



Alamo Area Aquatic Association

www.aaaa-sa.org

Meet Information

Posted 10/17/09



The contents of this document are the sole responsibility of the Meet Host. Any and all questions regarding any aspect of the competition must be addressed only to the designated Meet Director.

Meet: •2009-10 AAAA Short Course A/BB+ with Distance events

Dates: •Saturday and Sunday Nov. 7 and 8, 2009

**Sanction
Number:** •ST-09-81

Venue: •George Block Aquatics Center
•7001 Culebra Rd
•San Antonio, TX 78238
•210-397-7500

**Entry deadline:
6:00 PM, Wednesday October 27, 2009
No exceptions and no late entries**

Facility: • Eight 25-yard competitive lanes certified by USA Swimming and the National Federation of State High School Associations, with eight additional warm-up / cool down lanes
•7.0-foot minimum depth
•DAKTRONICS automatic starting and timing
•Concessions and swim shop available
•Six-lanes warm-up / cool down pool adjacent

Cell phone

Restrictions: •The presence and / or use of cell phones, and any other equipment capable of producing photographic or video images, in locker rooms is strictly and specifically prohibited at all times.
•There are no exceptions to this prohibition.
•Violators are subject to disqualification from the meet and disbarment from the facility.

Liability: •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the Northside Independent School District, 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.

Rules: •The 2009 USA Swimming Rules and any relevant sections of the STSI Handbook will apply

USA Swimming

Registration: •All swimmers, coaches, and officials participating in this competition must be currently (2009/10) registered with USA Swimming
•All should also be prepared to present their USA Swimming ID Card as proof of their Registration to the Meet Director or designee at any time
•Swimmers who **1)** chose to enter time trials when offered, **2)** late enter when possible, or **3)** need to be entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID Card or accomplish a USA Swimming Registration Form and pay the necessary fees prior to being allowed to compete
•National and LSC Regulations do not allow for any exceptions to these policies.

- Format:**
- Timed finals
 - Must be provable via SWIMS
 - All events will be gender separated, seeded by time without regard to age, and swum slowest to fastest unless otherwise noted
 - 500 freestyle, 400 individual medley, 1000 and 1650 yard freestyle events require positive check-ins
 - Check in for above events to close at the beginning of each days session
 - Swimmers can qualify for the 1000 and 1650-yard freestyle events with a provable “A” time in the 500 yard freestyle
 - No relays or time trials

Entry

- Restrictions:**
- Age as of November 7, 2009 determines age for the entire meet
 - Entrants must be registered with USA Swimming by the entry deadline
 - Maximum of five (5) events per day
 - 11 and 12 year olds may not swim both the 50 and 200-yard back, breast or fly – one or the other
 - All entries must include a seed time
 - Entries received without a seed time will not be accepted and any entry fees will not be refunded

Qualifying

- Times:**
- Male athletes entering this meet must have achieved the 2009 – 2012 National Motivational Top-16-based “BB+” Time Standard for every event entered, Female athletes entering this meet must have achieved the 2009 – 2012 National Motivational Top-16-based “A” Time Standard for every event entered
 - Must be provable via the SWIMS Database
 - Order of events found on page four (4)
 - An HYV File for importing events and time standards into Team Manager is available on the USA Swimming Page of the AAAA Web Site at: www.aaaa-sa.org.

Entry

- Procedures:**
- The *only* acceptable mode of entry is via Hy-Tek Commlink File or disk
 - Please format floppy disks before utilizing for entries
 - Hard copy *MUST* accompany
 - An “HYV” File for Team Manager is available on the USA Swimming Page of the AAAA Web Site www.aaaa-sa.org)
 - Entries received without a seed time will not be entered into the meet and fees will not be refunded
 - Mail or hand deliver entries to the Meet Director noted below
 - Entries may also be submitted via e-mail

