



**Corpus Christi Aquatic Alliance  
Is Proud to Sponsor the  
2010 South Texas Junior Olympics – Long Course  
August 6-8, 2010  
Sanction Number ST-10-54**

**Dates:** There will be three Junior Olympic Championship meets. Teams must attend the meet based on assignments shown below:

NORTH: JO's North – July 17-18, hosted by Swim Belton, to include the following teams: AG, CPS, FHD, NTRO, PFST, SB, TASC, TCAC

CENTRAL: JO's Central – August 7-8, Hosted by WFLY to include the following teams: AMSC, AQT, ATP, COTA, GOLD, HOT, HSC, KST, LAKE, LCA, LSAC, MM, NBAC, SASA, TXLA, UT, WAVE, WAWA, WFLY, WWW

SOUTH: JO's South – August 7-8, Hosted by CCAA to include the following teams: AAAA, BAS, BEAT, CBA, CCAA, CISD, CLAN, CLUB, DRD, HAT, MSC, RAC, SWIJ

**Welcome:** Corpus Christi Aquatic Alliance (CCAA) invites you to join us at the Corpus Christi Independent School District (CCISD) Natatorium to compete in the South Texas Junior Olympics Championship meet.

**Facility:** The CCISD Natatorium is located 3202 Cabaniss Parkway, Corpus Christi, TX 78415 near the intersection of Saratoga and Kostoryz. Pool Telephone numbers: (361) 878-2337, (361) 878-2334, or (361) 878-2337. Everyone must adhere to the CCISD Natatorium rules. Coaches must supervise their swimmers. Chewing gum and glass containers are not permitted in the building. Locks may not be left on lockers overnight. Children must be supervised at all times. This meet will be conducted in an indoor 8 lane, 50 meter pool with a 6 foot minimum water depth and a Daktronics timing and starting system. The instructional pool will be available for continuous warm-up and cool down. Hy-Tek Meet Manager software will be utilized. Spectator areas and dressing rooms are available.

A reasonably-priced concession stand will be available in the area throughout the meet.

**Sanctions:** This meet is sanctioned by South Texas Swimming and 2010 rules apply. All swimmers must be registered for 2010 with USA swimming by the entry deadline. Athletes who fail to meet this requirement will not be allowed to compete.

**Rules:** The most current USA Swimming Rules and any relevant sections of the STSI Handbook will apply.

## **Pool**

**Measurement:** The competition course has not been certified in accordance with 104.2.2C(4). The water depths of the competition course measured from 1 meter to 5 meters from the starting and turning ends of the course are as follows:

**Pool: Start End – 6’; Turn End - 14’- 6”**

## **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, South Texas Swimming, CCAA, and the CCISD Natatorium accept no responsibility or liability for injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

## **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 400 IM, 400 and 1500 freestyles are age combined, alternating female/male, and swum fastest to slowest. There will be a 10 minute break after the relays.

## **USA Swimming Registration:**

**-All swimmers, coaches, and officials participating in this competition must be currently (year) 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) late enter when possible, or 2) 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, show proof of registration via the USA Website, 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.**

## **Meet Eligibility:**

This meet is open only to South Texas USA Swimming registered swimmers age 18 and under. 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 age groups based on their age as of August 6, 2010. 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 their corresponding Championship meet 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 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 Championship 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/SRS or better qualifying time for the age group that swimmer is participating in for the 2010 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 only officially entered contestants (“relay only” swimmers are not permitted)

**Proof of Time:** There is no proof of time requirement for this meet.

**Entry Limitations:** An individual swimmer may enter a maximum of eleven (11) individual events for the entire meet over the course of the meet and 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 of that relay team achieved in sanctioned competition. Any swimmer who has achieved a STAGS/SRS 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 final relay line-up prior to the designated time (as shown on the 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, 2010 USA Swimming Rules and Regulations.

**Entry Deadline:** Entry deadline is July 28, 2010.

**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 attachment of a Word/PDF document listing the entries by swimmer
- An attachment of a Word/PDF document of the meet entry fees report

**Entry Procedures:** \$6.00 per individual event and \$12.00 per relay event. This includes the South Texas Swimming splash fee of \$1.25 per splash. Check for entry fees made out to CCAA must be received by August 3, 2010. 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. 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. Please make checks payable to CCAA.

