



EXCEL AQUATICS
2017 FIRECRACKER INVITE
JUNE 23-25

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming. USA Swimming technical rules and regulations will be followed with the exception of items specifically addressed in the meet information.

Sanctioned by Southeastern Swimming, Inc. SANCTION #: 17SEXCEL6-23
TIME TRIAL SANCTION #: 17SEXCEL6-23TT

HOSTED BY: Excel Aquatics
920 Heritage Way
Brentwood, TN 37027 www.excelaquatics.org

LOCATION: Williamson County Indoor Sports Complex
920 Heritage Way
Brentwood, TN 37027

PARKING: There are three parking lots available for the meet. Participants may park in either the main parking lot or the overflow lots. Please enter the pool through the main entrance to the Indoor Sports Complex. Pool fire exit doors will not be used for entrance.

OFFICIALS: **MEET DIRECTOR:** Lori Biller tlbiller@comcast.net
MEET REFEREE: Clay Minatra clayminatra@gmail.com
ADMINISTRATIVE OFFICIAL: Dave Powell dave.powell@icpusa.com

ENTRY CHAIRPERSON: Colin Faris
c/o Excel Aquatics
920 Heritage Way
Brentwood, TN 37027
entrychair@excelaquatics.org

FACILITIES and TIMING: ONE Indoor 8-lane, 50-meter competition pool. Non-turbulent lane lines. 7 foot minimum, 10-foot maximum pool depth. Paddock racing blocks for all events. Fully automatic Daktronics electronic timing system and scoreboard with lane/time/place display for the pool. Manual backup will be used.

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 prohibited. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Under NO circumstances will video or still photography be allowed in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Acceptable areas for approved photographers include the side courses of the pool.

RULES & SAFETY: Current USA Swimming and Southeastern Swimming Rules will govern the conduct of the meet unless otherwise noted herein. All USA Swimming and SES safety rules will be strictly enforced. 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. **ONLY MEET WORKERS, COACHES, OFFICIALS AND SWIMMERS WILL BE ALLOWED ON THE POOL DECK AREA BEHIND THE STARTING BLOCKS.** Coaches **MUST** be able to display their current USA Swimming coaching credentials. The Meet Referee reserves the right to deny deck access if the coach does not comply or credentials are no longer valid/current.

ELIGIBILITY: All participants must be USA Swimming registered athletes. Entries will **NOT BE** accepted without current registration numbers. A Swimmer's age on the first day of the meet will determine his or her age for the entire meet. There will be **NO** on-deck USA Registration available at this meet.

SWIMMERS WITH DISABILITIES: Swimmers with disabilities are welcome and are encouraged to complete the Information Form for Disabled Swimmers and return it with the entries. It is the responsibility of the coaches to contact the Meet Referee with specific requests.

WARM UP: **Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet.** Continuous warm-up/warm-down will be available in a 25-yard warm-up/warm-down pool. The Meet Director will post and announce the warm-up assignments prior to the start of the meet warm-up. Alternatively, warm-ups will be conducted as open warm-ups with dedicated pace and sprint lanes announced as the need occurs. Swimmers attending the meet without a coach must report to the Meet Director or Referee to be assigned a coach for warm-up prior to each session unless their coach has submitted a Swimmer Assignment form prior to the meet.

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.

MEET FORMAT: Timed Finals with positive check-in for all events 400 meters or longer. All events will be pre-seeded except events 400 meters and longer and all relays, which will be deck-seeded. Swimmers must sign-in with the Clerk of Course for all deck-seeded 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. All pre-seeded events will be seeded slowest to fastest. Be sure all entry times are in Long Course Meters (LCM). Some 13-14 and Senior events will swim together and be listed separately. All positive check-in events 400 meters and longer will be swum fastest to slowest, alternating women and men.

