

2020 Niagara Championships 12 & Under



Meet Announcement Summary

Meet Dates: March 6-8, 2020

Host & Contact: Syracuse Chargers; (315) 446-1409. meetdirector@medleyaquatics.com

Meet Referee: TBD by NI Officials Chair

Location: Ithaca College, Athletic and Events Center, 953 Danby Rd., Ithaca, NY, 14850.

Qualifying Information:

All entries submitted via OME, except Late Entry

Qualifying Period and Entry Deadline: September 1, 2018 – March 2, 2020

Late Entry Provision: March 2, 2020 - March 3, 2020.

Meet Warm Up & Session Start times:

| | <u>Warm up</u> | <u>Meet Start</u> |
|---------------------------------|----------------|-------------------|
| Friday, March 6 th : | 4:30pm | 5:30pm |
| Saturday, March 7 th | | |
| Prelims | 7:30am | 8:30am |
| Finals | 4:00pm | 5:00pm |
| Sunday, March 8 th | | |
| Prelims | 7:30am | 8:30am |
| Finals | 4:00pm | 5:00pm |

General Meeting: Saturday, March 7, 2020. 7:50am

Entry Limit: 7 Individual Events per swimmer
Max of 3 per day.

Bonus Rule: Make 1 Get 3
Make 2 Get 2
Make 3 Get 1,
Make 4 No Bonus

Meet Announcement Directory

| | |
|---|------------|
| General Information | Page 3-4 |
| Meet Format | Page 4-5 |
| Entry Information | Page 5-8 |
| Coach Information and Deck Access | Page 8 |
| Spectators and Fans | Page 9 |
| Officials | Page 9 |
| Rules and Regulations | Page 9-10 |
| Hotels | Page 10 |
| Event Order | Page 11-12 |
| Warm up Procedure | Page 12 |

Important New Information Please read

[Relays](#)

[Bonus Structure](#)

[Disability](#)

2020 Niagara Championships 12 & Under
Hosted by The Syracuse Chargers

March 6-8, 2020

Meet Sanction #NI1920-047
Held under the Sanction of USA Swimming

General Information

Co-Meet Directors: Courtney Christ & Morgan Harrington meetdirector@medleyaquatics.com

Meet Referee: TBD by NI Officials Chair

Meet Entry Chair: Will Chidsey meetentry@medleyaquatics.com
(315) 430-5481

Meet Host Contact: Syracuse Chargers Swimming, 5858 East Molloy Rd, Suite 104, Syracuse, NY 13211.
meetentry@medleyaquatics.com
(315) 446-1409

Location and Facility:

Ithaca College, Athletics & Events Center, 953 Danby Road, Ithaca, NY 14850.

Ithaca Pool is a 21 Lane pool complete with flow through lane lines and a Colorado Timing System VI. Ample team and spectator seating is available. The water depth at the start end is no less than 2.5m at a distance of 1m/5m. The competition course has not been certified in accordance with §104.2.2C(4). HR Smith starting blocks consist of Colorado relay take off pads, starting fins and Myrtha backstroke ledges.

Coaches Meeting:

There will be a coaches meeting Saturday March 7th, 2020 at **7:50am**. All and any final decisions will be communicated at this meeting. Coaches and teams are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.

Timers:

Teams entering the meet will be required to provide timers for all prelims and timed final sessions per directive of the Niagara LSC. Swimmers will be responsible for supplying their own timers and counters for the 11-12 500 Free. Syracuse Chargers (SYCH) will provide timers for Finals, Saturday-Sunday. The Meet Director will specify assignments based on the proportionate size of each team's entry. Documentation of volunteer hours is available and can be provided upon request.

Facility Schedule:

| | |
|---------------------------------|--|
| Friday, March 6 th | 4pm - 9pm |
| Saturday, March 7 th | 7:00am – 1:30pm, 3:45pm – 30 minutes after session |
| Sunday, March 8 th | 7:00am – 1:30pm, 3:45pm – 30 minutes after session |

Team Check-In Schedule:

| | |
|--------------------|------------|
| Friday, March 6: | 3pm-7:30pm |
| Saturday, March 7: | 7am-Noon |

Meet Schedule:

