



PACK OPEN MEET INVITATIONAL

A Short Course Yards Timed Finals Meet
Premier Aquatics Club of Klein

October 15th – 17th, 2021

A Short Course Yards Timed Finals Meet

SANCTION # **GU-SC-22-024**

ENTRIES DUE BY 6:00 PM, WEDNESDAY, OCTOBER 6th, 2021

*This meet will be a deck-seeded meet. Circle-in is required for ALL events
45 minutes prior to the start of each session.*

LOCATION:

Klein High School Natatorium.

16715 Stuebner Airline

Klein, Texas 77379

Directions: See map on last page of this announcement



**SPECIAL
INSTRUCTIONS:**

Indoor set up in athletic building hallways, in same building as pool.

**COACHES:
MEET REFEREE:**

Mike McCauley - Head Coach

Tom Jones

tomwjones54@gmail.com

ADMINISTRATIVE

OFFICIAL: James Smith meetcoordinator@packswimming.com
MEET DIRECTOR: Lyne Santhin, Susan Rangel meetcoordinator@packswimming.com
SAFETY MARSHAL: Seth Keggins
POOL: Eight lane, 25yard indoor pool with non-turbulent lane lines with separate 3 lane warm down area.

TIME AND DATE: **This is a timed finals meet with morning (13 and over) and afternoon (12 and under) sessions on Sat. and Sun.**

Session 1: Friday Night – October 15, 2021 (TIMED FINAL EVENTS)
Age Groups: 9 & Over
Warm-ups: 5:00 – 6:15 pm
Meet Starts: 6:30 pm

Session 2: Saturday Morning – October 16, 2021 (TIMED FINAL EVENTS)
Age Groups: 13 & Over
Warm-ups*: **7:30 am – 8:45 am**
Meet Starts: **9:00 am**

Session 3: Saturday Afternoon – October 16, 2021 (TIMED FINAL EVENTS)
Age Groups: 12 & Under
Warm-ups*
Meet Start: *

*** Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.**

Session 4: Sunday Morning – October 17, 2021 (TIMED FINAL EVENTS)
Age Groups: 13 & Over
Warm-ups*: **7:30 am – 8:45 am**
Meet Starts: **9:00 am**

Session 5: Sunday Afternoon – October 17, 2021 (TIMED FINAL EVENTS)
Age Groups: 12 & Under
Warm-ups*:
Meet Starts: *

*** Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage**

*Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website.

Lane assignments for warm-ups and timing will be designated in the psych sheet, and posted on the Gulf Swimming website by Tuesday, October 12, 2021.

MEET TYPE: This meet will be run utilizing the “Flyover Starts” procedures unless a waiver is received from the Technical Planning Committee Chair. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the “Flyover Start” procedures.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures, as well as COVID Safety Protocols.

SEEDING:

This meet will be a deck-seeded meet. **Circle-in is required for ALL events 45 minutes prior to the start each session.** Coaches, please inform your swimmers of deck-seeded rules. All events, including relays, will be seeded with heats in the order of fastest to slowest.

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 Jason Wedlick, if he/she fails to appear.

The 400 IM and 500 Free will be swum alternating girls and boys heats. Swimmers must provide 2 timers and a lap counter where applicable.

RELAY CARDS:

Relay cards must be turned in to the Clerk of Course by **8:15 am for morning session** and **45 minutes before the start of the afternoon session** or the entry will be considered scratched.

Mixed relays will be made up of two women and two men.

ON-DECK ENTRIES:

Late entries will be accepted each day up to 45 minutes before the start of the meet. Those swimmers missing the **6:00 p.m. Monday, October 4th, 2021**, 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 45 minutes prior to the start of the day's first event.
4. Swimmers must be qualified to swim the event 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 a deck seeded 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.
7. **The meet host reserves the right to limit deck entries, in order to comply with the 4-hour rule, based on projected timeline.**

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time and **times must be from USAS approved meets.** 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). **No Times ARE allowed at this meet.**

Cut-off Times: None

Qualifying Times: None

Age: As of October 15, 2021

Number of Events: Swimmers may compete in up to four (4) individual events per day plus 1 relay per day.

Entries: All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software. **Entries must be in the hands of the Meet Entry Chair no later than 6:00 pm on Wednesday, October 6, 2021. No late entries will be accepted.**

Email entries to the Meet Entry Chair: entries@packswimming.com

Eligible Teams: Any currently registered USAS teams may enter, space permitting. Only swimmers in good standing attached to a USAS team or swimmers in the documented process of transferring to a USAS team may participate in this meet.