E-Mail

- Entries:**
- Entries, in Commlink Format only, **MUST** be sent to: coachpeteh@gaggle.net
 - E-mail submissions to any other address will not be accepted.
 - The Commlink File must be renamed to clearly identify the entering team, the shorter the better
 - Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded.
 - Athletes **WILL NOT** be entered into Meet Manager until the Meet Entry Report (hard copy) is received as an attachment to the e-mail, via FAX (210-706-7502) or hand-delivered.
 - Athletes **WILL NOT** be entered into the meet until entry fee payment has been received by the Meet Director or designee
 - Electronic payment must accompany entries
 - Please go to: <http://www.nisd.net/aquaww/payment.htm>

FAX

- Entries:**
- Under no circumstances will entries be accepted via FAX
 - Entry Reports WILL be accepted via FAX to: 210-706-7502

Swim Wear

- Restrictions:**
- Swimmers shall be limited to one swimsuit, which shall be constructed of a woven / knit textile material, permeable to water and air, constructed so as not to aid in buoyancy, and shall not contain zippers or other fastening systems

•In addition, the suit shall be constructed so that the style / shape for males shall not extend above the waist or below the top of the kneecap and for females shall not extend beyond the shoulders or below the top of the kneecap, and it shall not cover the neck

Psych sheet: •The Psych Sheet will be posted on the AAAA Web Site (www.aaaa-sa.org)

Scratch

Rules:

- There is no penalty for scratching from a pre-seeded event
- Swimmers who check-in for the 500 / 1000 freestyle or 400 individual medley and then fail to appear for competition will be disqualified from further participation in the meet, illness and injury excepted
- Swimmers who check-in for the 1650 freestyle and then fail to appear for competition will be subject to a \$100 fine, illness and injury excepted

Entry Fees (Includes

Splash Fee): •\$6.00 per Individual event, which includes the \$1.25 STSI Splash Fee
•Checks payable to: NISD

Entry

Deadline: •6:00 PM, Wednesday 28, 2009
•No Exceptions!

Late/Deck

Entries:

- Only to fill empty lanes
- No new heats will be created
- Late entering athletes must be prepared to prove their current USA Swimming registration.

Warm-ups:

•Warm-ups will be conducted in accordance with the current STSI Warm-up Safety Policies and Procedures found on page seven (7)

Meet

Management:

Meet Director

- Terry Vettters
- 7001 Culebra Rd
- San Antonio, TX 78238
- 210-397-8985
- FAX: 210-706-7502
- terryvettters@nisd.net

Meet Referee

- Dennis Guill
- 131 Eagle Vail
- San Antonio, TX 78258
- 210-497-1803
- daguill@att.net

Entries Chair

- Peter Hay
- 8400 North Loop 1604 West
- San Antonio, TX 78249
- 210-397-7524
- coachpeteh@gaggle.net

Scoring:

•Not scored

Time trials:

•None!

Awards:

•None!

Special Needs:

- Please notify the George Block Aquatics Center (210-397-8985) in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
- The NISD Staff will make reasonable accommodations for swimmers coaches, or spectators who wish to enter and use our facility.
- In any meet sanctioned or approved by South Texas Swimming, Inc., which 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.
- Coaches and / or athletes must notify the Meet Referee before the event begins if they are to be considered to be judged under Article 105.

Daily Schedule:

Saturday

- Warm-ups begin 7:00AM
- Clear Pools 8:15AM
- Coaches' meeting 8:16AM
- Session begins 8:30AM
- Check-in for the 400 IM 8:30AM

Sunday

- Warm-ups begin 7:00AM
- Clear Pools 8:15AM
- Session begins 8:30AM
- Check-in for the 500 free 8:30AM

Timers:

- The host facility will attempt to provide backup timers for this meet
- However, volunteers will be welcome, no doubt needed and very much appreciated

Officials:

- All currently (2009/10) certified USA Swimming Officials and Trainees are welcome and encouraged to participate. Please present yourself to the Meet Official 30 minutes before the beginning of competition.
- The uniform is white over navy blue - Bermuda length shorts are acceptable - jeans are not!
- The wearing of name tags is strongly encouraged

