

Waterloo Swimming

Waterloo Long Course Classic – Closed Meet

Sunday, August 2, 2020



- Date:** Sunday, August 2, 2020.
AM Session: Senior, Varsity, Silver 2. Warm-Up 8:00am; Meet begins 9:00am.
PM Session: Gold, Elite, College. Session will Begin 1.5 hours after conclusion of AM session.
- Entry Deadline:** Entries open Friday, July 25, 2020
Entries close Thursday, July 30 at 11:59pm CST
- Sanction #:** **ST-20-40cm**
Held under the sanction of USA Swimming
- Venue:** Waterloo Swim Center
12332 Ranch Road 620 N, Building C
Behind Bush's Chicken and Public Storage
Austin, TX 78750
512-401-3404
(Note: Parking is limited at the swim center...see details in Facility)
- Facility:** Ten (10) lane LCM pool. Competition will be conducted in four (4) lanes with 2 lanes continuous warm-up/warm down available. Competition lanes will be lanes 1, 3, 5 & 7. Continuous warm up/warm down in lanes 9 & 10. Infinity starting system and Dolphin timing system will be used. Meet Management is latest HY-TEK version Meet Manager. There will be a large tent provided. Participants can bring own chairs and tents to set up in parking lot. All persons on property are requested to wear a mask or face shield and maintain distance (6ft min) for non-related family members. All persons on property, including staff will be screened at front door. Only need to be screened once upon arrival. No spectators inside building. Coaches, volunteers and officials enter via front door. Swimmers enter via door by the shed. Swimmers exit via door by the pull up bars. Spectators can view swim meet from windows. Single stall private restrooms are available as needed. Use front door for restroom use. No gum and red drinks are permitted on site. No tobacco, alcohol or firearms are permitted on site.
- *Parking at Waterloo will be for officials, coaches and volunteers. Swimmer drop off signs will be posted & you will be directed to park at Shenandoah Baptist Church **field** on Jackson Drive and walk across the field to the swim center. The neighborhood street is Jackson Drive. Please DO NOT park at Bush's Chicken, Plush Interiors or in the Church parking lot *
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 5 feet, 2 inches at the start end and the turn end is 8 feet measured for a distance of 1.0 meter to 5.0 meters from both end walls.
- Course Certification:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Sanction:** Held under the sanction of USA Swimming. This meet has been sanctioned by South Texas Swimming and current USA Swimming rules, including minor athlete abuse prevention policy ("MAAPP") and any relevant sections of the South Texas Policies & Procedures Manual will govern this meet. All swimmers must be registered as athletes for 2020/2021 with USA Swimming by the meet start date. Athletes who register with USA Swimming after the meet entry deadline may deck enter the meet only if they can present their 2020/2021 USA Swimming registration card or proof of membership using the USA Swimming Deck Pass app (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). South Texas Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
- Liability:** In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Waterloo Swimming, Waterloo Swim Center, and all meet officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 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.

We have taken enhanced health and safety measures – for staff members, swimmers and volunteers. You must follow all posted instructions while visiting Waterloo. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to illness and possible death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting Waterloo Swimming, you voluntarily assume all risks related to exposure to COVID-19.

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

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

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently (2020/2021) registered with USA Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. 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; 2) need to be late-entered because of clerical errors by the entering team or the Meet Host; or 3) are not entered in this meet and choose to enter time trials, if offered, will be required to present their USA Swimming ID card or proof of membership using the USA Swimming Deck Pass app (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: This meet is open to all 2020/2021 USA Registered swimmers who are attached or unattached to Waterloo Swimming.

This will be a timed finals meet.

Individual events will be swum **Mixed gender**.

All events will be swum slowest to fastest with flyover starts, except for backstroke and will be pre-seeded. The Meet Referee reserves the right to include breaks between events depending on timeline.

The Meet Director and Meet Referee reserve the right to combine events or heats, by age group, gender, distance or stroke, as needed.

Time Trials: No Time Trials

Qualifying

Times: Unclassified time standards.