Meet Limits: Entries will be accepted in the order they are received by the host. The meet host reserves the right to stop accepting entries when sessions approach the 4-hour limit, to be in accordance with the 4-hour rule. Once your entries are accepted, you will receive a confirmation email from PACK Entry Coordinator, confirming your entries have been accepted.

Fees: \$7.00 per Individual Event and \$12.00 for each relay entry, plus \$7.00 per swimmer facility surcharge fee, **Includes free PDF Heat Sheet available at packswimming.com and on meet mobile.**

Entry fees must be postmarked by **October 8, 2021**, to the address below:

**Premier Aquatics
PO Box 11108
Spring TX 77391**

entries@packswimming.com

Make checks payable to: **Premier Aquatics**

AWARDS: 12 & Under Individual events: Ribbons 1st – 8th place
12 & Under Relay events: Ribbons 1st – 3rd place
No awards for 13 & Over

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

All Individual 9 & over events will be swum combined but scored separately as 9-10, 11-12, 13-14 and 15 & over.

All Individual 13 & over events will be swum combined but scored separately as 13-14 and 15 & over.

All Individual 12 & under events will be swum combined but scored separately as 11-12, 9-10, 8, 7 and 6 & under.

All Individual 10 & under events will be swum combined but scored separately as 9-10, 8, 7 and 6 & under.

All Individual 8 & under events will be swum combined but scored separately as 8, 7 and 6 & under.

All Relays will be entered in the meet as 8 & under, 9-10, 11-12, 13-14 and 15 & over age groups and scored by those same age groups.

RULES AND SANCTIONS:

The current USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On-deck USA Swimming membership registration will not be permitted.

The three (3) event rule and up/down rule do not apply

POOL MEASUREMENT:

The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

The water depth of the competition course is 12 feet measured from 1 meter to 5 meters on the starting end of the course, and 6 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM:

A Daktronics 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. Swimmers in the 500 Free and 400 IM must provide 2 timers and a lap counter where applicable.

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 Heat Sheets and for admission to the Hospitality Room. Coaches must supervise their swimmers.

MAAPP:

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

DECK CHANGING PROHIBITION:

Deck changes are prohibited. Deck change definition – "changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes".

AUDIO/VIDEO RECORDING DEVICES: Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

DRONES:

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. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

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, Charlie Frey.

UNACCOMPANIED SWIMMERS:

Any swimmers 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. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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: Limited drinks and snacks will be available

HOSPITALITY: A hospitality room will be available for Coaches, Officials and Meet Personnel

MERCHANDISE: D&J Sports will be at the meet selling swim apparel and swim gear on Saturday only.

MEET RESULTS: ***Unofficial real time results will be available on the MEET MOBILE app.*** Official Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org), within three days after the conclusion of the meet.

ATTACHMENTS: Meet Format, Entry Verification Form, Gulf Safety Guidelines and Warm-up Procedures, Klein HS Map and Campus Close-Up

PACK OPEN INVITATIONAL MEET

Klein High School Natatorium

October 15th – 17th, 2021

Type of Meet	Timed Finals
Maximum # individual events per day	Four (4)
Swimmers eligible	See Entry Information Above
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 \$7.00; Swimmer Facility Surcharge \$7.00. Relays - \$12.00

Order of Events by number:

Friday Evening (9 & Over Girls & Boys)

FRIDAY, October 15, 2021 (Warm-ups: 5:00 – 6:15 pm, Meet Starts: 6:30 pm)

- #1 9 & Up Girls 500 Free **
- #2 9 & Up Boys 500 Free **

Saturday Morning Session (13 & Over Girls & Boys)

SATURDAY, October 16, 2021 (Warm-ups: 7:30 – 8:45 am, Meet Starts: 9:00 am)

- #3 13-14 Girls 400 Medley Relay
- #4 13-14 Boys 400 Medley Relay
- #5 15-18 Mixed 200 Medley Relay
- #7 13 & Over Girls 100 Breast
- #8 13 & Over Boys 100 Breast
- #9 13 & Over Girls 50 Free
- #10 13 & Over Boys 50 Free
- #11 13 & Over Girls 200 Fly
- #12 13 & Over Boys 200 Fly
- #13 13 & Over Girls 200 Back
- #14 13 & Over Boys 200 Back
- #15 13 & Over Girls 200 Free
- #16 13 & Over Boys 200 Free
- #17 13 & Over Girls 400 I.M.**
- #18 13 & Over Boys 400 I.M.**

Saturday Afternoon Session (12 & Under Girls & Boys)

SATURDAY, October 16, 2021 *Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage and PACK Swimming website under Hosted Meets Tab.