SESSION WARM-UP & START TIMES:

Sessions	Warm-up Starts	Meet Starts
Friday AM	10:15 AM	11:30 AM
Friday PM	3:00 PM	4:00 PM
Saturday & Sunday AM (13-14, Senior)	Warm-up #1 - 7:00-7:30 AM Warm-up #2 - 7:30-8:00 AM	8:15 AM
Saturday & Sunday PM (12 & Under)	Warm-up #1 - 12:45-1:15 PM* Warm-up #2 - 1:15-1:45 PM*	2:00 PM*

(*Denotes approximate time - Warm-ups will not start prior to the posted time)

***Coaches Meeting: Friday, June 23 at 11:15 in the Hospitality Room.**

MEET ENTRY

CRITERIA: Excel Aquatics has sole discretion to determine which entries to accept. In exercising this discretion, Excel Aquatics will consider: strength of entry and level of competition, balance of age groups and gender in entries, and number of officials provided by team. Teams will be notified of their acceptance into the meet the day after the deadline closes. Each team entry file is their official request for invitation into the meet but does not guarantee acceptance.

ENTRIES: Swimmers may enter up to four (4) individual events per day. Entry times should be in Long Course Meters (LCM). The meet will be limited to 350 athletes per session. 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.

Some 13-14 and Senior events will swim together and be scored separately. 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 OR to adjust pool designations for age groups or genders in order to run the meet more smoothly. 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 & all entry fees and 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.

All teams are asked to completely fill out the enclosed Team Information Form, including the names and contact numbers for all registered officials affiliated with the team that are willing to serve as a meet official during the weekend. If these delivery methods are not available, the completed forms should be submitted by physical mail for prompt delivery.

FEES: \$6.00 per individual event (\$7.00 per late/deck entry)
\$12.00 per relay (\$13.00 per late/deck entry)
\$10.00 per swimmer facility surcharge
\$3.00 per swimmer SES surcharge
\$5.00 Non-SES surcharge per swimmer
Time Trial: \$8.00 per event, \$14.00 per relay
*Please make checks payable to: Excel Aquatics. All Entry Fees are nonrefundable.

DEADLINE: Visiting Team Entries will not be accepted prior to Monday, June 5th, 2017, at 8:00am CDT and MUST be received by the Meet Entry Chair by Friday, June 16, 2017 at 11:59pm CDT. Host Team Entries are due by June 1, 2017 at 8:00am. *Please note that it is Excel Aquatics intention to strictly adhere to the following meet entry deadline. Coaches are asked to 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.*

Completed entries should be submitted by e-mail, fax, overnight delivery or U.S. mail to:

Colin Faris - Meet Entry Chair
920 Heritage Way
Brentwood, TN
entrychair@excelaquatics.org

(Please include the words "Firecracker" in the subject line of all meet related e-mails)

TIME TRIALS: 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 the USA Swimming 5 events per day limit. Fees: \$8.00 per individual event; \$14.00 per relay. Sign-up deadlines will be announced during the meet.

LIMITATIONS: The host club reserves the right to limit events, heats or distance in order to ensure completion of the session with the 4-hour time rule guideline. Any entries which are cut by the host club will be refunded.

AWARDS/SCORING: No team scoring for individual or relay events. Ribbons will be awarded for 1st-8th place in all Individual 12 & Under events.

CLERK OF COURSE: The host club reserves the right to assign 8 & Under Events to the Clerk of Course.

STARTS: At the Meet Referee's discretion, fly-over starts may be implemented in order to ensure each session is completed in a timely manner.

OFFICIALS' CORNER: Visiting officials are welcome and encouraged to participate. The Meet Referee is asking all officials who are available to serve at this meet to notify him by email of their availability. 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 Clay Minatra at clayminatra@gmail.com 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.

COACHES' CORNER: There will be a coaches meeting at 11:15AM, Friday, June 23 in the Hospitality Room. No swimmers will be allowed in the pool during this time. Competition will not start until after the conclusion of the coaches meeting. When picking up the team's packet, coaches are asked to show valid coaches credentials. No coaches will be allowed on the pool deck without providing current USA Swimming Registration Credentials indicating full coaching privilege. Deck Pass will be accepted as proof of membership.

Coaches are asked to ensure that the Clerk of the Course has a completed Team Information sheet with the lead deck coach's cell phone number listed.

Coaches expecting to have swimmers participating in a session that the coach will not be attending are asked to complete a Swimmer Assignment form in advance of the session and send it to the Meet Referee and Meet Director by email.

SPECTATORS' CORNER: Spectator seating is provided for approximately 750 people. No outside food or coolers are allowed inside the pool area. Spectators must comply with all signs or verbal directions from meet officials limiting or restricting the use of certain areas for seating.