Meet Warm Up & Session Start times:

| | | | | |
|--------------------------------|-----------------------|--------|----------------|--------|
| Friday, March 6 th | | | | |
| | Timed Finals Warm-up: | 4:30pm | Finals Start: | 5:30pm |
| Saturday March 7 th | | | | |
| | Prelim Warm-up: | 7:30am | Prelim Start: | 8:30am |
| | Finals Warm-up: | 4:00pm | Finals Start: | 5:00pm |
| Sunday March 8 th | | | | |
| | Prelim Warm-up: | 7:30am | Prelims Start: | 8:30am |
| | Finals Warm-up: | 4:00pm | Finals Start: | 5:00pm |

Warm-up and competition start times are approximate, and may be adjusted by the Meet Director after the entry deadline once all entries have been processed. Adjustments in start times will be posted on the Niagara LSC website at least 48 hours in advance of the meet, and will be sent to all who submit their entries via OME and late entries via email.

Warm-Up Procedure:

Current Niagara Swimming and USA Swimming rules govern all aspects of the warm-up. No diving and feet first entry is required, except in designated lanes and times. Warm-up procedures will be posted on deck.

Meet Format:

Events will be swum in accordance to the included Order of Events.

1. Timed Finals format will be used for 10 & Under 200 IM and 200 Free, 11-12 500 Freestyle. A prelims/finals championship format will be used for both age groups except for events designated as "Timed Finals."
2. The top 18 in each age-group category (10& Under, 11-12) for both male and female will advance to swim in the finals session.
3. The 11-12 500 Freestyle timed final distance event will alternate female/male, with the fastest heats swimming first. If a 2 pool course is used, they will not alternate.
4. All Relays will be timed finals and Swim in the prelim session.
5. The meet will be pre-seeded except for all Friday events.
 - a. Those events will be deck seeded with *positive "Intent to Swim" check-in required 45 minutes prior to the start time of the session.* Any swimmer who fails to check-in by the designated time will not be seeded in that event with no further penalty.
 - b. Any swimmer who positively checks in but does not compete in that event will be barred from their immediate next individual event.
6. It is the swimmer's responsibility to stand directly behind the correct starting block/lane when

called by the Referee/Starter/Announcer for their races by verbal announcement and whistle blasts. Coaches are strongly advised to instruct swimmers to regard the call to compete from the Referee/Starter/Announcer as the final authority. All instances of confusion will be clarified by the Referee prior to the race. Swimmers who miss any race will not be re-seeded into subsequent heats for any race in which they failed to report as above. Swimmers who fail to report for a preliminary or timed-final event that does not require positive check-in will remain eligible to compete in all remaining events in which he/she was properly entered, except as stated elsewhere in this announcement regarding finals or positive check-in events.

7. Any swimmer who may require assistance to properly report for races as stated shall be identified to the Referee immediately preceding all sessions in which that swimmer is scheduled to compete.
8. Flyover starts may be used at the discretion of the Referee during all preliminary and timed final sessions.
9. Any swimmer qualifying for a finals session race in an individual event who fails to compete in that race will be barred from further competition in the meet. If the race falls on the last day of the meet on which the swimmer is entered, the swimmer or team will be fined \$25.00 by Niagara LSC.
10. Only Coaches are permitted to scratch swimmers from finals. However, no penalty shall apply for failure to compete if:
 1. The Referee is notified of illness or injury, accepts proof of such and waives the penalty.
 2. A swimmer qualifying for such race based upon the results of the preliminaries formally scratches from the race within 30 minutes of the announcement of the finalists for that event.
 3. It is determined by the Referee that failure to compete was caused by circumstances beyond the control of the swimmer.

Eligibility & Fees:

This Meet is open to any Niagara LSC registered USA Swimming athlete with a qualifying time.

Qualification Period: September 1, 2018 through meet entry deadline.

Regular Entry Deadline: **Monday, March 2, 2020 at 2 PM EST.**

Seeding Order: SCY, LCM, SCM. Bonus entries are seeded last in the same order.

Entry Fees: \$6.00 for individual events

\$15.00 for relay events

\$10.00 per swimmer surcharge

OME will open for this meet on February 1, 2020 at www.usaswimming.org/ome.

Payment for entries is accepted by check due by team check-in.

Payable to: Syracuse Chargers Inc, 5858 East Molloy Rd, Suite 104, Syracuse, NY 13211.

After you complete your online entry, you will be sent confirmation via e-mail. Bring all communications with you to the meet.

Emailed entries during the Regular Entry Period have an additional \$150 processing fee.

Late Entry Provision:

Any team or athlete missing the initial entry deadline of March 2, 2020, with entries achieved during the entry qualifying period, will be permitted to enter late, subject to the following requirements.