**Deck Entries:** Deck entries will be accepted at \$12.00 per individual event, \$24.00 per relay. You may deck enter for the current session beginning at the start of warm-up. 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 proof of registration via the USA Website at Clerk of Course to deck enter. No exceptions.**

**Swimwear  
Restrictions:**

Only one suit is permitted during competition

- The suits must:
- Be of one piece
- Be constructed of woven / knit material
- Be 100% permeable to air and water
- Not aid buoyancy
- Not have fastening system other than waist ties, casings, ribbing or elastic (no zippers)
- Not extend below the knee and not cover the neck or shoulders for women
- Not extend above the navel or below the knee for men
- Swimmers found in violation of these restrictions will be banned from further competition until the violation has been remedied

**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. There will be multiple warm-up sessions of 35 minutes each morning. A continuous warm up/cool down pool will be available during the meet. Warm-up times and lane assignments for each team will sent to the coach via email. **COACHES WILL BE RESPONSIBLE FOR SUPERVISING THEIR SWIMMERS.**

**Scratch Rules:**

Scratch Rule:

- 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 400 IM and 400 and 1500 meter freestyle 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.

**Awards:**

Awards will be presented to single age groups as follows: 8 and under, 9, 10, 11, 12, 13, and 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.

Note: There will be no awards presentation at the Meet. The head coach is responsible for picking up the awards after the conclusion of the meet from the Award Desk area.

Points are awarded for team scores:

Individual Events: 9-7-6-5-4-3-2-1 (1<sup>st</sup> through 8<sup>th</sup> place)

Relay Events: 18-14-12-10-8-6-4-2 (1<sup>st</sup> through 8<sup>th</sup> place)

**Meet**

**Administration:**

Meet Director/Entry Chair:

Raychel Laya

6606 Clarion Dr.

Corpus Christi, TX 78412

361-739-0290

meetchief@ccaquaticfb.com

Meet Referee:

Pat O'Connell

8018 Mt. Zion Drive

Christi, TX 78413

361-814-5212

patoc@jjoconnell.com

Head Coach:

Annette DuVall

4902 Snowgoose

Corpus Christi, TX 78413

361-946-5815

amdcpa@yahoo.com

**Officials:**

Help from visiting officials is always welcome. Visiting officials are asked to email the meet referee by August 3, 2010. 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.

**Special Needs:**

Please notify the meet director in advance of this event 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 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.

**Parking:**

Free parking is available.

## Daily Schedule

<b><u>Friday, August 6, 2010</u></b>	
<b><u>Session 1:</u></b>	
Warm-up session:	5:00 pm
Check-in for 1500/400 closes:	5:30 pm
Clear Pool:	5:45 pm
Session 1 begins	6:00 pm
<b><u>Saturday, August 7, 2010</u></b>	
<b><u>Session 2:</u></b>	
1 <sup>st</sup> warm-up session:	6:30 a.m.
2 <sup>nd</sup> warm-up session:	7:05 a.m.
3 <sup>rd</sup> warm-up session:	7:40 a.m.
Saturday Relay Forms due	8:25 a.m.
Clear Pool:	8:15 a.m.
Coach's meeting:	8:20 a.m.
Session 2 begins	8:30 a.m.
<b><u>Sunday, August 8, 2010</u></b>	
<b><u>Session 3:</u></b>	
1 <sup>st</sup> warm-up session:	6:30 a.m.
2 <sup>nd</sup> warm-up session:	7:05 a.m.
3 <sup>rd</sup> warm-up session:	7:40 a.m.
Sunday Relay Forms due	8:25 a.m.
Clear Pool:	8:15 a.m.
Coach's meeting:	8:20 a.m.
Session 3 begins	8:30 a.m.