Please ensure a time is entered for each swimmer and event. If a swimmer has a NT please use your best judgement.

Age up Date: The age of the swimmer will be his/her age on August 2, 2020.

Entry

Restrictions: There is a maximum of Three (3) entries per swimmer

Entry

Procedures: All USA Swimming teams must submit entries using Hy-Tek Team Manager or its equivalent to the Entries Chair, Daniel Alvarez (daniel@waterlooswimming.com). Email is the preferred method of delivery; if you need to submit entries in another format, please contact the Entries Chair to make other arrangements. Please rename the entry file to clearly identify the meet name and your club code. Include a Meet Entry Report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer name. Please rename the Meet Entry Report using your club code and the report name (such as WLOO_EntriesByAthlete.pdf) When submitting files to the Entries Chair, please include the name, email

address, and phone number of the person submitting the entries. If you do not receive email confirmation, your entries were not received.

Entries will be accepted in the order they are received. The Meet Director reserves the right to cap the number of swimmers entered in order to stay within the four-hour rule. Entries will close the earlier of:
A) Thursday, July 30, 2020 at 11:59pm CST

Entry Fees: \$11.25 per individual event (includes the STSI splash fee of \$1.25 per splash)
\$10.00 per swimmer surcharge

Please include a Meet Entry Fee report with your payment. Entry fees must be received by Wednesday, July 29, 2020 or your entries will be removed from the meet. Refunds will not be given for any reason. Waterloo will process entry fees directly to Waterloo customer accounts

Waterloo customers will have their accounts charged.

Late Entries: No late entries or deck entries.

Meet Staff:

| | |
|---|-------------------------------|
| Entries Chair | |
| & Meet Director: Daniel Alvarez 512-401-3404 | daniel@waterlooswimming.com |
| Meet Referee: Monica Thomason 512-769-9677 | monica.thomason@gmail.com.com |
| Admin: Tracy Wells 512-657-4849 | aggiewells94@gmail.com |
| Head Coach: Mike Varozza 512-401-3404 | mike@waterlooswimming.com |

Cell Phone Restrictions: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

Unaccompanied

Swimmers: Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Swimmer Photographs and Videos:

There may be one or more photographers and/or videographers on deck at this meet. In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made are required to contact the Meet Director prior to the beginning of warm-ups. Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.

Deck Changing:

Deck changes are prohibited.

Drones: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Program & Events Committee Chair or designee.

Special Needs:

A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.

Please notify Waterloo Swimming at 512-401-3404 by the entry deadline of this event with the name and age of any member on your team who needs assistance to enter the building. The facility 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. 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.

Officials: All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2020/2021 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Please email the Meet Referee prior to the meet with your availability and current certifications. Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments. The wearing of name tags is strongly encouraged.

Timers: All teams will need to provide volunteer backup timers for this meet.

Awards: No awards will be provided.

Daily Schedule: Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement.

Warm-Up: 8:00am
Clear Competition Pool: 8:50am
Coach's Meeting: 8:50am (if needed)
Meet Start Time: 9:00am

PM Session warmup will begin approximately 30 minutes following end of AM Session

Order of Events

Distances are in Long Course Meters (LCM)

AM Session: (Senior, Varsity, Silver 2) Sunday, August 2, 2020 - 9:00am

| Event # | Stroke and Distance | Gender |
|---------|-----------------------|--------|
| 1 | 400 Freestyle | Mixed |
| 2 | 100 Backstroke | Mixed |
| 3 | 200 Butterfly | Mixed |
| 4 | 100 Breaststroke | Mixed |
| 5 | 200 Freestyle | Mixed |
| 6 | 200 Individual Medley | Mixed |
| 7 | 100 Butterfly | Mixed |
| 8 | 200 Backstroke | Mixed |
| 9 | 50 Freestyle | Mixed |
| 10 | 200 Breaststroke | Mixed |
| 11 | 100 Freestyle | Mixed |
| 12 | 400 Individual Medley | Mixed |

