

2009 South Texas (Central) Long Course Junior Olympics
July 24, 25, 26 2009 – ST-09-51
Hosted by West Austin Aquatics

Meet: 2009 South Texas Long Course Junior Olympic Championships (JOs Central)

Dates: July 24, 25, 26 2009

CENTRAL: JO's Central July 24-26 2009, hosted by West Austin Aquatics, to include the following teams: AMSC, AQTX, ATP, COTA, GOLD, HOT, HSC, KST, LAKE, LCA, LSAC, MM, NBAC, SASA, TXLA, UT, WAVE, WAWA, WFLY, WWW

**Sanction
Number:** ST-09-

Venue: West Austin Athletic Club, 1024 Patterson Rd. Austin TX 78733, 512-263-4282
WAAC is located off Ranch Road 2244 (Bee Caves Rd) between Hwy 71 and Loop 360.

Facility: This meet will be conducted in two outdoor pools with an additional pool used for warm-up/cool-down if needed. One pool is a 4-lane 50-meter pool. The other pool is an 8-lane, 25-yard pool. Both competition pools have been certified by South Texas. There are 6 additional 25-yard length lanes available in the Island Pool. No tobacco or alcohol is allowed on WAAC property that includes the parking lot. Although there is some shade available, swimmers are encouraged to bring tents. A snack bar will be available, however swimmers may bring in food and drinks. NO glass containers are allowed.

Liability: In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the West Austin Aquatics Team (WFLY) and West Austin Athletic Club, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.

Sanctions:

- This meet is sanctioned by South Texas Swimming, Inc. and the USA Swimming 2009 Rules & Regulations apply.
- All swimmers must be registered for 2009 with USA Swimming by the entry deadline.
- Athletes who fail to meet this requirement will not be allowed to compete.

Meet Format:

- Events will be seeded by time and gender. All events will be timed finals. All events will be swum slowest to fastest unless otherwise noted.
- The 500 Fr, 400 IM, 1500 & 1650 Freestyles will be age and gender combined, and swum fastest to slowest.

Swimmers are limited to 5 events per day. Swimmers may swim in different sessions on a particular day. Swimmers may sign up for Sunday's time trials at any point during the meet. All events except the 800 freestyle and 1500 freestyle will be available for time trials on Sunday.

Rules:

- The most current edition of the USA Swimming 2009 Rules and Regulations and any relevant portions of the STSI Handbook will apply.

**Meet
Eligibility:**

- This meet is open only to South Texas USA Swimming registered swimmers age 18 and younger.

- Entries received without a complete USA Swimming Registration number will not be processed. It is strongly recommended that swimmers have their USA Swimming ID card with them.
- Deck entries will not be accepted for a swimmer not already in the meet unless the swimmer's USA Swimming registration can be verified.
- Swimmers must compete in the age group based on their age as of July 24, 2009.
- Each contestant may compete only in the age group for which she/he is eligible.
- Any swimmer age 9 or older who is currently eligible to compete in an event at the South Texas Age Group Championship (STAGS) or the South Texas Senior Championships may not compete in that event or that stroke/distance within a relay at Junior Olympics.

Qualifying Times:

•Swimmers may enter any event for which they have not achieved or exceeded the minimum qualifying time for the corresponding South Texas Age Group Championship (STAGS) or Senior Championship meet (long or short course) event. Eight and under events are unclassified. The time standard for each event is .01 second slower than the currently published minimum STAGS or Senior Champs time standard. For swimmers that have not swum an event before, please provide a "best estimate" time rather than NT for seeding purposes. NT will not be accepted.

- Swimmers 9 and older may not swim an event for which they have a STAGS/Senior Champs or better qualifying time for the age group that swimmer is participating in for the 2009 Long Course Season.
- A \$25.00 fine will be imposed by South Texas Swimming, Inc. for the first infraction of the above rule, and expulsion from the meet will result for a second infraction of this rule.
- Relay teams must consist of officially entered contestants only ("relay only" swimmers are not permitted).
- Swimmers who are not included in the original entry will not be allowed to participate on relay teams.

Proof of Time:

- There is no proof of time requirement for this meet.

Entry Limitations:

- An individual swimmer may enter a maximum of fifteen (15) individual events for the entire meet over the three days, including the time trials. An individual swimmer may participate in a maximum of five (5) individual and one (1) relay event per day.