Order of Events and Minimum Qualifying Times

Distances are in yards
National Motivational times are on pages five and six

Day One - Saturday		
Women		Men
Event #	Event	Event #
1	Open 200 fr	2
3	12 & under 50 bk	4
5	11 & over 200 bk	6
7	Open 50 fr	8
9	Open 100 br	10
11	Open 100 fy	12
13	12 & under 100 im	14
15	12 & over 400 I-M	16
17	12 & over 1000 fr	18

Day Two - Sunday		
Women		Men
Event #	Event	Event #
19	Open 500 fr	20
21	Open 100 fr	22
23	12 & under 50 br	24
25	11 & over 200 br	26
27	Open 200 im	28
29	12 & under 50 fy	30
31	11 & over 200 fy	32
33	Open 100 bk	34
35	12 & over 1650 fr	36



2009-2012 National Age Group Motivational Times						
Short Course Yards						
B Min	BB Min	A Min		A Min	BB Min	B Min
10 Year Olds Girls				10 Year Olds Boys		
39.79	35.99	32.19	50 Y Free	31.59	35.19	38.89
01:31.3	01:21.6	01:11.9	100 Y Free	01:10.8	01:20.0	01:29.2
03:20.2	02:58.3	02:36.4	200 Y Free	02:31.9	02:50.9	03:09.9
08:30.5	07:39.5	06:48.4	500 Y Free	06:44.6	07:35.2	08:25.8
48.79	43.49	38.09	50 Y Back	38.29	43.69	49.19
01:45.7	01:34.0	01:22.2	100 Y Back	01:21.3	01:32.1	01:42.9
53.59	47.79	41.99	50 Y Breast	42.19	47.89	53.59
02:00.0	01:46.7	01:33.4	100 Y Breast	01:31.8	01:43.7	01:55.7
48.79	42.99	37.29	50 Y Fly	36.69	41.99	47.29
01:57.5	01:42.1	01:26.7	100 Y Fly	01:25.6	01:40.4	01:55.2
01:45.0	01:33.8	01:22.6	100 Y IM	01:21.1	01:31.2	01:41.3
03:42.7	03:19.4	02:56.0	200 Y IM	02:55.3	03:18.1	03:40.9

11 Year Olds Girls							11 Year Olds Boys		
35.79	33.39	30.89	50 Y Free	30.59	33.09	35.69			
01:18.7	01:13.1	01:07.5	100 Y Free	01:06.8	01:12.4	01:18.0			
02:50.4	02:38.2	02:26.1	200 Y Free	02:25.0	02:37.1	02:49.1			
07:34.2	07:01.8	06:29.4	500 Y Free	06:25.2	06:57.3	07:29.4			
15:51.7	14:43.7	13:35.7	1000 Y Free	13:34.8	14:42.7	15:50.6			
26:29.1	24:35.6	22:42.1	1650 Y Free	22:58.1	24:53.0	26:47.8			
41.79	38.79	35.79	50 Y Back	36.29	39.59	42.79			
01:32.3	01:25.1	01:17.8	100 Y Back	01:17.5	01:24.8	01:32.0			
03:11.7	02:58.0	02:44.4	200 Y Back	02:44.4	02:58.2	03:11.9			
46.69	43.39	39.99	50 Y Breast	41.09	44.99	48.79			
01:41.8	01:34.3	01:26.8	100 Y Breast	01:27.3	01:35.1	01:43.0			
03:38.7	03:23.1	03:07.5	200 Y Breast	03:08.3	03:23.9	03:39.6			
39.89	37.09	34.19	50 Y Fly	34.89	38.19	41.49			
01:31.7	01:24.4	01:17.0	100 Y Fly	01:17.1	01:24.7	01:32.3			
03:15.0	03:01.1	02:47.2	200 Y Fly	02:47.8	03:01.8	03:15.8			
01:31.4	01:24.8	01:18.3	100 Y IM	01:17.7	01:24.3	01:30.9			
03:12.6	02:58.8	02:45.1	200 Y IM	02:45.8	03:00.5	03:15.2			
06:53.2	06:23.7	05:54.2	400 Y IM	05:53.1	06:22.5	06:51.9			