PM Session: (Gold, Elite, College) Sunday, August 2, 2020

*Warm-Ups approximately 30 min after conclusion of AM Session
Meet starts approximately 1.5 hours after the conclusion of the AM Session*

| Event # | Stroke and Distance | Gender |
|---------|-----------------------|--------|
| 13 | 400 Freestyle | Mixed |
| 14 | 100 Backstroke | Mixed |
| 15 | 200 Butterfly | Mixed |
| 16 | 100 Breaststroke | Mixed |
| 17 | 200 Freestyle | Mixed |
| 18 | 200 Individual Medley | Mixed |
| 19 | 100 Butterfly | Mixed |
| 20 | 200 Backstroke | Mixed |
| 21 | 50 Freestyle | Mixed |
| 22 | 200 Breaststroke | Mixed |
| 23 | 100 Freestyle | Mixed |
| 24 | 400 Individual Medley | Mixed |

The Meet Referee may at his/her discretion add breaks between events depending on the timeline.

Long Course Meters

| B Min | BB Min | A Min | AA Min | AAA Min | A AAA Min | AAAA Min | AAA Min | AA Min | A Min | BB Min | B Min | |
|-----------------------------|-----------|-----------|-----------|-----------|-----------|----------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| 10 & Under Girls | | | | | | 10 & Under Boys | | | | | | |
| 44.09* | 39.89* | 35.99* | 34.19* | 32.79* | 31.39* | 50 M Free | 31.39* | 32.79* | 34.09* | 35.49* | 39.49* | 43.59* |
| 1:42.39* | 1:31.49* | 1:20.59* | 1:16.99* | 1:13.29* | 1:09.69* | 100 M Free | 1:09.49* | 1:12.99* | 1:16.49* | 1:19.89* | 1:30.29* | 1:40.69* |
| 3:45.79* | 3:20.99* | 2:56.29* | 2:48.09* | 2:39.79* | 2:31.59* | 200 M Free | 2:29.49* | 2:36.99* | 2:43.69* | 2:50.79* | 3:12.09* | 3:33.49* |
| 7:36.79* | 6:51.09* | 6:05.39* | 5:50.19* | 5:34.99* | 5:19.79* | 400 M Free | 5:14.69* | 5:28.69* | 5:44.59* | 5:59.59* | 6:44.59* | 7:29.49* |
| 54.89* | 48.89* | 42.89* | 40.89* | 38.89* | 36.89* | 50 M Back | 36.89* | 38.89* | 40.99* | 42.99* | 48.19* | 55.29* |
| 1:50.19* | 1:45.99* | 1:32.69* | 1:28.29* | 1:23.89* | 1:19.49* | 100 M Back | 1:19.29* | 1:23.39* | 1:27.39* | 1:31.49* | 1:43.59* | 1:55.69* |
| 1:00.49* | 53.99* | 47.49* | 45.29* | 43.09* | 40.89* | 50 M Breast | 40.59* | 42.69* | 44.89* | 46.99* | 53.29* | 59.69* |
| 2:16.69* | 2:01.49* | 1:46.29* | 1:41.29* | 1:36.19* | 1:31.19* | 100 M Breast | 1:30.59* | 1:35.09* | 1:39.59* | 1:44.19* | 1:57.69* | 2:11.29* |
| 53.59* | 47.29* | 40.99* | 38.89* | 36.69* | 34.59* | 50 M Fly | 34.39* | 36.29* | 38.19* | 40.19* | 45.99* | 51.79* |
| 2:08.99* | 1:52.99* | 1:35.99* | 1:30.29* | 1:24.59* | 1:18.89* | 100 M Fly | 1:18.49* | 1:23.99* | 1:29.49* | 1:34.99* | 1:51.39* | 2:07.79* |