- Hy-Tek Team Manager entry file must be submitted to the Meet Entry Chair at meetentry@medleyaquatics.com **no later than 4:00pm ET, Tuesday, March 3, 2020**
- Team or entrant must pay a one-time processing fee of \$150 plus \$15 per individual event and \$30 per relay event

Entry Rules:

1. Swimmers may enter and swim in no more than three (3) individual events and two (2) relay events per day, including bonus events. A maximum of seven (7) individual entries for the entire meet is allowed.
2. Relays:
 - a. There are no time standards for relays.
 - b. If you have 4 swimmers in an age group qualified and entered in the meet they can participate in any or all of the relays.
 - c. Relay only swimmers are allowed and are eligible for all relays with the following criteria:
 - i. Relay only swimmers entered in one relay can swim all relays on all days.
 - ii. A total of 2 relay only swimmers are allowed per event.
 - iii. No relay only alternates are allowed.
 - d. Mixed gender relay
 - i. There are 12 & Under mixed gender 200 freestyle relay and 200 medley relays.
 - ii. Mixed gender relays must be comprised of 2 female and 2 male swimmers, and may be either individual event qualifiers or relay only swimmers.
 - iii. For mixed gender relays only, any relay only swimmer in the meet can be entered.
 - e. Max 4 relays per team per event.
 - f. Only A and B relays are eligible to score.
3. Individual entry times must be equal to or faster than the applicable Niagara LSC Short Course Championship standards as reflected later in this packet. Qualifying times must be achieved between September 1, 2018 and March 2, 2020, dates inclusive. (See "New Qualifying Swims" below for new qualifiers after the deadline) Non-conforming entry times for SCM and LCM must be equal to or faster than the applicable Niagara Short Course Championship (Gold) qualifying time standards.
4. Other than the provisions outlined elsewhere in this announcement, no late entries will be accepted.
5. No deck entries will be accepted.
6. Consult your club coach before contacting meet host personnel with entry and meet questions. If necessary, coaches should contact meet personnel to obtain answers to questions posed by team members.

Disability:

USA Swimming National Disability Committee released motivational time standards to foster and promote the inclusion of nontraditional athletes in their LSC Championships. The motivational times are designed to provide a fair, equitable and structured path for these athletes. Time Standards are posted on the Niagara Website.

The standards are divided up into three “P” groups. The groups are to place athletes with similar disabilities into the same grouping. The groupings are as follows:

- P1- non-ambulatory (wheelchair bound)- limited use of all four extremities
- P2- dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheel chair bound with high functioning upper body
- P3- single limb deficiencies, visual impairment, intellectual impairment, ambulatory without significant assistance

If you know of or are a nontraditional athlete who may be classified in one of the “P” groups please contact Niagara’s Disability Chair- Courtney Christ (disability@niagaraswim.org).

Please submit all disability qualifications and any accommodations needed to Niagara’s Disability Chair for Proof of Time. After they are approved the entry and accommodations will be submitted to the host via the Disability Chair.

Bonus Events:

Swimmers entering one (1) qualifying time will be permitted to enter three (3) bonus events.
Swimmers entering two (2) qualifying times will be permitted to enter two (2) bonus event.
Swimmers entering three (3) qualifying times will be permitted to enter one (1) bonus event.
Swimmers entering four (4) or more qualifying times will not be permitted to enter bonus events.

1. To bonus an event the swimmer must have achieved a time that is equal to or faster than the applicable Niagara Championship Qualifier (Silver) standard.
2. Events of 400 yards and greater are not eligible for selection as bonus events.

Online Meet Entry:

Enter the 2020 Niagara Championships 12 & Under online at usaswimming.org/OME using the event titled “2020 Niagara Championships 12 & Under” beginning February 1, 2020 and no later than **2:00pm ET on March 2, 2020**. Revisions to entries will be accepted until the stated deadline. You cannot edit/delete an online entry once it has been checked out. Once you complete your online entry, you will be sent confirmations via email. Please keep all of these and bring them with you to the meet. The meet host must receive entry fees no later than the start of the meet on March 6, 2020. Coaches are responsible for knowing events for which their athletes are qualified. You can modify your entry online by adding to the original entry. All OME questions should be directed to: Jaime Lewis at USA Swimming (719-866-4578, jlewis@usaswimming.org).

You can return to your entry to modify entry times through the initial entry deadline if you do not check out. Best times will not be automatically updated, the coach has to go in and update prior to the entry deadline.