Relay Entries:

- Relay team entry times may be determined by the sum of the individual team member's times for like strokes/distances, or the actual time that relay team achieved in sanctioned competition.
- Any swimmer who has achieved a STAGS/ Senior Champs time in an event (distance and stroke) may not swim that distance and stroke in the relay.
- It is recommended that relay swimmer names be included with entries to help enter the relays efficiently at the start of sessions. Relay cards must be turned in with the final relay line-up prior to the designated time (as shown in the Daily Schedule).
- If a relay card is not turned in, it is assumed that the relay is scratched. No relays will swim without a relay card submitted.
- The order of swimmers on the relay team will be strictly enforced in accordance with 102.4.7, USA Swimming 2009 Rules & Regulations.

Entry Deadline:

- Entry deadline is Monday, July 13, 2009.

Requirements: •All entries must contain the following:

- The name, email address, and phone number of the person preparing the entries in case clarification is needed.
- An attachment of the Hy-tek Team Manager export file.
- An attached Word Document listing the entries (by swimmer).
- An attached Word Document of the meet entry fees report.

Entry

Procedures:

- \$6.00 per individual event and \$12.00 per relay event.
- \$6.00 per individual event for the time trial session registered before or at the meet.
- This includes the South Texas Swimming splash fee of \$1.25 per swim.
- Check for entry fees made out to **WAAC** must be received by Tuesday, July 21, 2009.
- If payment is not received on time, your swimmers will be removed from the meet. Please include the meet entry fee report with your check.

•Because of limitations in the Meet Manager software, Meet Manager is only able to detect “slower than times” in yards. However, if an athlete has a time faster than a STAGS/ Senior Champs qualifying time in any course, the swimmer is ineligible to compete in that event. Entry personnel should load the Team Manager Entry file in Team Manager, go to the “Meets” tab, and double click the Junior Olympic meet. A Meet maintenance screen will then appear. Place a check mark in the box marked “Swimmer must meet slower than Q-time in all courses.” Then click OK. This will allow the Team Manager software to search all courses for event eligibility.

- Once the entry fees are accepted they will not be refunded for any reason, even if a swimmer should fail to compete.
- No paper, phone, or fax entries will be accepted
- If you don't receive an email confirmation, your entries were not received.

Deck Entries:

- Deck entries will be accepted at \$12 per individual event, \$20 per relay.
- You may deck enter for the current session beginning at the start of warm-ups.
- Deck entries will close 30 minutes prior to the start of each session.
- You may deck enter for subsequent sessions after deck entries close for the current session.
- New heats will be created at the discretion of the meet referee.
- Swimmers not previously entered in the meet must present their USA Swimming Registration Card or provide proof of electronic registration to the Clerk of Course to deck enter. NO EXCEPTIONS.**

Time Trial Entries:

Swimmers may enter to swim a time trial on Sunday at any time during the meet. Cost for a time trial is \$6 which includes the South Texas Swimming splash fee of \$1.25 per swim. Swimmers not entered in JOs who wish to swim a time trial must have a copy of their USA Swim card.

Warm-up

Procedures:

South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet (see Attachment). South Texas Swimming, Inc. warm-up procedures will be enforced. **Violators may be disqualified.** The pool will be available for open warm-ups as shown on the schedule. Warm-up times and lane assignments for each team will be sent to the coach via email. **COACHES WILL BE RESPONSIBLE FOR SUPERVISING THEIR SWIMMERS.**

Scratch

Rules:

- There are no penalties for scratching from a pre-seeded timed final event.
- However, it is always a courtesy to other competitors and the Meet Host to notify the Meet Director of any known scratches in advance.

●The 500 and 1650 yard freestyle, and the 400 yard individual medley, will require a positive check-in and will be seeded on deck. Swimmers who check-in for these events and subsequently fail to appear for competition will be disqualified from their next scheduled event.

**Swimwear
Restrictions:**

●Swimsuits worn by males in all 14 and under STSI Age Group competition shall not extend above the waist nor extend further down the legs than to the top of the kneecap (patella). Swimsuits worn by females in all 14 and under STSI Age Group competition shall not extend past the top of the shoulder, cannot cover any part of the arms, nor extend further down the torso than the buttocks. Violators will be barred from competition until the swimmer's swimsuit meets the requirements of this paragraph.