| 4:08.39* | 3:43.19* | 3:17.09* | 3:08.29* | 2:59.59* | 2:50.89* | 200 M IM | 2:49.89* | 2:58.39* | 3:06.89* | 3:15.39* | 3:40.79* | 4:06.19* |
| 11-12 Girls | | | | | | 11-12 Boys | | | | | | |
| 38.49* | 35.79* | 33.19* | 31.79* | 30.49* | 29.19* | 50 M Free | 28.09* | 29.39* | 30.69* | 32.09* | 34.69* | 37.39* |
| 1:24.49* | 1:18.49* | 1:12.49* | 1:09.39* | 1:06.39* | 1:03.39* | 100 M Free | 1:01.09* | 1:03.99* | 1:06.99* | 1:09.89* | 1:15.69* | 1:21.49* |
| 3:03.49* | 2:50.39* | 2:37.29* | 2:30.79* | 2:24.19* | 2:17.69* | 200 M Free | 2:13.49* | 2:19.79* | 2:26.19* | 2:32.49* | 2:45.19* | 2:57.89* |
| 6:23.89* | 5:56.49* | 5:29.09* | 5:15.39* | 5:01.69* | 4:47.99* | 400 M Free | 4:41.39* | 4:55.09* | 5:08.49* | 5:21.89* | 5:48.69* | 6:15.49* |
| 13:26.79* | 12:29.19* | 11:31.59* | 11:02.79* | 10:33.99* | 10:05.09* | 800 M Free | 9:53.79* | 10:22.09* | 10:50.39* | 11:18.59* | 12:15.19* | 13:11.69* |
| 28:45.79* | 23:55.39* | 22:04.99* | 21:08.79* | 20:14.59* | 19:19.39* | 1500 M Free | 18:55.19* | 19:49.19* | 20:43.29* | 21:37.39* | 28:25.49* | 25:13.59* |
| 44.29* | 41.19* | 37.99* | 36.39* | 34.79* | 33.29* | 50 M Back | 32.39* | 34.09* | 35.79* | 37.49* | 40.89* | 44.19* |
| 1:38.89* | 1:31.09* | 1:23.29* | 1:19.39* | 1:15.49* | 1:11.59* | 100 M Back | 1:10.09* | 1:13.89* | 1:17.69* | 1:21.49* | 1:29.09* | 1:36.79* |
| 3:24.79* | 3:10.19* | 2:55.59* | 2:48.19* | 2:40.89* | 2:33.59* | 200 M Back | 2:30.59* | 2:37.79* | 2:44.99* | 2:52.19* | 3:06.49* | 3:20.79* |
| 48.99* | 45.49* | 41.99* | 40.19* | 38.49* | 36.69* | 50 M Breast | 35.69* | 37.69* | 39.59* | 41.59* | 45.39* | 49.29* |
| 1:40.49* | 1:41.39* | 1:33.39* | 1:29.29* | 1:25.29* | 1:21.19* | 100 M Breast | 1:18.19* | 1:22.19* | 1:26.29* | 1:30.39* | 1:38.49* | 1:46.69* |
| 3:52.69* | 3:36.09* | 3:19.49* | 3:11.19* | 3:02.79* | 2:54.49* | 200 M Breast | 2:48.49* | 2:56.59* | 3:04.59* | 3:12.59* | 3:28.69* | 3:44.69* |
| 41.29* | 38.29* | 35.39* | 33.89* | 32.49* | 30.99* | 50 M Fly | 30.29* | 31.99* | 33.69* | 35.29* | 38.69* | 41.99* |
| 1:36.19* | 1:28.49* | 1:20.79* | 1:16.99* | 1:13.19* | 1:09.29* | 100 M Fly | 1:06.99* | 1:10.89* | 1:14.69* | 1:18.59* | 1:26.29* | 1:33.99* |
| 3:24.89* | 3:10.19* | 2:55.59* | 2:48.29* | 2:40.99* | 2:33.69* | 200 M Fly | 2:31.59* | 2:38.79* | 2:45.99* | 2:53.19* | 3:07.69* | 3:22.09* |
| 3:26.29* | 3:11.49* | 2:56.79* | 2:49.39* | 2:42.09* | 2:34.69* | 200 M IM | 2:30.79* | 2:38.49* | 2:46.19* | 2:53.89* | 3:09.29* | 3:24.69* |
| 7:19.69* | 6:48.29* | 6:16.89* | 6:01.19* | 5:45.49* | 5:29.79* | 400 M IM | 5:22.59* | 5:37.99* | 5:53.39* | 6:08.69* | 6:39.39* | 7:10.19* |
