



Volume 6, No. 11
November 2005

www.swimaqua.org
Hotline 281-488-1582

AQUASTAR
Houston, TX 77062

Turning today's potential into tomorrow's performance!

AQUASTAR

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Scott Cragin

Directors
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Glenn Piper
Lailing Tsai
Jim Kolodgie

Meet Entries
Kelli Baliker

Head Coach
Harold
Johnston

**NEXT
BOARD
MEETING**

Tuesday,
November 8

8:30 pm

Gloria Dei
Church,
Nassau Bay

**ALL PARENTS
INVITED AND
ENCOURAGED
TO ATTEND!**

AQUASTARs IN THE SPOTLIGHT

**Fourteen AQUASTAR Swimmers
Recognized at Gulf Banquet**



Some of the AQUASTAR swimmers recognized at the Gulf Banquet. From Top Clockwise: Skylar Smith, Caroline McElhany, Josh Hurley, Ellen Lobb, Julia Sepulveda and Adriana Sepulveda.

Fourteen AQUASTAR swimmers were recognized for their 2005 swimming accomplishments at the Gulf Swimming Awards Banquet Oct 2. The Banquet is held to recognize those swimmers in the Gulf who have achieved the highest honors in USA Swimming. Gulf Swimming recognize swimmers with either a "Level 1," or "Level 2" Award based on their accomplishments.

See "Banquet," page 3

**Congratulations to Long-Course
Season Team Award Winners!**

After each season, the team identifies our most valuable and most improved swimmers in each age bracket. Recipients received their awards at the team party October 16.

MOST VALUABLE

Claribeth de la Cruz **10 & Under**
Corey Duke

Kelsey Castro **11 - 12**
Cameron Dyer

Caroline McElhany **13 - 14**
Cole Cragin

Kari Budd **15 - 18**
Jared Schneider

MOST IMPROVED

Alyssa Mullery **10 & Under**
Blake Swaney

Amy Chan **11 - 12**
Ryan Swaney

Caroline Baliker **13 - 14**
Daniel Shipman

Jennifer Joines **15 - 18**
Mark Grijalva

McElhany to Attend National Select Camp at OTC!

Caroline McElhany will be one of only 30 girls nationwide attending USA Swimming's National Select Camp this month at the Olympic Training Center in Colorado Springs. USA Swimming identifies Select Camps as an important step in the Olympic development process designed to prepare athletes for membership on USA Swimming National Teams. The National Select Camp emphasizes education and motivation and is a critical component in the athlete's preparation for the National Team experience. **Congratulations to Caroline, Coach Harold and our coaching staff for this great achievement!**

Attention Families with Swimmers 10 yrs. old and younger!

Registration for the meet [our team is hosting](#) Nov. 12-13 has been slow.

All team members 10- years-old and younger should attend our meet!

If your swimmer has never been to a meet, has not been to a meet this season, or has been to a meet and would like to see how their times have improved, **enter our meet!**

It will be a great opportunity to attend a meet close to home AND one with only younger swimmers.

A copy of the meet invitation is attached. Click the link to go to the [Meet Entry Form](#) or visit the AQUASTAR homepage for all information.

Parent and Teen Volunteers Still Needed for AQUASTAR Meet Nov. 12-13

*More than 300 swimmers expected!
Team's Reputation is on the line!*

This short-course season, Gulf Swimming teams will host more than 30 meets in the Houston area. AQUASTAR was selected to host the 10 & Under meet November 12-13 due to the exceptional way we ran the meet we hosted last short-course season.

The team is expected to be ready to host as many as 300 swimmers from around the Houston area. Doing so requires a lot of volunteer assistance on the part of all team parents, regardless of whether your swimmer will actually be participating in the meet.

Despite repeat emails and phone calls, we're still lacking the volunteer support needed to run a safe, timely and fun meet.

If you have received an email from the head coach because you previously signed up to help at meets, please step up and volunteer to assist. Even if you haven't been asked directly, we still need a lot of assistance. You don't need to be an experienced meet attendee to help. We need parents and older swimmers who are not participating in the meet to act as runners, hospitality assistants and other volunteer positions. These positions will not require a lot of time or effort. Even if you can only help for one day of the meet or part of the day, we still want you!

To volunteer, contact Dan Joines at 713-408-1734 or via email at djj420@verizon.net.