Once checked out and paid, you may add events to your entry but you cannot delete or edit events. Entries will not be considered accepted until entry fees are received. Times must be entered in the proper course in which achieved; converted times will not be accepted.

Proof of Time:

Verification of times for all events is required. Times submitted through OME will be automatically verified through the USA Swimming SWIMS database unless a custom time is used. Coaches entering with custom times (those not in the SWIMS database) must be prepared to prove the times with a copy of the official meet results. Any proof of time must be submitted prior to the meet start.

Scoring:

Top 18 finishers will score points per the outline below.

All Individual Events: A Final 22-19-18-17-16-15-14-13-12
 B Final 10-8-7-6-5-4-3-2-1

All Relay Events: 44-38-36-34-32-30-28-26-24-20-16-14-12-10-8-6-4-2

*Only the A, B & C Relays for each team will score

Awards:

Individual Events:

Medals 1st – 10th.

Relays:

Medals 1st – 3rd.

Age Group High Point:

Male and Female, based on individual points scored during competition.

Team High Point:

Top 3 overall Team (highest scores) and Small Teams Champion. Small Team is designated by having <100 registered swimmers.

Each team must designate a representative to pick up and sign for all awards for their team. Swimmers will not be allowed to pick up awards. Awards are to be picked up by Team Reps prior to final departure from the meet. Unclaimed awards can be mailed at team's expense. For special pickups, see Meet Director.

Coach Information and Deck Access

Please use designated pool entry areas. All coaches planning to attend the meet MUST be included with the entry for the confirmation of coach credentials prior to arriving at the meet. Any coach not on the original entry MUST show proof of current credentials prior to receiving coach's packets or deck credentials. Only swimmers, coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. These must be visible at all times when on deck. Teams will be allocated deck passes for coaches using the following Niagara LSC formula based on the number of athletes entered into individual events:

| | |
|---|-------------------|
| 1-5 swimmers in individual events or -1 relay only team with any number of alternates: | 1 coaching pass |
| 6-12 swimmers in individual events: | 2 coaching passes |
| 13-22 swimmers in individual events: | 3 coaching passes |
| 23-30 swimmers in individual events: | 4 coaching passes |
| 31-39 swimmers in individual events: | 5 coaching passes |
| 40-49 Swimmers in individual events: | 6 coaching passes |
| 50+ swimmers in individual events: | 7 coaching passes |
| Unattached swimmers entered without a team: | 1 coaching pass |

*Unattached swimmers with a team will be counted in the numbers for the team

Hospitality:

Hospitality will be located just off the Competition Pool in the Wet Classroom. The hospitality area is for officials, coaches and meet staff and must have appropriate credentials to enter the hospitality area.

Locker Rooms:

There are two sets of locker rooms for both women and men. One each is located on deck, while the second is off deck. Please follow signs. Locker Rooms are for Athletes only. Do not leave locks

on locker overnight; locks may be cut off. Ithaca College and Syracuse Chargers Swimming are NOT responsible for lost or stolen property.

Medical Assistance:

Medical assistance will be provided at the facility. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.

Spectators and Fans

Heat Sheets & Admissions:

Programs will be on sale at the meet. Admission is free.

Parking:

Parking in lots surrounding the Aquatic Center will be available at no charge.

Vendors:

Metro Swim Shop will be on site for equipment needs
Northwest Designs will be on site for official meet merchandise.

Concessions:

There will be a concession stand open for the duration of the meet operated by Ithaca College.

Officials

For assigned positions of Referee, Starter, Chief Judge and AO wishing to work the meet, please RSVP to Team App prior to Sunday, February 23. Stroke and Turn Officials please RSVP to Team APP no later than Sunday, March 1. A detailed letter will be sent through Team App on or about February 1st to guide this process.

Official's briefings will take place prior to each session; Officials working that session should sign in one-hour prior the start of racing.

Rules and Regulations

Current USA Swimming rules will govern all competition.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is not permitted.

Any swimmer entered in the meet 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.

Swimmers without a coach need to advise the Meet Director in advance. It is the responsibility of the club to have a coach for swimmers entered in the meet. It must be a registered coach and can be assigned from another team.

Any club that enters an unregistered athlete, falsifies an entry in any way or permits an unregistered coach to represent them will be fined \$100.00, and no further entries will be accepted from the club until the said fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2020.