| 13-14 Girls | | | | | | 13-14 Boys | | | | | | |
| 37.29* | 34.59* | 31.99* | 30.69* | 29.29* | 27.99* | 50 M Free | 25.79* | 27.09* | 28.29* | 29.49* | 31.99* | 34.39* |
| 1:21.19* | 1:15.39* | 1:09.59* | 1:06.69* | 1:03.79* | 1:00.89* | 100 M Free | 96.59* | 99.29* | 1:01.99* | 1:04.59* | 1:09.99* | 1:15.39* |
| 2:55.09* | 2:42.59* | 2:30.09* | 2:23.89* | 2:17.59* | 2:11.39* | 200 M Free | 2:03.09* | 2:08.89* | 2:14.79* | 2:20.59* | 2:32.29* | 2:44.09* |
| 6:07.19* | 5:40.89* | 5:14.69* | 5:01.59* | 4:48.49* | 4:35.39* | 400 M Free | 4:21.79* | 4:34.29* | 4:46.69* | 4:59.19* | 5:24.09* | 5:49.09* |
| 12:35.99* | 11:41.99* | 10:47.99* | 10:20.99* | 9:53.99* | 9:26.99* | 800 M Free | 9:04.39* | 9:30.29* | 9:56.29* | 10:22.19* | 11:13.99* | 12:05.89* |
| 24:06.39* | 22:23.09* | 20:39.79* | 19:48.09* | 18:56.49* | 18:04.79* | 1500 M Free | 17:19.89* | 18:09.39* | 18:58.89* | 19:48.39* | 21:27.39* | 23:06.49* |
| 1:29.99* | 1:23.59* | 1:17.09* | 1:13.89* | 1:10.69* | 1:07.49* | 100 M Back | 1:03.29* | 1:06.29* | 1:09.29* | 1:12.29* | 1:18.29* | 1:24.39* |
| 3:13.19* | 2:59.39* | 2:45.59* | 2:38.69* | 2:31.79* | 2:24.89* | 200 M Back | 2:16.99* | 2:23.59* | 2:30.09* | 2:36.59* | 2:48.69* | 3:02.69* |
| 1:42.29* | 1:34.99* | 1:27.69* | 1:23.99* | 1:20.39* | 1:16.69* | 100 M Breast | 1:11.19* | 1:14.59* | 1:17.89* | 1:21.29* | 1:28.09* | 1:34.89* |
| 3:41.39* | 3:25.59* | 3:09.79* | 3:01.89* | 2:53.99* | 2:46.09* | 200 M Breast | 2:34.69* | 2:42.09* | 2:49.49* | 2:56.79* | 3:11.59* | 3:26.29* |
| 1:27.29* | 1:21.09* | 1:14.79* | 1:11.69* | 1:08.59* | 1:05.49* | 100 M Fly | 1:03.99* | 1:07.89* | 1:11.79* | 1:15.69* | 1:21.29* | 1:27.29* |
| 3:13.29* | 2:59.49* | 2:45.69* | 2:38.79* | 2:31.89* | 2:24.99* | 200 M Fly | 2:16.69* | 2:23.19* | 2:29.69* | 2:36.19* | 2:48.19* | 3:02.19* |
| 3:17.39* | 3:03.39* | 2:49.19* | 2:42.19* | 2:35.19* | 2:28.09* | 200 M IM | 2:18.99* | 2:25.59* | 2:32.19* | 2:38.79* | 3:01.99* | 3:05.29* |
| 6:57.39* | 6:27.59* | 5:57.79* | 5:42.89* | 5:27.99* | 5:13.09* | 400 M IM | 4:54.59* | 5:08.59* | 5:22.59* | 5:36.59* | 6:04.69* | 6:32.69* |
| 15-16 Girls | | | | | | 15-16 Boys | | | | | | |
| 36.39* | 33.79* | 31.19* | 29.89* | 28.59* | 27.29* | 50 M Free | 24.39* | 25.59* | 26.79* | 27.89* | 30.19* | 32.59* |
| 1:19.29* | 1:13.59* | 1:07.99* | 1:05.09* | 1:02.29* | 99.49* | 100 M Free | 54.19* | 56.79* | 59.39* | 1:01.89* | 1:07.09* | 1:12.29* |