Record Attendance for AQUASTAR 5th Anniversary Bash & Awards Ceremony

More than 160 people attended the AQUASTAR 5th Anniversary Bash and Awards Ceremony October 16 at Armand Bayou Nature Center. This was a record attendance for any AQUASTAR function!

The party began with a Fajita Dinner catered by the El Toro Mexican Restaurant in La Porte, followed by an awards ceremony recognizing the most valuable and most improved swimmers in each age bracket during the long-course season.

Additionally, swimmers were awarded annual membership awards for swimmers who have been with the team one year or more.

Throughout the meal and after the ceremony, there were games and activities for swimmers and siblings including face painting, crafts, bobbing for donuts and a beanbag toss. Families also enjoyed walking the center's boardwalk through the forest and marshes, live animal displays, bison and prairie platforms, butterfly gardens and 1800's farm site.

Those who attended also had the opportunity to purchase AQUASTAR caps, T-shirts and window decals as well as other swimming merchandise.

Everyone who attended had a great time and most agreed this was the best AQUASTAR party yet. If you did not attend this season's event, don't miss out next time! Watch the **STREAMLINE** newsletter and your email for future announcements.

November Birthdays!

Be sure to wish each of these AQUASTAR swimmers a HAPPY BIRTHDAY this month!



Veronica Fierke, 11/5

Michael Piper, 11/8

Tin Nguyen, 11/16

Skylar Smith, 11/19

Adrian Tsou, 11/21

Preston Tran, 11/26

Ted Shi, 11/5

John McElhany, 11/11

Christopher Fatora, 11/17

Charles Wang, 11/20

Sarah Carrell, 11/22

Melissa Yang, 11/27

Jeong Yang, 11/6

Caleb Hayman, 11/14

Steven Henricks, 11/19

Kelly Vu, 11/21

Hannah Niland, 11/25

From "Banquet," page 1

A Level 1 Award is for those swimmers who are TAGS finalists, Sectional Finalists, LSC All-Star Member, Gulf Zone Team Member, or a Senior Nat'l Championship Relay Participant.

Level 2 Awards are for swimmers who have a National Reportable Time (T16) or are a National Camp Participant, Gulf, State, Zone, or National Record Setter, US Open Qualifier/Finalist, Jr. National Championship Qualifier/Finalist, Senior National Championship Qualifier/Finalist, or Olympic Trials Qualifier.

Lindsay Benko, 2000 and 2004 Olympic Gold and Silver Medalist, was the guest speaker and signed autographs after the program.

Swimmers recognized with Level 1, Level 2, or both awards were:

- Jenny Claydon
- Cole Cragin
- Mark Grijalva
- Josh Hurley
- Ellen Lobb
- Caroline McElhany
- Justin Payne
- Michael Piper
- Adrianna Sepulveda
- Julia Sepulveda
- Skylar Smith
- Kenna Terry
- Jeannette Wacker
- John Wong

PARENT ON DECK (POD) VOLUNTEERS NEEDED!

We still need parents to volunteer as PODs at the various practice pools. PODs help ensure swimmer safety and good communication with current and potential families. The job is easy and training is provided. In addition, you can volunteer to serve as often or as little as your schedule allows. The only qualification is a willingness to work the full practice session (max. 2 hours) on the dates you volunteer.

Contact Sue Lobb at
slobb_565@hotmail.com.

In Your Lane



Name: Esteban "Stevie" Garcia III

Age: 9
School: Lomax Elementary

Swim Facts: Second season with AQUASTAR

Practice Group: White

Favorite Stroke: Freestyle

Least Favorite Stroke: Backstroke

Favorite Part of Practice: Using flippers

Least Favorite Part of Practice: Long warm-ups

Hobbies & Interests: Swimming & putting Bionicles together

Other: Has a cat named "Chico" and his favorite movie is Napoleon Dynamite



Name: Christa Walker

Age: 12

School: Clear Lake Intermediate

Swim Facts: With AQUASTAR since January 2005

Practice Group: White

Favorite Stroke: Butterfly

Least Favorite Stroke: Backstroke

Favorite Part of Practice: Relays & using fins

Least Favorite Part of Practice: Conditioning sets

Hobbies & Interests: Volleyball, flute and art

Other: Member of Pineloch Piranhas since she was 6-years-old

SWIMMER TIMES DATABASES ON LINE

If you are interested in tracking or graphing your swimmer's historical meet times progression, you don't have to capture data "manually." It is already done online by various swim organizations. There are no less than three online databases you can access to get everything you ever wanted to know about your swimmer's USA Swimming meet times. All three databases are linked from the AQUASTAR website homepage on the right hand side in the **TIMES DATABASES** section.