# 2010 Junior Olympic Long Course Championship August 6-8, 2010 Order of Events

<b>Friday, August 6, 2010</b>			
Girls #	Age	Event	Boys #
1	11 & Over	1500 Free (Note 1)	2
3	10 & Under	400 Free (Note 1)	4

<b>Saturday, August 7, 2010</b>			
Girls #	Age	Event	Boys #
5	10 & Under	200 Free Relay	6
7	11-12	200 Free Relay	8
9	13 & Over	400 Free Relay	10
11	OPEN	100 Breast	12
13	12 & Under	50 Back	14
15	11 & Over	200 Back	16
17	OPEN	50 Free	18
19	11 & Over	200 Breast	20
21	OPEN	100 Fly	22
23	OPEN	200 Free	24
<b>10 Minute Break</b>			
25	11 & Over	400 IM (Note 1)	26

<b>Sunday, August 8, 2010</b>			
Girls #	Age	Event	Boys #
27	10 & Under	200 Medley Relay	28
29	11-12	200 Medley Relay	30
31	13-14	400 Medley Relay	32
33	OPEN	100 Free	34
35	12 & Under	50 Fly	36
37	OPEN	100 Back	38
39	OPEN	200 IM	40
41	12 & Under	50 Breast	42
43	11 & Over	200 Fly	44
<b>10 Minute Break</b>			
45	11 & Over	400 Free (Note 1)	46

\*Note 1: These events will require a positive check-in, be age combined, alternate female/ male, seeded on deck by time only, and then be swum **fastest to slowest**. Competitors should expect to provide their own backup timers.

<b>STAGS 2009-2010 Qualifying Times</b>						
<b>Girls</b>				<b>Boys</b>		
<b>10 &amp; U</b>	<b>11</b>	<b>12</b>	<b>SCY</b>	<b>12</b>	<b>11</b>	<b>10 &amp; U</b>
00:33.29	00:31.19	00:29.09	50 free	00:29.89	00:31.79	00:33.79
01:12.39	01:08.29	01:03.69	100 free	01:05.59	01:09.79	01:13.09
02:43.09	02:31.69	02:19.69	200 free	02:21.79	02:37.29	02:42.59
07:39.49	07:04.19	06:29.49	500 free	06:35.09	07:05.49	07:35.19
		23:27.89	1650 free	23:10.49		
00:39.89	00:37.49	00:34.79	50 back	00:36.49	00:39.49	00:40.49
01:24.99	01:20.49	01:14.59	100 back	01:18.99	01:24.19	01:27.59
	02:55.49	02:39.29	200 back	02:45.59	02:58.39	
00:44.79	00:41.89	00:40.19	50 breast	00:40.79	00:44.29	00:47.59
01:36.89	01:29.49	01:26.39	100 breast	01:27.79	01:35.09	01:40.09
	03:17.21	03:11.69	200 breast	03:07.29	03:21.69	
00:37.69	00:36.19	00:34.19	50 fly	00:34.79	00:38.19	00:39.69
01:35.19	01:26.09	01:20.19	100 fly	01:18.69	01:25.79	01:36.39
	03:04.99	02:51.79	200 fly	02:48.29	03:01.19	
01:25.29	01:20.49	01:16.89	100 IM	01:17.59	01:22.59	01:27.49
03:07.99	02:56.49	02:40.29	200 IM	02:49.39	03:03.09	03:09.19
		06:04.19	400 IM	05:56.29		
02:13.16		02:04.76	200 FR	02:07.16		02:15.16
02:35.66		02:26.76	200 MR	02:33.76		02:41.56
04:49.56		04:33.16	400 FR	04:39.16		04:52.36
		05:24.36	400 MR	05:34.86		
<b>Girls</b>				<b>Boys</b>		
<b>10 &amp; U</b>	<b>11</b>	<b>12</b>	<b>LCM</b>	<b>12</b>	<b>11</b>	<b>10 &amp; U</b>
00:37.59	00:35.79	00:32.99	50 free	00:34.49	00:37.69	00:38.79
01:25.79	01:19.29	01:12.79	100 free	01:17.29	01:21.29	01:26.39
03:04.09	02:56.19	02:39.79	200 free	02:47.79	02:57.59	03:13.99
06:51.59	06:23.99	05:41.29	400 free	05:54.39	06:21.69	06:52.69
		12:33.69	800 free	12:28.59		
		24:12.39	1500 free	24:05.39		
00:45.99	00:42.99	00:39.59	50 back	00:42.19	00:45.69	00:47.59
01:40.59	01:36.39	01:25.79	100 back	01:31.39	01:38.09	01:44.29
	03:22.69	03:05.99	200 back	03:11.09	03:25.79	
00:52.59	00:48.59	00:45.59	50 breast	00:47.09	00:51.09	00:54.59
01:52.89	01:45.79	01:39.79	100 breast	01:40.89	01:49.19	01:59.79
	03:50.59	03:35.79	200 breast	03:37.49	03:54.19	
00:45.59	00:41.69	00:37.59	50 fly	00:39.59	00:42.99	00:46.89
01:48.39	01:36.59	01:29.09	100 fly	01:29.49	01:37.49	01:53.19
	03:29.09	03:14.19	200 fly	03:13.39	03:28.29	
03:32.29	03:15.59	03:01.09	200 IM	03:13.89	03:25.69	03:44.79