| 2:50.89* | 2:38.69* | 2:26.49* | 2:20.39* | 2:14.29* | 2:08.19* | 200 M Free | 1:57.99* | 2:03.69* | 2:09.29* | 2:14.89* | 2:26.09* | 2:37.39* |
| 5:58.49* | 5:32.89* | 5:07.29* | 4:54.49* | 4:41.69* | 4:28.89* | 400 M Free | 4:10.29* | 4:22.19* | 4:34.19* | 4:46.09* | 5:08.89* | 5:33.69* |
| 12:21.29* | 11:28.39* | 10:35.39* | 10:08.99* | 9:42.49* | 9:15.99* | 800 M Free | 8:45.39* | 9:10.39* | 9:35.39* | 10:00.39* | 10:50.39* | 11:40.49* |
| 23:43.89* | 22:02.19* | 20:20.49* | 19:29.59* | 18:38.79* | 17:47.89* | 1500 M Free | 16:36.69* | 17:24.19* | 18:11.69* | 18:59.09* | 20:33.99* | 22:08.99* |
| 1:28.29* | 1:21.99* | 1:15.69* | 1:12.49* | 1:09.39* | 1:06.19* | 100 M Back | 1:00.29* | 1:03.19* | 1:06.09* | 1:08.89* | 1:14.69* | 1:20.39* |
| 3:09.09* | 2:55.59* | 2:42.09* | 2:35.29* | 2:28.59* | 2:21.79* | 200 M Back | 2:10.29* | 2:16.49* | 2:22.69* | 2:28.89* | 2:41.39* | 2:53.79* |
| 1:39.59* | 1:32.49* | 1:25.39* | 1:21.79* | 1:18.19* | 1:14.69* | 100 M Breast | 1:07.39* | 1:10.59* | 1:13.79* | 1:16.99* | 1:23.49* | 1:29.89* |
| 3:36.29* | 3:20.79* | 3:05.39* | 2:57.69* | 2:49.89* | 2:42.19* | 200 M Breast | 2:27.39* | 2:34.39* | 2:41.39* | 2:48.39* | 3:02.49* | 3:16.49* |
| 1:25.59* | 1:19.49* | 1:13.39* | 1:10.29* | 1:07.29* | 1:04.19* | 100 M Fly | 57.99* | 1:00.79* | 1:03.59* | 1:06.29* | 1:11.79* | 1:17.39* |
| 3:08.19* | 2:54.79* | 2:41.39* | 2:34.59* | 2:27.89* | 2:21.19* | 200 M Fly | 2:09.49* | 2:15.69* | 2:21.89* | 2:27.99* | 2:40.39* | 2:52.69* |
| 3:13.49* | 2:59.69* | 2:45.89* | 2:38.99* | 2:32.09* | 2:25.09* | 200 M IM | 2:12.49* | 2:18.79* | 2:25.09* | 2:31.39* | 2:43.99* | 2:56.59* |
| 6:47.89* | 6:18.79* | 5:49.69* | 5:35.09* | 5:20.49* | 5:05.99* | 400 M IM | 4:40.59* | 4:53.89* | 5:07.29* | 5:20.59* | 5:47.29* | 6:14.09* |
| 17-18 Girls | | | | | | 17-18 Boys | | | | | | |
| 36.19* | 33.59* | 30.99* | 29.69* | 28.39* | 27.09* | 50 M Free | 24.39* | 25.49* | 26.69* | 27.79* | 30.09* | 32.49* |
| 1:18.59* | 1:12.99* | 1:07.39* | 1:04.59* | 1:01.79* | 98.99* | 100 M Free | 53.29* | 55.89* | 58.39* | 1:00.99* | 1:05.99* | 1:11.09* |
| 2:49.59* | 2:37.49* | 2:25.39* | 2:19.29* | 2:13.19* | 2:07.19* | 200 M Free | 1:56.99* | 2:02.59* | 2:08.19* | 2:13.69* | 2:24.89* | 2:35.99* |
| 5:58.49* | 5:32.89* | 5:07.29* | 4:54.49* | 4:41.69* | 4:28.89* | 400 M Free | 4:08.89* | 4:20.79* | 4:32.59* | 4:44.49* | 5:08.19* | 5:33.89* |
| 12:18.09* | 11:25.39* | 10:32.69* | 10:06.29* | 9:39.59* | 9:13.59* | 800 M Free | 8:34.59* | 8:59.09* | 9:23.59* | 9:48.09* | 10:37.09* | 11:26.09* |