The first data site is based on "Hy-Tek Team Manager," the software used by teams in Gulf Swimming to assemble team information and run meets. Select "Gulf Swimming" as the "team" in the drop-down list presented on the home page, www.sports-tek.com/TMOnline. Then click "Athletes" on the page that follows. Type in the name of your swimmer and historical swim time data will appear. You can even select different filters to view certain information, such as only short course times, long course times, stroke, distance, etc.

The Texas Swimming Association also has a times database at http://www.tsaswim.org/best_times/athlete_menu.php. There is also a link to this page on the www.tsaswim.com homepage.

Once you type your swimmer's last name and hit "Enter" on your keyboard, you will see a list of all swimmers with that last name. Hit the "Select" button to the left of your swimmer's name, and then click the "Results" menu item at the top of the page. The database will allow you to select a variety of information, such as one particular stroke or distance. It even has a "Progression" feature that will print a graph of time-vs.-date progression for that swimmer in that stroke and distance. You can access the feature by clicking "Progression" on the menu at the top of the screen.

Finally, USA Swimming has developed a times database. It is accessed from their website, www.usaswimming.org. Go to the left top of the page under "USA Swimming Tools," and click "My USA Swimming." Once you register, set up a login ID, password, etc., then you can access all the information about your swimmer in their database. The link is on the www.usaswimming.org home page on the left-hand side.

So, put away those slide rules, calculators, graph paper and Excel spreadsheets. The work has already been done for you courtesy of the organizations your membership dues help fund. Check out the Times Databases section of the AQUASTAR home page to get started!

Hy-Tek's TEAM MANAGER Online for Gulf Swimming Version 2.0A

Home Athletes Teams Meet Results Entries Records Standards Help

Meet: [Dropdown] Fastest: 1 Course: [Dropdown] Stroke: [Dropdown] Distance: [Dropdown]

JANE SWIMMER [Print Results] [Export to PSM-R] [Graph Results]

	Dist	Stroke	P/F	Time	Place	Pts	Date	Meet
Splits	50L	Free	F	33.40	29		6/17/2005	UH June A & Up Meet
Splits	50Y	Free	F	30.64	21		10/7/2005	11 & Up Open
Splits	100L	Free	F	1:13.13	20		6/17/2005	UH June A & Up Meet
Splits	100Y	Free	F	1:07.06	14		2/25/2005	14 & Under Spring Champs 2005
Splits	200L	Free	P	2:38.18	24		7/15/2005	2005 Summer Champs hosted by F
Splits	200Y	Free	F	2:18.33	9		10/7/2005	11 & Up Open
Splits	400L	Free	F	6:13.47	16		6/25/2004	University of Houston LC BB &
Splits	50L	Back	F	37.24	3	7	7/15/2005	2005 Summer Champs hosted by F
Splits	50Y	Back	F	33.77	6	3	2/25/2005	14 & Under Spring Champs 2005
Splits	100L	Back	F	1:25.33	16		6/17/2005	UH June A & Up Meet
Splits	100Y	Back	F	1:12.03	13		10/7/2005	11 & Up Open
Splits	200L	Back	F	2:57.26	13		6/17/2005	UH June A & Up Meet
Splits	50L	Breast	F	49.24	28		5/13/2005	SCAT BB&Under
Splits	50Y	Breast	F	42.98	12		10/2/2004	12 and Under Open Meet-Group A
Splits	100L	Breast	F	1:46.47	19		4/22/2005	University of Houston April Op
Splits	100Y	Breast	F	1:33.89	15		11/19/2004	Scat 14 And under open
Splits	200L	Breast	F	3:39.36	8	1	5/13/2005	SCAT BB&Under
Splits	50L	Fly	F	40.30	32		4/22/2005	University of Houston April Op
Splits	50Y	Fly	F	33.16	8	1	10/7/2005	11 & Up Open
Splits	100L	Fly	P	1:29.23	18		7/15/2005	2005 Summer Champs hosted by F
Splits	100Y	Fly	F	1:19.57	3	6	2/12/2005	BU & 12U Spring Champs hosted
Splits	100Y	IM	F	1:14.68	12		10/7/2005	11 & Up Open
Splits	200L	IM	F	3:04.14	25		7/15/2005	2005 Summer Champs hosted by F
Splits	200Y	IM	F	2:44.55	2	7	2/12/2005	BU & 12U Spring Champs hosted