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Deck access is restricted to USA Swimming athlete, coach members and officials with approved meet credentials. Only coaches with registered swimmers in the meet will be allowed deck access. No exceptions. Only swimmers, credentialed coaches, officials and meet volunteers as necessary, will be allowed access to the locker rooms. Non-credentialed coaches, officials not working and parents who attempt to gain pool deck access via locker rooms are not allowed on the pool deck. Offenders are potentially subject to a fine of \$100 from Niagara Swimming. Deck changes are prohibited.

For this meet, all coaches, subject to the swimmer-to coach ratio outlined in the packet will be issued meet credentials upon providing proof of valid registration. ALL COACHES MUST DISPLAY THE MEET CREDENTIALS ISSUED TO THEM AT ALL TIMES WHILE ON DECK. Additionally, non-credentialed coaches, parents, officials not working, etc., are not allowed onto the pool deck with swimmers. Offenders are potentially subject to a fine of \$100 from Niagara Swimming and further disciplinary actions may be taken towards the team if needed.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

No swimmer will be issued a credential without a coach member present.

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

Proper conduct at all times will be enforced by Coaches, SYCH volunteers, Meet Marshals and IC Staff. Any swimmer found in the posted out of bounds areas will be barred from the remainder of the meet. Swimmers are not allowed to swim under the bulkhead. Disciplinary action will be immediate expulsion from the meet. Any issues of misconduct that occur within the meet venue will be under the direct jurisdiction of the Meet Referee for disciplinary action. Any protest of the Referee’s decision will be considered by a Meet Jury. Misconduct includes, but is not limited to: (1) Violation of safety guidelines outlined in the meet announcement or posted within the facility, (2) Disrespect to meet management personnel, officials or fellow athletes, (3) Stealing, destroying, vandalizing or possessing the property of others, or (4) Possession or use of alcoholic beverages, tobacco products or illegal drugs

Meet Jury:

Meet referee will appoint an Eligibility and a Technical Jury and announce the members at the General Meeting.

Hotels:

Hotel Ithaca \$129!

Hotel Ithaca Master Blocks- Call and ask to book (607)272-1000. The meet name is Niagara Champs 2020.

Please specify if your looking for a Team block or just reserving one(1) room.

EVENT ORDER

| Friday Evening Timed Final Events, Session 1 | | |
|--|----------------------------------|-------------|
| Girl Event # | Event | Boy Event # |
| 1 | 12 & Under 400 Freestyle Relay | 2 |
| 3 | 10 & Under 200 Individual Medley | 4 |
| 5 | 10 & Under 200 Freestyle | 6 |
| 7 | 11-12 500 Freestyle | 8 |

| Saturday Morning Preliminary Heats, Session 2 | | |
|---|-----------------------------------|-------------|
| Girl Event # | Event | Boy Event # |
| 9 | 12 & Under 200 Freestyle Relay | 10 |
| 11 | 11-12 100 Freestyle | 12 |
| 13 | 10 & Under 100 Freestyle | 14 |
| 15 | 11-12 200 Breaststroke | 16 |
| 17 | 11-12 50 Butterfly | 18 |
| 19 | 10 & Under 100 Butterfly | 20 |
| 21 | 11-12 200 Backstroke | 22 |
| 23 | 10 & Under 50 Backstroke | 24 |
| 25 | 11-12 100 Individual Medley | 26 |
| 27 | 10 & Under 100 Individual Medley | 28 |
| 29 | 11-12 50 Breaststroke | 30 |
| 31 | 10 & Under 50 Breaststroke | 32 |
| 33 | 11-12 200 Butterfly | 34 |
| 35 | 12 & Under Mixed 200 Medley Relay | 35 |

| Saturday Evening Finals, Session 3 | | |
|------------------------------------|----------------------------------|-------------|
| Girl Event # | Event | Boy Event # |
| 11 | 11-12 100 Freestyle | 12 |
| 13 | 10 & Under 100 Freestyle | 14 |
| 15 | 11-12 200 Breaststroke | 16 |
| 17 | 11-12 50 Butterfly | 18 |
| 19 | 10 & Under 100 Butterfly | 20 |
| 21 | 11-12 200 Backstroke | 22 |
| 23 | 10 & Under 50 Backstroke | 24 |
| 25 | 11-12 100 Individual Medley | 26 |
| 27 | 10 & Under 100 Individual Medley | 28 |
| 29 | 11-12 50 Breaststroke | 30 |
| 31 | 10 & Under 50 Breaststroke | 32 |
| 33 | 11-12 200 Butterfly | 34 |