| 23:38.49* | 21:57.19* | 20:15.89* | 19:25.19* | 18:34.49* | 17:43.89* | 1500 M Free | 16:27.19* | 17:14.19* | 18:01.19* | 18:48.19* | 20:22.19* | 21:56.19* |
| 1:27.49* | 1:21.29* | 1:14.99* | 1:11.89* | 1:08.79* | 1:05.69* | 100 M Back | 99.29* | 1:02.09* | 1:04.89* | 1:07.69* | 1:13.39* | 1:18.99* |
| 3:08.09* | 2:54.59* | 2:41.19* | 2:34.49* | 2:27.79* | 2:21.09* | 200 M Back | 2:08.29* | 2:14.39* | 2:20.49* | 2:26.59* | 2:38.79* | 2:50.99* |
| 1:39.59* | 1:32.49* | 1:25.29* | 1:21.79* | 1:18.19* | 1:14.69* | 100 M Breast | 1:06.39* | 1:09.59* | 1:12.69* | 1:15.89* | 1:22.19* | 1:28.49* |
| 3:33.09* | 3:17.89* | 3:02.69* | 2:55.09* | 2:47.49* | 2:39.89* | 200 M Breast | 2:25.09* | 2:31.99* | 2:38.89* | 2:45.79* | 2:59.59* | 3:13.39* |
| 1:24.59* | 1:18.59* | 1:12.49* | 1:09.49* | 1:06.49* | 1:03.49* | 100 M Fly | 57.09* | 59.79* | 1:02.49* | 1:05.29* | 1:10.69* | 1:16.09* |
| 3:07.89* | 2:54.49* | 2:41.09* | 2:34.29* | 2:27.59* | 2:20.89* | 200 M Fly | 2:07.19* | 2:13.29* | 2:19.29* | 2:25.39* | 2:37.49* | 2:49.59* |
| 3:10.69* | 2:56.99* | 2:43.39* | 2:36.59* | 2:29.79* | 2:22.99* | 200 M IM | 2:10.59* | 2:16.79* | 2:22.99* | 2:29.19* | 2:41.69* | 2:54.09* |
| 6:45.19* | 6:16.29* | 5:47.29* | 5:32.89* | 5:18.39* | 5:03.89* | 40 | | | | | | |

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(s).
 - c. Dive sprints shall occur from only the designated end of the pool, swimmers must exit on the opposite end of the pool, and may be done only under the direct supervision of the coach.

II. Open Warm-up Procedures

LANE USE (30 min prior to start of session)

| POOL | PUSH/PACE | DIVES/SPRINTS | GENERAL WARMUP |
|----------|-----------|-------------------|----------------|
| 10 Lanes | 1 & 10 | 2, 3, 6, 7, 8 & 9 | 4 & 5 |

- a. The first half 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 and from the designated end. Swimmers must exit the pool on the opposite end.
- d. There will be no diving in the general warm-up lanes—circle swimming only.
- e. No kickboards, 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 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 will have the 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.
 - 3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 - 4. 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."
 - 5. 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.
 - 6. Hazards in locker rooms, on deck, or in 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.
- V. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Meet 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.