Done

AQUASTAR Merchandise Now Available

AQUASTAR now has team merchandise for sale! To order any of the items below, simply download and complete a merchandise order form from the AQUASTAR website, complete the form, and submit it with your payment to the "Parent on Deck" at your practice pool. Orders will be filled in approximately two weeks. For more information, contact Amy Castro at Amy_Castro@ICTSTexas.com or via telephone at 281-728-2248.



Women's Shorts- \$10
 Sizes: Youth L, Adult S, M, L



Hooded Sweatshirt- \$20
 Sizes: Youth L, Adult S, M, L, XL



Meet Caps- \$5 Practice Caps- \$2



Men's Shorts- \$10
 Sizes: Men's S (28-30), M (32-34)



T-Shirt- \$8
 Sizes: Youth M, Adult S, M, L, XL, XXL



Window Decal- \$8 for 1, \$15 for 2
 (Car not included!)

10 & Under Open Meet—Group A

HOSTED BY

AQUASTAR

November 12-13, 2005

SANCTION #GUSC 06-019

LOCATION: Ross Sterling Natatorium
300 West Baker Road
Baytown, TX

Directions: Beltway 8 East or 610 East, 225 East, 146 North, over Hartman Bridge, Exit Garth, left/north under freeway and continue on Garth to Baker Road, right on Baker approximately 0.3 mile, Ross Sterling High School is on your left, Natatorium is behind the High School, park in west parking lot closest to Winnie Brown Gym, follow sidewalk to the right and around to the Natatorium. See attached map.

Swimmers are encouraged to setup in the school main hallway or on the concrete paving between the tennis courts, high school and natatorium.

COACHES: Harold Johnston Head Coach
Nicole Hayes Age Group Coordinator

POOL: Eight lane, 25 yard, indoor pool with non-turbulent lane lines. There is not a separate area for warm up/down.

TIME AND DATE: This is a timed-finals meet. The meet starts at 9:00 AM on Saturday, November 12 and Sunday, November 13, 2005.
Saturday and Sunday: first warm-up at 7:30 AM, with second warm-up to follow at 8:10 AM.

Split warm-ups will be in effect. Lane assignments for warm ups and timing will be designated in the Psych Sheet and posted on the Gulf Swimming web site (3) three days prior to the meet www.gulfswimming.org

MEET REFEREE: Ray Loney

MEET DIRECTOR: Dan Joines, 281 554 3061 (Home), swimaquastar@yahoo.com

SAFETY MARSHAL: Chris Woodard

**SAFETY GUIDELINES
AND WARM-UP
PROCEDURES:**

See attached Safety Guidelines and Warm-up Procedures

SEEDING: The meet will be a deck-seeded meet. Coaches please inform your swimmers of seeding on deck rules.

CHECK-IN:

Swimmers are required to circle-in at least 45 minutes before their event. After the events are officially closed, no one may check in or scratch. After circling in, failure to appear at the starting blocks will result in the swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chairman, Herb Schwab, for each event in which he/she fails to appear. Relay cards must be turned in to the Clerk of Course by 8:15 AM or the entry will be considered scratched.

ON-DECK ENTRIES:

Late entries will be accepted each day up to 30 minutes before the start of the meet. Those swimmers missing the 6:00 p.m. Friday deadline may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry.
2. Swimmers must supply completed entry forms entered at the swimmers' best times. The swimmers will be seeded into the events according to their best times.
3. Swimmers must enter all events for the day thirty (30) minutes prior to the start of the day's first event.
4. Swimmers must be qualified to swim the meet entered.
5. Swimmers must not exceed the allotted number of events allowed each day.
6. Swimmers who on-deck to change an entry time in an event already entered must circle-in on the posted circle-in sheets. The new time will be used for seeding. The on-deck entry fees still apply to these swimmers.

At the discretion of the Meet Referee, on-deck entries may be limited to fill existing heats.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). Do not convert meter (yard) times to yard (meter) times. If entries are made by paper (not using Hy-Tek), swimmers should indicate on their entry the course at which the entry time was made (i.e., Y, S, or L). If swimmers have never competed in a USA Swimming meet before, put NT where a seedtime is requested.