		06:55.89	400 IM	06:51.79		
02:30.36		02:23.16	200 FR	02:30.76		02:35.16
03:01.76		02:49.06	200 MR	02:57.46		03:07.86
05:43.16		05:17.16	400 FR	05:25.16		05:45.56
		06:18.06	400 MR	06:26.06		

### STAGS 2009-2010 Qualifying Times

Girls				Boys		
10 & U	11	12	SCM	12	11	10 & U
00:36.99	00:34.89	00:32.49	50 free	00:33.39	00:35.49	00:37.69
01:20.79	01:16.29	01:11.09	100 free	01:13.29	01:17.89	01:21.59
03:01.89	02:49.39	02:35.99	200 free	02:38.29	02:53.59	03:01.49
06:42.09	06:11.19	05:34.49	400 free	05:42.79	06:09.09	06:38.29
		12:18.69	800 free	12:03.89		
		23:23.69	1500 free	23:17.69		
00:44.59	00:41.89	00:38.89	50 back	00:40.79	00:44.09	00:45.19
01:34.89	01:29.83	01:23.29	100 back	01:28.19	01:33.99	01:37.79
	03:15.89	02:57.79	200 back	03:04.89	03:19.19	
00:49.99	00:46.79	00:44.79	50 breast	00:45.59	00:49.49	00:53.09
01:48.19	01:39.89	01:36.79	100 breast	01:37.39	01:45.39	01:51.79
	03:40.19	03:31.99	200 breast	03:29.03	03:45.19	
00:42.09	00:40.39	00:36.99	50 fly	00:38.49	00:41.79	00:44.39
01:46.29	01:35.99	01:28.49	100 fly	01:27.89	01:35.79	01:47.59
	03:26.49	03:11.79	200 fly	03:07.89	03:22.29	
01:35.19	01:24.89	01:25.81	100 IM	01:26.69	01:32.19	01:37.69
03:28.49	03:12.09	02:57.89	200 IM	03:07.19	03:18.49	03:24.39
		06:46.49	400 IM	06:37.65		
02:27.96		02:19.56	200 FR	02:21.96		02:30.76
05:23.16		02:43.96	200 MR	02:50.86		05:26.36
		05:05.16	400 FR	05:11.56		
		06:02.00	400 MR	06:13.06		

Approved by the HoD on 10 Oct 09

## Senior Champ 2009-2010 Qualifying Times

Girls				Boys		
13	14	15 and older	SCY	15 and older	14	13
00:28.19	00:28.09	00:27.29	50 free	00:24.99	00:26.49	00:27.09
01:00.39	01:00.29	00:58.99	100 free	00:52.49	00:57.39	00:58.99
02:13.59	02:11.99	02:07.79	200 free	01:56.79	02:04.89	02:09.49
06:07.69	06:07.59	05:53.19	500 free	05:51.29	06:03.19	06:09.69
23:27.79	21:53.19	21:38.89	1650 free	19:21.99	20:51.99	22:28.29
01:09.69	01:09.59	01:08.59	100 back	01:02.79	01:08.79	01:08.89
02:31.29	02:31.19	02:27.39	200 back	02:17.09	02:29.79	02:41.29
01:21.69	01:21.59	01:21.49	100 breast	01:11.19	01:18.09	01:21.89
02:55.49	02:55.39	02:55.29	200 breast	02:42.59	02:49.39	03:02.19
01:14.09	01:13.49	01:09.39	100 fly	01:06.69	01:08.09	01:13.29
02:51.69	02:40.99	02:40.89	200 fly	02:24.49	02:31.99	02:43.69
02:33.59	02:33.49	02:33.39	200 IM	02:19.99	02:30.29	02:30.79
05:43.79	05:31.49	05:31.39	400 IM	05:11.79	05:25.49	05:50.39
	01:52.76	01:49.16	200 FR	01:39.96	01:48.36	
	04:01.56	03:55.96	400 FR	03:29.96	03:55.96	
	08:54.36	08:31.16	800 FR	07:47.16	08:37.96	
	04:45.86	04:38.46	400 MR	04:13.16	04:43.06	