2009-2012 National Age Group Motivational Times						
Short Course Yards						
B Min	BB Min	A Min		A Min	BB Min	B Min
12 Year Olds Girls				12 Year Olds Boys		
34.29	31.89	29.49	50 Y Free	28.59	30.99	33.39
01:13.6	01:08.3	01:03.1	100 Y Free	01:02.7	01:07.9	01:13.1
02:43.2	02:31.5	02:19.9	200 Y Free	02:16.2	02:27.5	02:38.9
07:10.8	06:40.1	06:09.3	500 Y Free	06:04.7	06:35.1	07:05.5
15:00.3	13:56.0	12:51.7	1000 Y Free	12:42.9	13:46.5	14:50.1
25:16.2	23:27.9	21:39.6	1650 Y Free	21:23.6	23:10.5	24:57.5
39.59	36.79	33.89	50 Y Back	33.49	36.49	39.49
01:28.0	01:21.1	01:14.2	100 Y Back	01:12.3	01:19.1	01:25.8
03:01.9	02:48.9	02:35.9	200 Y Back	02:32.9	02:45.6	02:58.4
44.09	40.89	37.79	50 Y Breast	37.29	40.79	44.29
01:36.4	01:29.3	01:22.2	100 Y Breast	01:20.5	01:27.8	01:35.1
03:26.4	03:11.7	02:56.9	200 Y Breast	02:52.9	03:07.3	03:21.7
37.79	35.09	32.39	50 Y Fly	32.09	35.19	38.19
01:27.2	01:20.2	01:13.2	100 Y Fly	01:11.7	01:18.7	01:25.8
03:05.0	02:51.8	02:38.6	200 Y Fly	02:35.3	02:48.3	03:01.2
01:26.3	01:20.1	01:14.0	100 Y IM	01:11.5	01:17.6	01:23.7
03:03.8	02:50.7	02:37.6	200 Y IM	02:35.6	02:49.4	03:03.1
06:32.2	06:04.2	05:36.1	400 Y IM	05:28.9	05:56.3	06:23.7

13 Year Olds Girls				13 Year Olds Boys		
34.19	31.69	29.29	50 Y Free	27.29	29.49	31.79
01:14.1	01:08.8	01:03.5	100 Y Free	01:04.4	01:09.3	
02:39.0	02:27.7	02:16.3	200 Y Free	02:10.3	02:21.1	02:32.0
07:02.5	06:32.4	06:02.2	500 Y Free	05:48.5	06:17.5	06:46.6
14:31.1	13:28.9	12:26.6	1000 Y Free	11:58.4	12:58.3	13:58.1
24:13.7	22:29.8	20:46.0	1650 Y Free	20:06.2	21:46.7	23:27.2
01:21.7	01:15.9	01:10.0	100 Y Back	01:06.5	01:12.0	01:17.6
02:55.5	02:43.0	02:30.4	200 Y Back	02:23.9	02:35.9	02:47.9
01:32.6	01:26.0	01:19.4	100 Y Breast	01:15.4	01:21.7	01:28.0
03:19.8	03:05.6	02:51.3	200 Y Breast	02:44.5	02:58.2	03:11.9
01:20.6	01:14.9	01:09.1	100 Y Fly	01:05.6	01:11.1	01:16.5
02:57.6	02:44.9	02:32.2	200 Y Fly	02:24.6	02:36.6	02:48.7
03:00.3	02:47.5	02:34.6	200 Y IM	02:26.3	02:38.5	02:50.6
06:20.2	05:53.0	05:25.9	400 Y IM	05:09.9	05:35.7	06:01.5