| Sunday Morning Preliminary Heats Session 4 | | |
|--|---------------------------------|-------------|
| Girl Event # | Event | Boy Event # |
| 37 | 12 & Under 200 Medley Relay | 38 |
| 39 | 11-12 50 Backstroke | 40 |
| 41 | 10 & Under 100 Backstroke | 42 |
| 43 | 11-12 100 Butterfly | 44 |
| 45 | 10 & under 50 Butterfly | 46 |
| 47 | 11-12 200 Individual Medley | 48 |
| 49 | 11-12 50 Freestyle | 50 |
| 51 | 10 & Under 50 Freestyle | 52 |
| 53 | 11-12 100 Breaststroke | 54 |
| 55 | 10 & Under 100 Breaststroke | 56 |
| 57 | 11-12 100 Backstroke | 58 |
| 59 | 11-12 200 Freestyle | 60 |
| 61 | 12 & Under Mixed 200 Free Relay | 61 |

| Sunday Evening Finals, Session 5 | | |
|----------------------------------|-----------------------------|-------------|
| Girl Event # | Event | Boy Event # |
| 39 | 11-12 50 Backstroke | 40 |
| 41 | 10 & Under 100 Backstroke | 42 |
| 43 | 11-12 100 Butterfly | 44 |
| 45 | 10 & Under 50 Butterfly | 46 |
| 47 | 11-12 200 Individual Medley | 48 |
| 49 | 11-12 50 Freestyle | 50 |
| 51 | 10 & Under 50 Freestyle | 52 |
| 53 | 11-12 100 Breaststroke | 54 |
| 55 | 10 & Under 100 Breaststroke | 56 |
| 57 | 11-12 100 Backstroke | 58 |
| 59 | 11-12 200 Freestyle | 60 |

Warm-up Procedures for all Sanctioned Meets in 9 Lane Pools

I. Pre-Meet warm-up period

- A. Control/Supervise - Key words for safe warm-ups.
- B. Marshals should be actively supervising the warm-ups to ensure that proper procedures are followed.

II. General warm-up period

- A. The first 30-45 minutes are for general warm-ups in all lanes.
- B. There shall be **NO DIVING** off the blocks or the edge of the pool at this time.
- C. Outside Lanes - Kicking only.
- D. Inside Lanes - Swimming and pulling only; no paddles.
- E. No sprinting or pace work.

III. Specific warm-up period

- A. Last 30-45 minutes of pre-meet warm-up period.
- B. In a ten-lane pool, each lane shall be scheduled as follows:
 1. Lanes 1 & 9 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
 2. Lanes 2 & 8 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 3. Lanes 3, 4, 5, 6, 7 general warm-up only (as above) **NO DIVING**.

Important Points for Specific Warm - Up Period

1. No diving in lanes other than those designated for racing dives. The blocks should be marked to remind swimmers that they should not dive.
2. Start all swimmers in all lanes at the starting end of the pool.
3. Coaches should stand at the starting end of the pool when verbally starting swimmers on sprint or pace work.
4. Swimmers should be reminded by coaches that breaststrokers need more lead-time than freestylers or butterfly swimmers.
5. Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on the starting block until the backstroker has executed his/her start.
6. The announcer should announce lane changes and/or warm-up changes as per general and specific. The announcer can serve as the reminder of procedures.
7. Coaches should maintain as much contact with their swimmers as possible - verbal and visual - throughout the warm-up period.
8. The Coaches should understand that responsibility for supervision of their swimmers is the same at meets as when on deck at practice.
9. Marshals have the authority through the Meet Director over the warm-up. A swimmer and/or Coach may be removed from the deck for interfering with the Marshals.
10. When the number of participants for a meet session cannot be safely accommodated during the same warm-up period, warm up sessions should be split to provide a safe and adequate warm-up time for all.
11. The meet Referee shall have responsibility to establish and enforce rules for safe conduct within the competitive pool during the duration of the swimming competition.
12. The meet Safety Committee shall have responsibility for safety rules in all other areas during competition and shall assist the meet Referee in the competition pool if necessary.
13. The meet Safety Committee shall have any person deliberately violating safety rules removed from the meet facility.
14. There shall be at least one Marshal at each end of the pool to ensure the warm-up procedures will be followed.
15. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
16. Discretion and common sense must be used when establishing procedures. The above procedures may be modified by the meet Referee according to the needs of the meet.