Girls				Boys		
13	14	15 and older	LCM	15 and older	14	13
00:32.19	00:31.99	00:31.89	50 free	00:28.29	00:30.09	00:31.89
01:09.79	01:09.39	01:09.29	100 free	01:02.59	01:05.49	01:09.99
02:30.99	02:30.89	02:26.39	200 free	02:17.39	02:26.09	02:30.79
05:29.99	05:29.89	05:26.39	400 free	05:14.39	05:27.99	05:53.29
24:06.39	22:23.09	22:10.69	1500 free	20:49.49	21:35.29	23:14.99
01:22.89	01:22.69	01:22.59	100 back	01:14.39	01:20.59	01:24.89
02:58.19	02:58.09	02:57.99	200 back	02:43.89	02:54.09	02:58.39
01:34.09	01:33.99	01:33.89	100 breast	01:26.39	01:28.09	01:34.89
03:26.79	03:26.69	03:21.19	200 breast	03:08.79	03:17.19	03:32.79
01:22.49	01:22.39	01:20.39	100 fly	01:13.39	01:16.99	01:22.89
03:14.09	03:02.29	02:56.19	200 fly	02:43.19	02:51.99	03:05.19
02:55.09	02:54.09	02:53.99	200 IM	02:38.69	02:48.29	03:00.29
06:42.39	06:31.09	06:19.79	400 IM	05:54.39	06:13.19	06:41.89
	02:08.76	02:07.56	200 FR	01:53.16	02:07.56	
	04:39.16	04:37.16	400 FR	04:10.36	04:39.96	
	10:03.96	09:45.56	800 FR	09:09.56	10:03.16	

	05:29.26	05:26.16	400 MR	04:56.76	05:32.66	

### Senior Champ 2009-2010 Qualifying Times

Girls		SCM		Boys		
13	14	15 and older		15 and older	14	13
00:31.49	00:31.39	00:30.49	50 free	00:27.49	00:29.29	00:30.29
01:07.49	01:07.29	01:05.89	100 free	00:58.59	01:03.59	01:05.89
02:29.19	02:29.09	02:22.69	200 free	02:10.39	02:19.39	02:24.59
05:23.39	05:23.29	05:09.09	400 free	05:04.09	05:17.79	05:23.49
23:23.59	21:56.29	21:35.09	1500 free	19:18.89	20:48.29	22:24.89
01:17.79	01:17.69	01:16.59	100 back	01:10.09	01:16.79	01:16.89
02:48.89	02:48.79	02:44.59	200 back	02:33.09	02:47.19	03:00.09
01:31.19	01:31.09	01:30.99	100 breast	01:19.49	01:25.09	01:31.49
03:15.89	03:15.79	03:15.69	200 breast	03:01.49	03:09.09	03:23.39
01:21.99	01:21.89	01:17.49	100 fly	01:12.59	01:16.09	01:21.89
03:11.69	02:59.69	02:54.99	200 fly	02:40.29	02:48.89	03:01.89
02:51.49	02:50.99	02:50.89	200 IM	02:33.19	02:42.49	02:48.29
06:23.69	06:09.99	06:09.89	400 IM	05:44.11	06:02.39	06:30.29
	02:05.96	02:01.96	200 FR	01:49.96	02:01.16	
	04:29.96	04:23.56	400 FR	03:54.36	04:23.56	
	09:56.76	09:30.76	800 FR	08:41.56	09:38.36	
	05:18.46	05:10.96	400 MR	04:40.76	05:16.16	

Approved by the HoD on 10 Oct 09

**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**

<b>POOL</b>	<b>PUSH/PACE</b>	<b>DIVES/SPRINTS</b>	<b>GENERAL WARMUP</b>
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! 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.***