For purposes of Article 102.9 of the USA Swimming Rules & Regulations, Swimwear, the use of more than one swimsuit at a time during any USA Swimming sanctioned or approved competition is prohibited.

**Special
Needs:**

Please notify the meet director in advance of this meet with the name and age of any member on your team who needs assistance to enter the building. The staff will make reasonable accommodations for all swimmers, coaches, or spectators who wish to enter and use our facility.

In any meet sanctioned or approved by this LSC that may include one or more swimmers with visual, hearing, mental, or physical disabilities, the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.

Awards:

- Awards will be presented to single age groups as follows: 8 and under, 9, 10, 11, 12, 13, 14, and 15 -18 for individual events. Awards for relays will be given to the following age groups: 10 & under, 11-12, 13-14, and 15-18
- Custom medals for places one through three in individual events.
- Custom ribbons for places four through eight in individual events.
- Custom ribbons for places one through three in relay events.
- Junior Olympic Flags, places one through three for Team High Point.
- There will be no awards presentation at the Meet (Clubs to pickup awards during the meet from the Award Desk area).
- Points are awarded for team scores
- Individual Events: 9-7-6-5-4-3-2-1 (1st through 8th place)
- Relay Events: 18-14-12-10-8-6-4-2 (1st through 8th place)

**Meet
Management: Meet Directors:**

John Walsh
1024 Patterson Rd.
Austin, TX 78733
Phone: (512) 656-8195
E-mail: john.walsh@logicgroup.com

Meet Referee: Rich Zbranak
zbranak@yahoo.com
512-916-1200

Head Coach: Janet Risser
1024 Patterson Rd
Austin, TX 78733
Phone: (512) 748-6185
E-mail: ginny@wfly.com

Entry Chair: Ginny Walsh
1024 Patterson Rd.
Austin, TX 78733
Phone: (512) 415-0115
E-mail: ginny@wfly.com

Officials: Help from visiting officials is always welcome. Visiting officials are asked to email the meet referee prior to the meet. Uniform will be white over blue. Officials shall prominently display both their USA Swimming and STSI credentials while on deck. Wearing of name tags is strongly encouraged.

Timers: Each team will be required to provide timers in proportion to the number of swimmers entered in the meet. Lane assignments will be made by club.

Parking: Free parking is available at the facility.

Tentative Daily Schedule

Times may be adjusted based on entries

Friday, July 24, 2009	
Warm-up Session 1	7:00 AM
Coach's Meeting	7:45 AM
Sessions 1 Begin	8:00AM
Warm-up Session 2	4:00 PM
Session 2 Begin	5:00 PM
Relays Due	4:30 PM
Saturday, July 25, 2009	
Warm-up Session 3	7:00 AM
Session 2 Begin	8:00 AM
Warm-up Session 4	4:00 PM
Session 4 Begin:	5:00 PM
Relays Due	4:30 PM
Sunday, July 26, 2009	
Warm-up session 5:	8:00 AM
Session 5 Begin	9:00 AM
Time Trials Begin	Immediately after Session 5

2009 Junior Olympic Long Course Championship Central
Dates: July 25, 26, 27
Order of Events

Friday, July 25		
Long Course Pool Session 1		
Girls #		Boys #
1	12 & Younger 50 Breaststroke	2
3	100 Freestyle	4
5	100 Butterfly	6
7	11 & Older 200 Backstroke	8
Short Course Pool Session 2		
9	12 & Younger 200 Freestyle Relay	10
11	13 & Older 400 Freestyle Relay	12
13	11 & Older 200 Butterfly	14
15	11 & Older 200 Breaststroke	16
17	500 Freestyle	18
Saturday, July 26		
Long Course Pool Session 3		
19	50 Freestyle	20
21	100 Breaststroke	22
23	12 & younger 50 backstroke	24
25	200 IM	26
Short Course Pool Session 4		
27	12 & younger 200 Medley Relay	28
29	13 & older 400 Medley Relay	30
31	11 & older 400 IM	32
33	11 & 12 1650 Freestyle	34
Sunday, July 27		
Long Course Pool Session 5		
35	100 Backstroke	36
37	12 & younger 50 Butterfly	38
39	200 Freestyle	40
41	13 & older 1500 Freestyle	42
Time Trials will be available at the end of Session 5		
400 IM, 1500 Free, and 1650 Free require positive check-in and will be seeded by time.		