2009-2012 National Age Group Motivational Times

Short Course Yards						
B Min	BB Min	A Min		A Min	BB Min	B Min
14 Year Olds Girls				14 Year Olds Boys		
33.39	30.99	28.69	50 Y Free	26.29	28.49	30.69
01:12.5	01:07.4	01:02.2	100 Y Free	57.39	01:02.2	01:07.0
02:36.1	02:25.0	02:13.8	200 Y Free	02:05.3	02:15.7	02:26.1
06:51.8	06:22.4	05:53.0	500 Y Free	05:35.2	06:03.2	06:31.1
14:08.9	13:08.3	12:07.6	1000 Y Free	11:36.4	12:34.4	13:32.5
23:34.2	21:53.2	20:12.2	1650 Y Free	19:15.7	20:52.0	22:28.3
01:19.9	01:14.2	01:08.5	100 Y Back	01:04.2	01:09.6	01:14.9
02:51.8	02:39.6	02:27.3	200 Y Back	02:18.2	02:29.8	02:41.3
01:30.6	01:24.1	01:17.6	100 Y Breast	01:12.1	01:18.1	01:24.1
03:14.6	03:00.7	02:46.8	200 Y Breast	02:36.3	02:49.4	03:02.4
01:19.1	01:13.5	01:07.8	100 Y Fly	01:02.9	01:08.1	01:13.3
02:53.4	02:41.0	02:28.6	200 Y Fly	02:20.3	02:32.0	02:43.7
02:55.5	02:43.0	02:30.5	200 Y IM	02:20.3	02:32.0	02:43.7
06:10.8	05:44.3	05:17.8	400 Y IM	05:00.5	05:25.5	05:50.6

2009-2012 National Age Group Motivational Times

Short Course Yards						
B Min	BB Min	A Min		A Min	BB Min	B Min
16 Year Olds Girls				16 Year Olds Boys		
32.69	30.39	27.99	50 Y Free	25.29	27.39	29.49
01:10.9	01:05.8	01:00.8	100 Y Free	55.19	59.79	01:04.4
02:32.1	02:21.2	02:10.4	200 Y Free	02:00.1	02:10.1	02:20.1
06:45.3	06:16.3	05:47.4	500 Y Free	05:24.3	05:51.3	06:18.4
13:55.2	12:55.5	11:55.9	1000 Y Free	11:12.2	12:08.2	13:04.2
23:18.8	21:38.9	19:58.9	1650 Y Free	18:48.0	20:21.9	21:55.9
01:17.7	01:12.1	01:06.6	100 Y Back	01:01.1	01:06.2	01:11.3
02:47.9	02:35.9	02:23.9	200 Y Back	02:12.4	02:23.4	02:34.4
01:28.3	01:22.0	01:15.7	100 Y Breast	01:08.9	01:14.7	01:20.4
03:10.0	02:56.4	02:42.8	200 Y Breast	02:30.1	02:42.6	02:55.1
01:17.4	01:11.8	01:06.3	100 Y Fly	01:00.1	01:05.1	01:10.1
02:48.6	02:36.5	02:24.5	200 Y Fly	02:13.4	02:24.5	02:35.6
02:51.5	02:39.3	02:27.0	200 Y IM	02:15.1	02:26.4	02:37.7
06:01.5	05:35.7	05:09.9	400 Y IM	04:47.8	05:11.8	05:35.8

15 Year Olds Girls				15 Year Olds Boys		
33.09	30.69	28.39	50 Y Free	25.69	27.89	29.99
01:11.4	01:06.3	01:01.2	100 Y Free	56.19	01:00.9	01:05.6
02:33.8	02:22.8	02:11.8	200 Y Free	02:02.3	02:12.5	02:22.7
06:49.9	06:20.7	05:51.4	500 Y Free	05:30.2	05:57.7	06:25.2
14:07.1	13:06.6	12:06.1	1000 Y Free	11:25.0	12:22.1	13:19.2
23:36.3	21:55.2	20:14.0	1650 Y Free	19:12.0	20:48.0	22:24.0
01:18.6	01:13.0	01:07.4	100 Y Back	01:02.5	01:07.7	01:12.9
02:50.4	02:38.2	02:26.0	200 Y Back	02:15.4	02:26.7	02:38.0
01:29.2	01:22.8	01:16.4	100 Y Breast	01:10.8	01:16.7	01:22.6
03:13.6	02:59.8	02:45.9	200 Y Breast	02:34.4	02:47.3	03:00.2
01:18.7	01:13.1	01:07.5	100 Y Fly	01:01.6	01:06.7	01:11.8
02:52.9	02:40.5	02:28.2	200 Y Fly	02:16.3	02:27.6	02:39.0
02:53.4	02:41.0	02:28.7	200 Y IM	02:17.6	02:29.0	02:40.5
06:08.0	05:41.7	05:15.4	400 Y IM	04:53.4	05:17.9	05:42.3

