>FAX NUMBER:</b>	<b>CELL PHONE:</b>	<b>EMAIL:</b>
<b>COACHES ATTENDING:</b>	<b>NAME</b>	<b>COACHES CARD EXPIRATION DATE</b>
	1.	
	2.	
<b>CERTIFIED OFFICIALS WHO MAY WISH TO WORK:</b>	1.	
	2.	
	3.	
	4.	
<b>NUMBER OF SWIMMERS ENTERED:</b>	<b>ATTACHED:</b>	
	<b>UNATTACHED:</b>	
	<b>TOTAL:</b>	

**SUMMARY OF FEES**

<b>NUMBER OF SWIMMERS:</b>		<b>X \$3.00 SES SURCHARGE =</b>	
<b>NUMBER OF SWIMMERS:</b>		<b>X \$5.00 FACILITY CHARGE =</b>	
<b>NUMBER OF IND. EVENTS:</b>		<b>X \$4.00 PER EVENT ENTRY FEE =</b>	
<b>NUMBER OF RELAYS:</b>		<b>X \$9.00 PER RELAY ENTRY FEE =</b>	
<b>TOTAL DUE:</b>			



**SOUTHEASTERN LSC INFORMATION FORM FOR SWIMMERS WITH A DISABILITY**

This non mandatory form is for accommodation purposes.

Name \_\_\_\_\_

Address \_\_\_\_\_ Team \_\_\_\_\_

USA Registration # \_\_\_\_\_ Age and Birth date: \_\_\_\_\_ Events to

be swum: \_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/

\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/

Type of Disability Blind\_\_\_ Cognitive/Intellectual \_\_\_Deaf \_\_\_Physical\_\_\_ Other\_\_\_

Extent of Disability: Be specific e.g. totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

\_\_\_\_\_

The following person(s) will accompany the swimmer for any needed assistance:

\_\_\_\_\_

Accommodations requested, Examples: Lane #, inside lane, starter side preference, assistance to the blocks, water start, hand signals, etc.

\_\_\_\_\_

Information gathered on this form will only be used for swimmers accommodation during Meet, and forwarded to the SE LSC Disability chair for purposes of evaluation and tracking Swimmers attendance and performance. The Disability Chair welcomes any feedback and or comments concerning your Meet experience.

Meet Director Email

Meet Referee Email: [jeff.osteen@comcast.net](mailto:jeff.osteen@comcast.net)

Disability Chair Email: [walleybob@hotmail.com](mailto:walleybob@hotmail.com)

Walter Smalley

901-486-1782



# EXCEL AQUATICS MEET WARM-UP GUIDELINES

## GENERAL WARM UP FIRST 30 SCHEDULED MINUTES:

- No diving allowed from blocks or edge of pool
- Swimmers must enter the pool feet first in a cautious manner
- No sprinting or pace work allowed during this general warm up
- All lanes will be used for general warm up

## SPECIFIC WARM UP LAST 15 SCHEDULED MINUTES:

- PUSH / PACE LANES:
  - Push off one or two lengths from the starting end
  - Circle swim only
  - NO DIVING
- DIVING LANES
  - Sprint lanes for diving from the blocks or for backstroke starts in specified lanes at designated times. ONE WAY SWIMMING ONLY.
- GENERAL WARM UP LANES
  - CIRCLE SWIM ONLY
  - NO DIVING
- AT THE CONCLUSION OF THE 15-MINUTE SPECIFIC WARM UP PERIOD, ALL SWIMMERS **MUST** CLEAR THE POOL.
- THE FIRST EVENT WILL START NO SOONER THAN 15 MINUTES FROM THE CONCLUSION OF THE SPECIFIC WARM UP.
- LANE USE:
  - Lanes 1 and 8      Push / Pace
  - Lanes 2,3,6,7      Diving / Sprint
  - Lanes 4 and 5      General Warm Up

## **Coaches Responsibilities**

- Coaches shall instruct their swimmers regarding safety guidelines and warm up procedures as they apply to conduct at meets and practices.
- Coaches shall be on the deck during the warm ups and shall actively supervise their swimmers through out the entire warm up sessions at meets and at all practices.
- Any coaches' meetings at meets will be conducted at times other than the 30 minute general warm up and the 15 minute specific warm up.

## **Host Team Responsibilities**

- MARSHALING
  - A minimum of four marshals, who report to and receive instructions from the Meet Referee, and or the Meet Director, shall be on deck during the entire warm up session.
  - One Marshall, who is an ISI Official, shall act as Safety Coordinator.
  - Marshals shall be current members of United States Swimming.
  - Marshals shall remove from the pool deck for the remainder of the warm up session any swimmer or coach who is in violation of safety requirements or warm up procedures.
  - Flagrant violations of safety requirements of warm up procedures by a swimmer could result in the swimmer being barred from their next individual event.
- THE HOST TEAM SHALL PROVIDE SIGNS FOR EACH LANE AT BOTH ENDS OF THE POOL, WHICH INDICATE THE DESIGNATED USE DURING WARM UP.
- WARM UP TIMES AND LANE ASSIGNMENTS SHALL BE PUBLISHED IN THE MEET INFORMATION AND POSTED AT SEVERAL LOCATIONS AROUND THE POOL AREA.
- AN ANNOUNCER SHALL BE ON DUTY FOR THE ENTIRE WARM UP SESSION TO ANNOUNCE LANE AND TIME CHANGES AND TO ASSIST WITH THE CONDUCT OF THE WARM UP.
- HAZARDS IN THE LOCKER ROOM, ON THE POOL DECK AREA, OR IN AREAS USED BY COACHES, SWIMMER, SPECTATORS, OR OFFICIALS SHALL BE REMOVED OR CLEARLY MARKED.

## **Miscellaneous**

- BACKSTROKERS SHALL ENSURE THAT THEY ARE NOT STARTING AT THE SAME TIME AS A SWIMMER ON THE BLOCKS.
- SWIMMERS SHALL NOT STEP UP ON THE BLOCKS IF THERE IS A BACKSTROKER WAITING TO START.
- SWIMMERS SHALL NOT JUMP OR DIVE INTO THE POOL TO STOP ANOTHER SWIMMER ON A RECALLED START.
- SWIMMERS ARE REQUIRED TO EXIT THE POOL UPON THE COMPLETION OF THEIR WARM UP TO ALLOW OTHER SWIMMERS ADEQUATE WARM UP TIME.
- THE POOL IS NOT FOR VISITING OR PLAYING DURING THE WARM UP.
- WARM UP PROCEDURES SHALL BE ENFORCED FOR ANY BREAKS SCHEDULED DURING THE COMPETITION.