



**EXCEL AQUATICS
2017 EXCEL INVITE
APRIL 21-23**

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 #: 17SEXCEL4-21

TIME TRIAL SANCTION#: 17SEXCEL4-21TT

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. Manual backup will be used. Continuous warm-up/warm-down will be available in the separate 25-yard warm-up/warm-down pool.

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 access their current USA Swimming coaching credentials at all times. The Meet Referee reserves the right to ask for coaching credential and/or deny deck access if the coach does not comply or the 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: All events will be pre-seeded except events 400 meters and longer. 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 at 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 meters 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) to ensure that swimmers are properly seeded. 13-14 and Senior events will be swum together and scored separately. All positive check-in events 400 meters and longer will be swum fastest to slowest, alternating women and men.



EXCEL AQUATICS 2017 EXCEL INVITE

Session	Warm-up Starts	Competition Starts
1. Friday PM	5:00 PM	6:00 PM
2. Saturday AM (13-14, Senior)	7:00 AM	8:00 AM
3. Saturday Mid-day (12 & Under)	Warm-ups begin immediately after AM Session Competition begins 60 minutes after Warm-Ups	
4. Sunday AM (13-14, Senior)	7:00 AM	8:00 AM
5. Sunday Mid-day (12 & Under)	Warm-ups begin immediately after AM Session Competition begins 60 minutes after Warm-Ups	

Coaches Meeting: 7:45 AM Saturday, April 22 in the Hospitality Room.

ENTRIES: All events will be timed finals. 13 & Over swimmers may enter up to four (4) individual events per day. 12 & Under swimmers may enter up to 4 (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. Excel reserves the right 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 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.

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)
\$10.00 per swimmer facility surcharge
\$3.00 per swimmer SES surcharge
\$5.00 Non-SES surcharge per swimmer
Time Trial: \$6.00 per event

Please make checks payable to: Excel Aquatics. All Entry Fees are nonrefundable.

DEADLINE: Entries will not be accepted prior to **Saturday, April 1, 2017, at 8:00am CDT** and **MUST** be received by the Meet Entry Chair by **Friday, April 14, 2017 at 11:59pm CDT**. 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 to:

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

(Please include the words “Excel Invite” in the subject line of all meet related e-mail)

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: \$6.00 per individual event. 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 events. Ribbons will be awarded for 1st-8th place in all individual 12 & Under events. Coaches must pick up all awards on the last day of the meet.

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: The event file, psych sheet, timeline, heat sheet and other meet information will be posted on the Excel Aquatics website (www.excelaquatics.org). There will be a coaches meeting at 7:45 AM Saturday 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 cards. No coaches will be allowed on the pool deck without providing current USA Swimming Registration Card indicating full Coaching privilege.

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 or standing.

PSYCH SHEETS & HEAT SHEETS: Psych sheets will be available online at www.excelaquatics.org by Tuesday prior to the meet. Heat sheets will be available online at www.excelaquatics.org the day before the meet. Heat sheets will NOT be sold at the meet.

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. Concessions will be available for purchase. 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 EXCEL INVITE

ORDER OF EVENTS

Session: 1 Friday PM Session

Warm-ups: 5:00 PM

Competition: 6:00 PM

Event #	Event
1	Women 12 & Under 400 Freestyle**
2	Men 12 & Under 400 Freestyle**
3	Women 400 IM**
4	Men 400 IM**

13-14 will swim in the Open division and scored separately as 13-14 and Senior.

**Positive check-in required by 5:30PM. The 400 and 400 IM will be swum fastest to slowest, alternating women and men.

**These events may be limited to the 32 fastest girls and the 32 fastest boys. If so, 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 EXCEL INVITE

ORDER OF EVENTS

Session: 2 Saturday AM Session - OPEN

Warm-ups at 7:00 AM Competition at 8:00 AM

Event #	Event
5	Women 200 Freestyle
6	Men 200 Freestyle
7	Women 100 Backstroke
8	Men 100 Backstroke
9	Women 200 Butterfly
10	Men 200 Butterfly
11	Women 100 Freestyle
12	Men 100 Freestyle
13	Women 200 Breaststroke
14	Men 200 Breaststroke
15	Women 100 Butterfly
16	Men 100 Butterfly

13-14 will swim in the Open division and scored separately as 13-14 and Senior.