South Texas Age Group Championship Time Standards
(must be slower than posted time)

**2008-2009 South Texas Championships Time Standards Single Year Age Groups
Short Course Yards**

Girls				Boys		
10 & Under	11	12		12	11	10 & Under
33.29	31.19	29.59	50 Free	29.89	32.29	33.79
1:12.39	1:08.29	1:04.69	100 Free	1:07.09	1:11.09	1:13.09
2:43.09	2:32.79	2:23.19	200 Free	2:25.99	2:38.89	2:43.29
7:39.49	7:05.99	6:31.49	500 Free	6:35.09	7:05.49	7:35.19
		23:27.89	1650 Free	23:10.49		
39.89	37.49	35.69	50 Back	36.49	39.49	40.29
1:24.99	1:21.19	1:16.49	100 Back	1:18.99	1:24.49	1:27.09
	2:58.29	2:47.09	200 Back	2:45.59	2:58.39	
44.79	42.09	40.49	50 Breast	40.79	44.29	47.09
1:36.89	1:30.09	1:26.79	100 Breast	1:27.79	1:35.09	1:41.99
	3:21.19	3:11.69	200 Breast	3:07.29	3:21.69	
38.79	36.29	34.69	50 Fly	34.79	38.19	40.19
1:35.59	1:26.99	1:20.19	100 Fly	1:18.69	1:25.79	1:40.29
	3:04.99	2:51.79	200 Fly	2:48.49	3:01.19	
1:25.29	1:20.49	1:17.19	100 IM	1:17.59	1:23.69	1:28.39
3:08.39	2:58.59	2:43.99	200 IM	2:49.39	3:03.09	3:10.69
		6:04.19	400 IM	5:56.29		
2:26.59		2:04.79	200 FR R	2:09.19		2:30.59
		4:31.79	400 FR R	4:28.59		
2:54.49		2:14.29	200 MR	2:29.09		2:49.99
		5:07.89	400 MR	5:21.89		

**2008-2009 South Texas Championships Time Standards Single Year Age Groups
Long Course Meters**

Girls				Boys		
10 & Under	11	12		12	11	10 & Under
38.29	35.89	32.99	50 Free	34.49	36.99	38.79
1:25.89	1:19.29	1:12.79	100 Free	1:17.29	1:21.99	1:26.39
3:06.69	2:56.99	2:39.79	200 Free	2:47.79	3:00.49	3:13.99
6:51.59	6:23.99	5:41.29	400 Free	5:54.39	6:21.69	6:52.69
		12:33.69	800 Free	12:28.59		
		24:12.39	1500 Free	24:05.29		
45.99	42.99	39.69	50 Back	42.19	45.39	47.59
1:40.59	1:36.49	1:25.79	100 Back	1:31.39	1:38.59	1:46.09
	3:22.69	3:09.79	200 Back	3:11.09	3:25.79	
51.19	48.99	45.59	50 Breast	47.09	51.09	54.59
1:52.89	1:46.39	1:39.49	100 Breast	1:40.89	1:49.19	1:59.79
	3:51.69	3:37.79	200 Breast	3:37.49	3:54.19	
45.69	42.19	37.59	50 Fly	39.59	42.99	46.89
1:48.79	1:36.59	1:29.09	100 Fly	1:29.49	1:37.49	1:53.19
	3:29.09	3:14.19	200 Fly	3:13.39	3:28.29	
3:34.89	3:18.19	3:01.09	200 IM	3:13.89	3:25.69	3:44.79
		6:55.89	400 IM	6:51.79		

2:47.19		2:23.59	200 FR R	2:27.99		2:48.79
		5:11.79	400 FR R	5:21.99		
3:19.29		2:43.79	200 MR	2:50.69		3:22.39
		5:39.49	400 MR	6:16.29		