- #19 11-12 Girls 200 Medley Relay
- #20 11-12 Boys 200 Medley Relay
- #21 10 & Under Girls 200 Medley Relay
- #22 10 & Under Boys 200 Medley Relay
- #23 9-12 Girls 100 Breast
- #24 9-12 Boys 100 Breast
- #25 8 & Under Girls 25 Fly
- #26 8 & Under Boys 25 Fly
- #27 11-12 Girls 200 Fly
- #28 11-12 Boys 200 Fly
- #29 12 & Under Girls 50 Free
- #30 12 & Under Boys 50 Free
- #31 12 & Under Girls 100 I.M.
- #32 12 & Under Boys 100 I.M.
- #33 11-12 Girls 200 Back
- #34 11-12 Boys 200 Back

- #35 8 & Under Girls 25 Free
- #36 8 & Under Boys 25 Free
- #37 12 & Under Girls 50 Breast
- #38 12 & Under Boys 50 Breast
- #39 9-12 Girls 200 Free
- #40 9-12 Boys 200 Free

Sunday Morning Session (13 & Over Girls & Boys)

SUNDAY, October 17, 2021 (Warm-ups: 7:30 – 8:45 am, Meet Starts: 9:00 am)

- #41 13-14 Girls 400 Free Relay
- #42 13-14 Boys 400 Free Relay
- #43 15-18 Mixed 200 Free Relay
- #45 13 & Over Girls 100 Back
- #46 13 & Over Boys 100 Back
- #47 13 & Over Girls 200 Breast
- #48 13 & Over Boys 200 Breast
- #49 13 & Over Girls 100 Free
- #50 13 & Over Boys 100 Free
- #51 13 & Over Girls 100 Fly
- #52 13 & Over Boys 100 Fly
- #53 13 & Over Girls 200 I.M.
- #54 13 & Over Boys 200 I.M.

Afternoon Session (12 & Under Girls & Boys)

SUNDAY, October 17, 2021 *Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage and PACK Swimming website under Hosted Meets Tab.

- #55 11-12 Girls 200 Free Relay
- #56 11-12 Boys 200 Free Relay
- #57 10 & Under Girls 200 Free Relay
- #58 10 & Under Boys 200 Free Relay
- #59 9-12 Girls 100 Back
- #60 9-12 Boys 100 Back
- #61 12 & Under Girls 50 Fly
- #62 12 & Under Boys 50 Fly
- #63 11-12 Girls 200 Breast
- #64 11-12 Boys 200 Breast
- #65 8 & Under Girls 25 Back
- #66 8 & Under Boys 25 Back
- #67 12 & Under Girls 100 Free
- #68 12 & Under Boys 100 Free
- #69 9-12 Girls 100 Fly
- #70 9-12 Boys 100 Fly
- #71 12 & Under Girls 50 Back
- #72 12 & Under Boys 50 Back
- #73 9-12 Girls 200 I.M.
- #74 9-12 Boys 200 I.M.
- #75 8 & Under Girls 25 Breast
- #76 8 & Under Boys 25 Breast

**** The 400 I.M. and 500 Freestyle will be swum alternating girls and boys heats.**

400 IM & 500 Free swimmers must provide 2 timers and a lap counter where applicable.

All events will be seeded fastest to slowest.

All Individual 9 & over events will be swum combined but scored separately as 9-10, 11-12, 13-14 and 15 & over.

All Individual 13 & over events will be swum combined but scored separately as 13-14 and 15 & over.

All Individual 12 & under events will be swum combined but scored separately as 11-12, 9-10, 8, 7 and 6 & under.

All Individual 10 & under events will be swum combined but scored separately as 9-10, 8, 7 and 6 & under.

All Individual 8 & under events will be swum combined but scored separately as 8, 7 and 6 & under.

All Relays will be entered in the meet as 8 & under, 9-10, 11-12, 13-14 and 15 & over age groups and scored by those same age groups.