2017 EXCEL INVITE

ORDER OF EVENTS

Session: 3 Saturday PM Session – 12 & Under

Warm-ups: Immediately after AM Session Competition: 60 minutes after warm-ups begin

Event #	Event
17	Women 11-12 200 IM
18	Men 11-12 200 IM
19	Women 10 & Under 200 IM
20	Men 10 & Under 200 IM
21	Women 11-12 50 Breaststroke
22	Men 11-12 50 Breaststroke
23	Women 10 & Under 50 Breaststroke
24	Men 10 & Under 50 Breaststroke
25	Women 11-12 100 Backstroke
26	Men 11-12 100 Backstroke
27	Women 10 & Under 100 Backstroke
28	Men 10 & Under 100 Backstroke
29	Women 11-12 50 Butterfly
30	Men 11-12 50 Butterfly
31	Women 10 & Under 50 Butterfly
32	Men 10 & Under 50 Butterfly
33	Women 11-12 100 Freestyle
34	Men 11-12 100 Freestyle
35	Women 10 & Under 100 Freestyle
36	Men 10 & Under 100 Freestyle



2017 EXCEL INVITE

ORDER OF EVENTS

Session: 4 Sunday AM Session – OPEN

Warm-ups at 7:00 AM

Competition at 8:00 AM

Event #	Event
37	Women 200 IM
38	Men 200 IM
39	Women 50 Freestyle
40	Men 50 Freestyle
41	Women 200 Backstroke
42	Men 200 Backstroke
43	Women 100 Breaststroke
44	Men 100 Breaststroke
45	Women 400 Freestyle**
46	Men 400 Freestyle**

13-14 will swim with the Open division and scored separately as 13-14 and Senior

**Positive check-in required by 9:00 AM. This event will be swum fastest to slowest, alternating women and men. The 400 Freestyle may be limited to the 32 fastest girls and the 32 fastest boys. If so, we would take the top 16 13-14 girls, top 16 13-14 boys, top 16 senior girls and the top 16 senior boys after positive check-in.



2017 EXCEL INVITE

ORDER OF EVENTS

Session: 5 Sunday PM – 12 & Under

Warm-ups: Immediately following AM Session Competition: 60 minutes after warm-ups

Event #	Event
47	Women 11-12 200 Freestyle
48	Men 11-12 200 Freestyle
49	Women 10 & Under 200 Freestyle
50	Men 10 & Under 200 Freestyle
51	Women 11-12 50 Backstroke
52	Men 11-12 50 Backstroke
53	Women 10 & Under 50 Backstroke
54	Men 10 & Under 50 Backstroke
55	Women 11-12 100 Butterfly
56	Men 11-12 100 Butterfly
57	Women 10 & Under 100 Butterfly
58	Men 10 & Under 100 Butterfly
59	Women 11-12 50 Freestyle
60	Men 11-12 50 Freestyle
61	Women 10 & Under 50 Freestyle
62	Men 10 & Under 50 Freestyle
63	Women 11-12 100 Breaststroke
64	Men 11-12 100 Breaststroke
65	Women 10 & Under 100 Breaststroke
66	Men 10 & Under 100 Breaststroke

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 EXCEL INVITE WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming and in compliance with required certifications. 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, Williamson County Parks and Recreation, Indoor Sports Complex, City of Brentwood, Southeastern Swimming, Inc. and USA Swimming, Inc., 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.

I further acknowledge my understanding of the following USA Swimming rule regarding registration:
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.

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 that swimmer or the listed club is not properly registered.

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 two 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 IF NEEDED 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