**2008-2009 South Texas Championships Time Standards Single Year Age Groups
Short Course Meters**

Girls				Boys		
10 & Under	11	12		12	11	10 & Under
36.69	34.39	31.99	50 Free	32.89	35.59	37.09
1:19.69	1:15.19	1:10.79	100 Free	1:13.79	1:18.19	1:20.39
2:59.39	2:48.09	2:35.79	200 Free	2:40.59	2:54.77	2:59.69
6:42.09	5:57.29	5:33.29	400 Free	5:45.79	6:12.39	6:38.39
		12:11.59	800 Free	12:03.29		
		23:19.69	1500 Free	23:02.49		
43.89	41.29	38.69	50 Back	40.19	43.39	44.39
1:33.49	1:29.39	1:23.79	100 Back	1:26.89	1:32.99	1:35.79
	3:16.19	3:03.79	200 Back	3:02.19	3:16.22	
49.29	46.29	44.59	50 Breast	44.89	48.79	51.79
1:46.59	1:39.09	1:35.49	100 Breast	1:36.59	1:44.59	1:52.19
	3:41.39	3:30.89	200 Breast	3:26.09	3:41.89	
42.69	39.99	36.59	50 Fly	38.29	41.99	44.29
1:45.19	1:34.59	1:27.39	100 Fly	1:26.59	1:34.39	1:50.39
	3:23.49	3:08.99	200 Fly	3:05.39	3:19.39	
1:33.89	1:28.59	1:24.99	100 IM	1:25.39	1:32.09	1:37.29
3:27.29	3:14.19	2:57.09	200 IM	3:06.39	3:21.39	3:29.79
		6:40.69	400 IM	6:31.99		
2:41.29		2:17.59	200 FR R	2:23.79		2:44.79
		4:58.99	400 FR R	4:55.49		
3:11.99		2:27.79	200 MR	2:43.99		3:06.99
		5:31.49	400 MR	5:54.09		

Approved by the STS Board of Director, 11 Nov 08

**2008-2009 Sr. Championship Time Standards
Short Course Yards**

Girls				Boys		
13	14	15 and older		15 and older	14	13
28.19	28.09	27.99	50 Free	25.69	26.49	28.19
1:00.39	1:00.29	1:00.09	100 Free	55.59	57.39	1:00.49
2:13.59	2:11.99	2:11.79	200 Free	2:04.79	2:04.89	2:09.49
6:07.69	6:07.59	6:07.49	500 Free	6:03.09	6:03.19	6:18.19
14:08.89	13:08.29	13:08.19	1000 Free	12:34.29	12:34.39	13:32.49
23:34.19	21:53.19	21:53.09	1650 Free	19:21.99	20:51.99	22:28.29
1:12.39	1:11.39	1:11.29	100 Back	1:09.49	1:09.59	1:14.99
2:36.49	2:33.79	2:33.69	200 Back	2:29.69	2:29.79	2:41.29
1:21.69	1:21.59	1:21.49	100 Breast	1:17.99	1:18.09	1:24.09
2:55.49	2:55.39	2:55.29	200 Breast	2:49.29	2:49.39	3:02.19
1:15.09	1:13.49	1:13.39	100 Fly	1:07.99	1:08.09	1:13.29
2:53.39	2:40.99	2:40.89	200 Fly	2:31.89	2:31.99	2:43.69
2:37.99	2:33.59	2:33.49	200 IM	2:30.19	2:30.29	2:40.79
5:43.79	5:31.49	5:31.39	400 IM	5:25.39	5:25.49	5:50.59
	1:52.79	1:52.79	200 FR R	1:42.79	1:52.79	
	4:01.59	4:00.39	400 FR R	3:42.39	4:01.99	
	2:07.29	2:07.19	200 MR	2:05.09	2:05.19	
	4:49.59	4:48.99	400 MR	4:37.39	4:52.89	