SAFETY GUIDELINES AND WARM-UP PROCEDURES

WARM-UP PROCEDURES

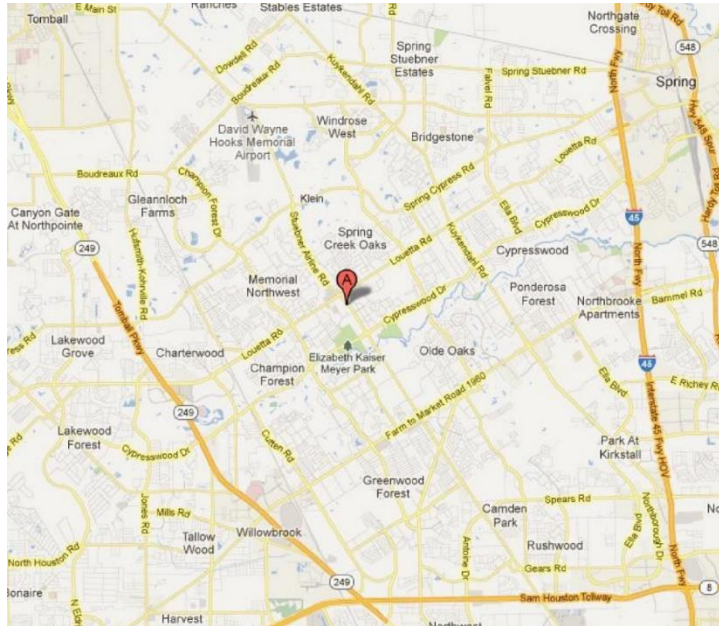
- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** 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 announcement.
 - 4. Food and smoothies not allowed on deck



Klein High School Natatorium.
16715 Stuebner Airline
Klein, Texas 77379



KLEIN HIGH SCHOOL POOL



USA SWIMMING/GULF SWIMMING/PACK DISCLAIMER:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., GULF Swimming and Premier Aquatics Club of Klein, Inc. cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND GULF SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Premier Aquatic Club of Klein, Inc (PACK) has taken enhanced health and safety measures for the participants, coaches, volunteers and officials. You must follow all posted instructions while on the property. An inherent risk of COVID-19 exists in any public or private place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in the PACK meet event at Klein High School, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 SAFETY PROCEDURES:

Thank you for taking the time to become familiar with these procedures prior to the meet to help insure everything goes smoothly!

- Swimmers, volunteers, spectators, officials and coaches in the meet agree to abide by PACK's COVID-19 Safety Procedures and Protocols.
- This meet will be conducted in compliance with local, state, and USA Swimming COVID-19 restrictions.
- The Meet Referee has final authority over conduct of this event and will be working with the Meet Director, Facility Management, and PACK Covid-19 Task Force to enforce Covid-19 safety guidelines and resolve any issues.
- Prior to coming to the pool, everyone should self-screen by answering the following questions. If you answer yes to ANY question below, you should not come to the pool.
 - *Do I feel sick in any way, dizzy, have a cough, have shortness of breath or difficulty breathing?*
 - *Do I have a fever, sore throat, chills, headache, loss of taste or smell or diarrhea?*
 - *Have I been in contact with anyone known to have tested positive for COVID-19?*

- No person will be allowed to enter with a temperature over 100.4 F in accordance with CDC and local health department recommendations.
- We strongly encourage masks to be worn by athletes, coaches, officials and spectators but it is not required.
- Only coaches, officials, swimmers, lane timers and volunteers required to be on-deck are allowed on the pool deck.
- We will allow adequate time between each event to provide rest for the swimmers by inserting short breaks in the timeline in between events as needed. An estimated timeline will be published for each session and will be posted on the PACK website.
- When a swimmer's heat is 4 heats after the heat in the water, the swimmer will move to a Ready Area on the side of the pool on the spectator side. There will be dots on ground, numbered 1-8 and they will stand on their dot that matches their lane #. Please do not gather in that area early, as we do have plenty of time in between heats, so nobody has to rush. The volunteer at that ready station will let them know when it is time to go to next ready area. Then, once the starting block area is clear for their heat, the volunteer in that area will direct the swimmers to approach the block area.
- Swimmers must enter and leave the facility in their swimsuits. **Locker rooms and restrooms will be for restroom use only, no changing allowed.** Restrooms in locker rooms are for swimmer use only. Spectator restrooms are available off deck.

ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

Signature

Title

Date