

# 2010 South Texas (Central) Long Course Junior Olympics

**August 6, 7, 8**

**Hosted by West Austin Aquatics**

**Meet:** 2010 South Texas Long Course Junior Olympic Championships (JOs Central)

**Dates:** **August 6-8, 2010**

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

## **Sanction**

**Number:** **ST-10-55**

**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 an outdoor 4-lane 50-meter pool with a 25-yard pool used for warm-up/cool-down. The 50-meter pool is 6 feet constant depth and the length has been officially measured and recorded by USA Swimming. 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 2010 Rules & Regulations 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.

**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 and 1500 Freestyles will be age and gender combined, and swum fastest to slowest.

Swimmers are limited to 5 events per 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 2010 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 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 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 Short 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 2010 Rules & Regulations.

**Entry Deadline:**

- Entry deadline is Monday, July 26, 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 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 Monday, August 2, 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.

●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 1500 meter freestyle, and the 400 meter 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.

#### 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.

#### Swim suit

**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.

**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 (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  
Management:**

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

**Meet Referee: Rich Zbranak**  
**Phone: 512-916-1200**  
**Email: [zbranak@yahoo.com](mailto:zbranak@yahoo.com)**

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

**Entry Chair: Alex Walsh**  
1024 Patterson Rd.  
Austin, TX 78733  
Phone: (512) 415-8955  
E-mail: [alex@wfly.com](mailto:alex@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**

<b>Friday, August 6, 2010</b>	
<b>Warm-up</b>	<b>3:00 PM</b>
<b>Session 1 Begin</b>	<b>4:00 PM</b>
<b>Saturday, August 7, 2010</b>	
<b>Warm-up Session 2</b>	<b>8:00 AM</b>
<b>Session 2 Begin</b>	<b>9:00 AM</b>
<b>Relays Due</b>	<b>8:30 AM</b>
<b>Sunday, July 26, 2009</b>	
<b>Warm-up session 3</b>	<b>8:00 AM</b>
<b>Session 3 Begin</b>	<b>9:00 AM</b>
<b>Relays Due</b>	<b>8:30 AM</b>
<b>Time Trials Begin</b>	<b>Immediately after Session 3</b>

**2010 Junior Olympic Long Course Championship Central**  
**Dates: August 6,7,8**  
**Order of Events**

<b>Friday, August 6</b>		
<b>Long Course Pool Session 1</b>		
<b>Girls #</b>		<b>Boys #</b>
<b>1</b>	10 & Younger 200 Meter Freestyle	<b>2</b>
<b>3</b>	13-18 400 Meter IM	<b>4</b>
<b>5</b>	11-12 400 Meter Freestyle	<b>6</b>
<b>7</b>	11-18 1500 Meter Freestyle	<b>8</b>
<b>Saturday, August 7</b>		
<b>Long Course Pool Session 2</b>		
<b>9</b>	18 & Younger 200 Freestyle Meter Relay	<b>10</b>
<b>11</b>	12 & Younger 50 Meter Backstroke	<b>12</b>
<b>13</b>	18 & Younger 100 Meter Butterfly	<b>14</b>
<b>15</b>	18 & Younger 50 Meter Freestyle	<b>16</b>
<b>17</b>	11-18 200 Meter Backstroke	<b>18</b>
<b>19</b>	18 & younger 100 Meter Breaststroke	<b>20</b>
<b>21</b>	11 & Older 200 Meter Butterfly	<b>22</b>
<b>23</b>	11-12 200 Meter Freestyle	<b>24</b>
<b>25</b>	13-18 400 Meter Freestyle	<b>26</b>
<b>Sunday, August 8</b>		
<b>Long Course Pool Session 3</b>		
<b>27</b>	18 & Younger 200 Medley Meter Relay	<b>28</b>
<b>29</b>	13-18 200 Meter Freestyle	<b>30</b>
<b>31</b>	12 & Younger 50 Meter Butterfly	<b>32</b>
<b>33</b>	18 & Younger 100 Meter Backstroke	<b>34</b>
<b>35</b>	12 & Younger 50 Breaststroke	<b>36</b>
<b>37</b>	18 & Younger 100 Meter Freestyle	<b>38</b>
<b>39</b>	11-18 200 Breaststroke	<b>40</b>
<b>41</b>	11-12 400 Meter IM	<b>42</b>
<b>43</b>	10 & Younger 400 Meter Freestyle	<b>44</b>
Time Trials will be available at the end of Session 3		
400 IM, 1500 Free, and 400 Free require positive check-in and will be seeded by time.		

**2009-2010 South Texas Age Group Championship Time Standards**  
(must be slower than posted time)

<b>Girls</b>				<b>Boys</b>		
<b>10 &amp; Under</b>	<b>11</b>	<b>12</b>	<b>SCY</b>	<b>12</b>	<b>11</b>	<b>10 &amp; Under</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>10 &amp; Under</b>	<b>11</b>	<b>12</b>	<b>LCM</b>	<b>12</b>	<b>11</b>	<b>10 &amp; Under</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		
<b>10 &amp; Under</b>	<b>11</b>	<b>12</b>	<b>SCM</b>	<b>12</b>	<b>11</b>	<b>10 &amp; Under</b>
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

13	14	15 & older	SCY	15 & 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	
13	14	15 & older	LCM	15 & 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	
13	14	15 & older	SCM	15 & 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
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 backstroke 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.***