Cut-off Times: None

Qualifying Times: There are no qualifying times.

Age: 10 or under as of November 12, 2005.

Number of Events: Swimmers may compete in up to 4 individual events per day exclusive of relays.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Friday, November 4, 2005. No late entries will be accepted. Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Mail or hand deliver entries to the Meet Entry Chairman at:

Susan Joines
420 Creekside Court
League City, Texas 77573
281-554-3061
e-mail entries to: swimaquastar@yahoo.com

Entries: All teams entering 10 or more swimmers MUST submit their entries on a diskette or electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software, **along with a hard copy printout of the entries.** Teams without Hy-Tek should submit their entries on the enclosed Entry Form. A \$25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using an entry form only (without sending Hy-Tek files). Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission.

Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Invitation.

Eligible Teams: This meet is zoned for: **AAC, AQUA, BTA, BEST, BMXX, COOG, GIST, KATY, LJAC, SACI, SCAT, SPA, and UH.**

Fees: \$3.50 per Individual Event and \$6.00 dollars for each Relay event. Make checks payable to AQUASTAR Swimming. Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: Individual events: ribbons 1st - 8th place.
Relay events: ribbons 1st - 3rd place.
Individual events will be scored in single age brackets for ages 6 & Under, 7, 8, 9, and 10.

SCORING: Individual Events: 9-7-6-5-4-3-2-1
Relay Events: 18-14-12-10-8-6-4-2

RULES AND SANCTIONS: The 2005-06 USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. No entries can be accepted unless the entrant is either registered or certified by USA Swimming. The three-event rule and up/down rule do not apply. Gulf Groups B and C are not eligible to swim at this meet.

TIMING SYSTEM: A Colorado Model 6000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the psych sheet and on the Gulf web site three days before the meet on www.gulfswimming.org.

POOL DECK RESTRICTION: Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive complimentary Psych Sheets and for admission to the Hospitality Room.

PROOF OF TIME: Any swimmer that cannot prove that he/she was eligible to swim an event will be fined \$20.00 for each event he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chairman, Herb Schwab.

SWIMMERS WITH DISABILITIES: Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

- CONCESSIONS:** Concessions will be available courtesy of the Baytown Sterling Booster Club
- HOSPITALITY:** A hospitality room will be available for coaches, officials and meet personal
- MERCHANDISE:** **A-GLEAM** will be at the meet selling swim apparel and swim gear.
- MEET RESULTS:** Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org), within three days after the conclusion of the meet.

10 & Under Open

Hosted by



Group A

November 12th & 13th, 2005

Entry rules

Type of Meet	Timed Finals
Max # individual events per day	Four (4)
Swimmers eligible	Group A
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	None
Enter with no time?	Yes
Gulf "three event" rule applies?	Does not apply
Gulf "up/down" rule applies?	Does not apply
Fees	Individual - \$3.50 Relay- \$6.00

Girls	Saturday	Boys
1	10 & Under 200 Free Relay	2
3	9-10 100 Free	4
5	8 & Under 100 Free	6
7	9-10 50 Back	8
9	8 & Under 50 Back	10
11	9-10 100 Breast	12
13	8 & Under 100 Breast	14
15	9-10 50 Fly	16
17	8 & Under 50 Fly	18
19	10 & Under 200 I.M.	20
21	10 & Under 500 Free *	22

Girls	Sunday	Boys
23	10 & Under 200 Medley Relay	24
25	9-10 100 Back	26
27	8 & Under 100 Back	28
29	9-10 100 I.M.	30
31	8 & Under 100 I.M.	32
33	9-10 50 Breast	34
35	8 & Under 50 Breast	36
37	9-10 50 Free	38
39	8 & Under 50 Free	40
41	9-10 100 Fly	42
43	8 & Under 100 Fly	44
45	10 & Under 200 Free	46

Individual Events will be scored in single age brackets; 6 & Under, 7, 8, 9, and 10

* The 500 Free will be swum fastest to slowest, alternating girls and boys heats

SAFETY GUIDELINES AND WARM-UP PROCEDURES

WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. Lanes are **ONE WAY ONLY**.

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokes need more lead-time than freestyle or butterfly swimmers.
 - 2. 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 starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.