17 Year Olds Girls				17 Year Olds Boys		
32.69	30.39	27.99	50 Y Free	24.29	26.29	28.29
01:11.1	01:06.0	01:00.9	100 Y Free	54.59	59.19	01:03.8
02:32.7	02:21.8	02:10.9	200 Y Free	01:59.0	02:08.9	02:18.8
06:47.2	06:18.1	05:49.1	500 Y Free	05:22.5	05:49.4	06:16.2
14:04.6	13:04.3	12:04.0	1000 Y Free	11:10.9	12:06.8	13:02.7
23:31.8	21:51.0	20:10.1	1650 Y Free	18:47.8	20:21.7	21:55.7
01:18.3	01:12.7	01:07.1	100 Y Back	01:00.2	01:05.3	01:10.3
02:49.1	02:37.0	02:24.9	200 Y Back	02:11.0	02:21.9	02:32.8
01:29.1	01:22.8	01:16.4	100 Y Breast	01:08.5	01:14.2	01:19.9
03:12.8	02:59.0	02:45.3	200 Y Breast	02:29.2	02:41.6	02:54.0
01:17.0	01:11.5	01:06.0	100 Y Fly	59.49	01:04.5	01:09.4
02:49.0	02:36.9	02:24.9	200 Y Fly	02:11.9	02:22.9	02:33.9
02:52.2	02:39.9	02:27.6	200 Y IM	02:13.5	02:24.7	02:35.8
06:04.8	05:38.8	05:12.7	400 Y IM	04:46.4	05:10.2	05:34.1

2009-2012 National Age Group Motivational Times

Short Course Yards						
B Min	BB Min	A Min		A Min	BB Min	B Min
18 Year Olds Girls				18 Year Olds Boys		
32.39	30.09	27.79	50 Y Free	24.49	26.59	28.59
#####	01:04.9	59.89	100 Y Free	53.59	58.09	01:02.6
#####	02:20.3	02:09.5	200 Y Free	01:58.1	02:07.9	02:17.7
#####	06:13.7	05:45.0	500 Y Free	05:17.7	05:44.2	06:10.6
#####	12:53.1	11:53.6	1000 Y Free	11:03.9	11:59.2	12:54.5
#####	21:27.2	19:48.2	1650 Y Free	18:27.2	19:59.4	21:31.7
#####	01:11.7	01:06.2	100 Y Back	59.19	01:04.2	01:09.1
#####	02:35.4	02:23.4	200 Y Back	02:09.1	02:19.9	02:30.6
#####	01:21.5	01:15.3	100 Y Breast	01:07.6	01:13.2	01:18.8
#####	02:55.8	02:42.3	200 Y Breast	02:27.1	02:39.3	02:51.6
#####	01:11.0	01:05.5	100 Y Fly	58.69	01:03.6	01:08.4
#####	02:34.6	02:22.7	200 Y Fly	02:09.6	02:20.4	02:31.2
#####	02:37.4	02:25.3	200 Y IM	02:11.7	02:22.6	02:33.6
#####	05:35.5	05:09.7	400 Y IM	04:42.4	05:06.0	05:29.5



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
6 Lanes	1 and 6	2 and 5	3 and 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!
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes - circle swimming only.
- f. No kick boards, pull buoys, or hand paddles may be used.

III. 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 and 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

- I. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. 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.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warmups 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.