**2008-2009 Sr. Championship Time Standards
Long Course Meters**

Girls				Boys		
13	14	15 and older		15 and older	14	13
32.19	31.99	31.89	50 Free	29.29	30.09	32.29
1:09.79	1:09.39	1:09.29	100 Free	1:05.39	1:05.49	1:09.99
2:30.99	2:30.89	2:30.79	200 Free	2:21.69	2:26.09	2:30.79
5:29.99	5:29.89	5:29.79	400 Free	5:06.19	5:27.99	5:53.29
12:35.99	11:41.99	11:41.89	800 Free	11:21.69	11:21.79	12:14.29
24:06.39	22:23.09	22:22.99	1500 Free	21:35.19	21:35.29	23:14.99
1:22.89	1:22.69	1:22.59	100 Back	1:20.49	1:20.59	1:24.89
2:58.19	2:58.09	2:57.99	200 Back	2:53.99	2:54.09	2:58.39
1:34.09	1:33.99	1:33.89	100 Breast	1:27.99	1:28.09	1:34.89
3:26.79	3:26.69	3:26.59	200 Breast	3:17.09	3:17.19	3:32.39
1:22.49	1:22.39	1:22.29	100 Fly	1:16.89	1:16.99	1:22.89
3:16.29	3:02.29	3:02.19	200 Fly	2:51.89	2:51.99	3:05.19
2:55.09	2:54.09	2:53.99	200 IM	2:48.19	2:48.29	3:00.29
6:42.39	6:31.09	6:30.99	400 IM	6:13.09	6:13.19	6:41.89
	2:08.79	2:08.29	200 FR R	1:57.19	2:09.19	
	4:39.19	4:44.09	400 FR R	4:22.79	4:39.99	
	2:30.79	2:30.69	200 MR	2:30.59	2:33.09	
	5:29.29	5:21.29	400 MR	5:20.99	5:32.69	

2008-2009 Sr. Championship Time Standards
Short Course Meters

Girls			Boys		
13	14	15 and older	15 and older	14	13
31.09	30.89	30.79	50 Free	28.29	29.09
1:06.49	1:06.39	1:06.09	100 Free	1:01.19	1:03.19
2:26.99	2:25.19	2:24.99	200 Free	2:17.29	2:17.39
5:21.59	5:21.49	5:15.89	400 Free	4:58.19	5:17.79
11:35.59	11:25.99	11:25.89	800 Free	11:00.19	11:00.29
23:19.59	21:45.59	21:45.49	1500 Free	19:18.51	20:44.69
1:19.69	1:18.59	1:18.49	100 Back	1:16.49	1:16.59
2:52.19	2:49.19	2:49.09	200 Back	2:44.69	2:44.79
1:29.89	1:29.79	1:29.69	100 Breast	1:25.79	1:25.89
3:13.09	3:12.99	3:12.89	200 Breast	3:06.29	3:07.09
1:20.49	1:20.39	1:20.29	100 Fly	1:14.79	1:14.89
3:13.52	2:57.89	2:56.99	200 Fly	2:47.09	2:47.19
2:51.94	2:48.99	2:48.89	200 IM	2:44.19	2:44.29
6:18.19	6:04.69	6:04.59	400 IM	5:57.99	5:58.09
	2:04.39	2:04.29	200 FR R	1:53.19	2:04.39
	4:25.99	4:24.39	400 FR R	4:04.79	4:26.39
	2:20.29	2:19.99	200 MR	2:17.69	2:17.79
	5:16.59	5:13.29	400 MR	5:06.19	5:22.29

SOUTH TEXAS SWIMMING, Inc.
Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

I. Assigned warm-up Procedures.

- a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
- b. All warm-up activities will be coordinated by the coach(es) supervising that lane
- c. Dive sprints may be done only under the direct supervision of the coach

II. Open warm-up procedures.

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
8 Lanes	1 and 8	2 and 7	3 through 6
4 Lanes	1	2 and 3	4

- a. The first ½ of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace Lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times. One way only! Dive sprints may only be done under the direct supervision of the coach.
- d. There will be no diving in the general warm-up lanes. Circle swimming only.
- e. No kick boards, pull buoys, or hand paddles may be used.

3. Safety Guidelines

a. Coaches are responsible for the following:

1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices
2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.

b. The host team will be responsible for the following.

- 1) A minimum of four (4) marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
- 2) Marshals must be members of United States Swimming.
- 3) Marshals will have authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these Procedures.
- 4) The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
- 5) Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area. The following statement will appear in the meet information: "South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
- 6) An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
- 7) Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials will be either removed or clearly marked.

B. MISCELLANEOUS NOTES

1. Backstrokers will ensure that they are not starting as 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.
2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

3. Swimmers are required to exit the pool on 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 session.
4. Warm-up procedures will be enforced for any breaks scheduled during the competition.
5. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warmup unless approved by the Referee.

NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.

STSI Safety Guidelines and Warm-up Procedures

Revised 29SEP03