HEAT SHEETS: Psych sheets will be available online at www.excelaquatics.org on Monday prior to the meet. Heat Sheets will be available online prior to the meet at www.excelaquatics.org
Heat sheets will NOT be sold at the meet. Coaches and Officials will be given session heat sheets.

RESULTS: Results will be posted on Meet Mobile and on the Excel Aquatics website.

HOSPITALITY: There will be hospitality available for coaches and officials

ADMISSION/CONCESSIONS: Admission is free. Food and beverage will be available for sale in the concession room. No smoking is allowed anywhere on the site.

RECYCLING: EXCEL AQUATICS 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 EXCEL AQUATICS with this Initiative.

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

Phil Kraus, General Chairman
4640 Regency Ct
Pensacola, FL
32504
gpacswimcoach@gmail.com

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

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



**2017 FIRECRACKER OPEN
Order of Events**

**Session: 1 Friday AM Session
Warm-ups at 10:15 AM Competition at 11:30 PM**

Event #	Event
1	Women 400 IM *
2	Men 400 IM*
3	Women 11-12 200 IM
4	Men 11-12 200 IM
5	Women 10 & Under 200 IM
6	Men 10 & Under 200 IM
7	Women 50 Freestyle
8	Men 50 Freestyle
9	Women 13-14 50 Freestyle
10	Men 13-14 50 Freestyle
11	Women 11-12 50 Freestyle
12	Men 11-12 50 Freestyle
13	Women 10 & Under 50 Freestyle
14	Men 10 & Under 50 Freestyle
15	Women 800 Freestyle Relay
16	Men 800 Freestyle Relay

* 13-14 swim with the Seniors in this event. This event may be limited to the 32 fastest girls and the 32 fastest boys. We will take the top 16 13-14 girls, the top 16 13-14 boys, the top 16 senior girls and the top 16 senior boys after positive check-in.

**Session: 2 Friday PM Session
Warm-ups at 3:00 PM Competition at 4:00 PM**

Event #	Event
17	Women 12 & Under 400 Freestyle*
18	Men 12 & Under 400 Freestyle*
19	Women 1500 Freestyle**
20	Men 1500 Freestyle**

*This event may be limited to the fastest 32 girls and the fastest 32 boys

** 13-14 swim with the Seniors in this event. This event may be limited to the 32 fastest girls and the 32 fastest boys. We will take the top 16 13-14 girls, the top 16 13-14 boys, the top 16 senior girls and the top 16 senior boys after positive check-in.



**2017 FIRECRACKER OPEN
ORDER OF EVENTS**

Session: 3 Saturday AM Session

Warm-ups at 7:00 AM

Competition at 8:15 AM

Event #	Event
21	Women 13-14 100 Freestyle
22	Men 13-14 100 Freestyle
23	Women 100 Freestyle
24	Men 100 Freestyle
25	Women 13-14 200 Butterfly
26	Men 13-14 200 Butterfly
27	Women 200 Butterfly
28	Men 200 Butterfly
29	Women 13-14 100 Backstroke
30	Men 13-14 100 Backstroke
31	Women 100 Backstroke
32	Men 100 Backstroke
33	Women 13-14 200 Breaststroke
34	Men 13-14 200 Breaststroke
35	Women 200 Breaststroke
36	Men 200 Breaststroke
	<i>10 Minute Break</i>
37	Women 400 Freestyle*
38	Men 400 Freestyle*

* 13-14 swim with the Seniors in this event. This event may be limited to the 32 fastest girls and the 32 fastest boys. We take the top 16 13-14 girls, top 16 13-14 boys, top 16 senior girls and top 16 senior boys after positive check-in.

Session: 4 Saturday Afternoon Session

Warm-ups at 12:45 PM*

Competition at 2:00 PM

(*Denotes approximate time - Warm-ups will not start prior to the posted time)

Event #	Event
39	Women 11-12 200 Freestyle Relay
40	Men 11-12 200 Freestyle Relay
41	Women 10 & Under 200 Freestyle Relay
42	Men 10 & Under 200 Freestyle Relay
43	Women 11-12 100 Freestyle
44	Men 11-12 100 Freestyle
45	Women 10 & Under 100 Freestyle
46	Men 10 & Under 100 Freestyle
47	Women 11-12 50 Butterfly
48	Men 11-12 50 Butterfly
49	Women 10 & Under 50 Butterfly
50	Men 10 & Under 50 Butterfly
51	Women 11-12 100 Breaststroke
52	Men 11-12 100 Breaststroke
53	Women 10 & Under 100 Breaststroke
54	Men 10 & Under 100 Breaststroke
55	Women 11-12 50 Backstroke
56	Men 11-12 50 Backstroke
57	Women 10 & Under 50 Backstroke
58	Men 10 & Under 50 Backstroke



2017 FIRECRACKER OPEN Order of Events

Session: 5 Sunday AM Session
Warm-ups at 7:00 AM Competition at 8:15 AM

Event #	Event
59	Women 13-14 200 IM
60	Men 13-14 200 IM
61	Women 200 IM
62	Men 200 IM
63	Women 13-14 100 Breaststroke
64	Men 13-14 100 Breaststroke
65	Women 100 Breaststroke
66	Men 100 Breaststroke
67	Women 13-14 200 Freestyle
68	Men 13-14 200 Freestyle
69	Women 200 Freestyle
70	Men 200 Freestyle
71	Women 13-14 100 Butterfly
72	Men 13-14 100 Butterfly
73	Women 100 Butterfly
74	Men 100 Butterfly
75	Women 13-14 200 Backstroke
76	Men 13-14 200 Backstroke
77	Women 200 Backstroke
78	Men 200 Backstroke

Session: 6 Sunday Afternoon Session
Warm-ups at 12:45 PM * Competition at 2:00 PM
(*Denotes approximate time - Warm-ups will not start prior to the posted time)

Event #	Event
79	Women 11-12 200 Medley Relay
80	Men 11-12 200 Medley Relay
81	Women 10 & Under 200 Medley Relay
82	Men 10 & Under 200 Medley Relay
83	Women 11-12 100 Backstroke
84	Men 11-12 100 Backstroke
85	Women 10 & Under 100 Backstroke
86	Men 10 & Under 100 Backstroke
87	Women 11-12 50 Breaststroke
88	Men 11-12 50 Breaststroke
89	Women 10 & Under 50 Breaststroke
90	Men 10 & Under 50 Breaststroke
91	Women 11-12 100 Butterfly
92	Men 11-12 100 Butterfly
93	Women 10 & Under 100 Butterfly
94	Men 10 & Under 100 Butterfly
95	Women 11-12 200 Freestyle
96	Men 11-12 200 Freestyle
97	Women 10 & Under 200 Freestyle
98	Men 10 & Under 200 Freestyle

UNACCOMPANIED SWIMMER COACHING ASSIGNMENT FORM

Name of Meet: _____

Date(s): _____

The following swimmers from _____ (swimmer's team) will not be accompanied by a team coach and therefore I request that the Meet Referee/Meet Director assign them to a coach for all purposes during the meet sessions on the dates noted above. Each of the swimmers listed below are certified as proficient in performing a racing start unless specifically noted otherwise (non-certified swimmers must start each race from within the water).

Coach's Signature

Date

Swimmer Name(s):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

I agree to act as coach for the above named swimmer(s) during the pre-meet practice, warm-up and the competition.

Assigned Coach's Signature

Date

Assigned Coach's Team Name

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: tbiller@comcast.net

Meet Referee Email: clayminatra@gmail.com

Disability Chair Email: Robin Heller – robin@seastarsaquatics.org

**2017 FIRECRACKER OPEN
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 a swimmer 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., Williamson County Parks and Recreation, Indoor Sports Complex, City of Brentwood, 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, heat sheets, meet results or any other documents associated with the running of this meet.

SIGNATURE OF COACH OR CLUB OFFICIAL:	
CLUB:	
TITLE:	DATE:

TEAM INFORMATION

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

SUMMARY OF FEES

NUMBER OF SWIMMERS:		X \$3.00 SES SURCHARGE =	
NUMBER OF SWIMMERS:		X \$10.00 FACILITY CHARGE =	
NUMBER OF IND. EVENTS:		X \$6.00 PER EVENT ENTRY FEE =	
NUMBER OF RELAYS:		X \$12.00 PER RELAY ENTRY FEE =	
TOTAL DUE:			



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 10 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 Marshal, 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

