

**Waterloo Swimming**  
**2020 ST WLOO October 24 & 25 Meet**  
Saturday, October 24, 2020  
Sunday, October 25, 2020



**Date:** Saturday, October 24, 2020  
Warm up: 3:15pm-4:05pm  
Meet Start: 4:15pm  
Sunday, October 25, 2020  
Warm Up 1 session 1: 8:00-8:30am  
Warm Up 2 session 1: 8:40-9:10am  
Meet Start Session 1 9:20AM  
Warm Up 1 session 2: Approximately 12:30pm-1:00pm  
Warm Up 2 session 2: Approximately 1:10pm-1:40pm  
Meet Start Session 2 Approximately 1:50pm

**Entry**

**Deadline:** Entries open Wednesday October 14, 2020  
Entries close Tuesday, October 20 at 11:59pm CST

**Sanction #:** **ST-20-69cm**  
**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 SCY pool. Competition will be conducted in eight (8) lanes with 10 lanes continuous warm-up/warm down available. Competition lanes will be lanes 1, 2, 3, 4, 5, 6, 7, & 8. Continuous warm up/warm down in lanes 13-23. Infinity starting system and Dolphin timing system will be used. Meet Management is the latest HY-TEK version Meet Manager. Participants can bring their own chairs and tents to set up in the 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 the front door. Only need to be screened once upon arrival. No spectators will be allowed inside the building. Coaches, volunteers and officials enter via the 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 the front door for restroom use. No gum and red drinks are permitted on site. No tobacco, alcohol or firearms are permitted on site.

\*There will be no parking in the Waterloo Parking lot. All officials, volunteers and parents must park in the Shenandoah Baptist Church field.. 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 7 feet, 3 inches at the start end and the turn end is 7 feet 3 inches 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 apply. 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, except for backstroke.

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 October 24, 2020.

**Entry Restrictions:** There is a maximum of Four (4) entries per swimmer

**Entry Procedures:** All USA Swimming teams must submit entries using Hy-Tek Team Manager or its equivalent to the Entries Chair, Jason Frdrychowski (jason@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 Tuesday, October 20, 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 Saturday, October 24, 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:**

**Entry Chair &**

**Meet Director:** Jason Frydrychowski 716-359-5745    [jason@waterlooswimming.com](mailto:jason@waterlooswimming.com)

**Meet Referee:** Monica Thomason 512-769-9677    [monica.thomason@gmail.com](mailto:monica.thomason@gmail.com)

**Admin:** Marc Digby 512-633-0002    [mdigby@aeaustin.com](mailto:mdigby@aeaustin.com)

**Head Coach:** Mike Varozza 512-401-3404    [mike@waterlooswimming.com](mailto: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. Additionally, no cell phones or recordings are allowed in the windows behind the starting blocks. 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. Deck officials are required by rule to prominently display both their USA Swimming ID Card and LSC credentials while on deck as an official. 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.

#### **Saturday**

**Warm up:** 3:15pm-4:05pm

**Meet Start:** 4:15pm

#### **Sunday**

**Warm-Up 1 session 1:** 8:00am (warm up assignments will be emailed)

**Clear Competition Pool:** 8:30am

**Warm-Up 2 session 1:** 8:40am (warm up assignments will be emailed)

<b>Clear Competition Pool:</b>	<b>8:30am</b>
<b>Coach's Meeting:</b>	<b>9:10am (if needed)</b>
<b>Meet Start Time Session 1:</b>	<b>9:20am</b>
<b>Warm-Up 1 session 2:</b>	<b>Approximately 12:30pm</b> <b>(warm up assignments will be emailed)</b>
<b>Clear Competition Pool:</b>	<b>1pm</b>
<b>Warm-Up 1 session 2:</b>	<b>Approximately 1:10pm</b> <b>(warm up assignments will be emailed)</b>
<b>Clear Competition Pool:</b>	<b>1:40pm</b>
<b>Meet Start session 2:</b>	<b>Approximately 1:50pm</b>

## Order of Events

### Distances are in Short Course Yards

PM Session: Distance Saturday, October 24, 2020 - 4:15pm

Event #	Stroke and Distance	Gender
1	Open 1650 Free	Mixed
2	12 & under 500 Free	Mixed
3	Open 1000 Free	Mixed

## Order of Events

### Distances are in Short Course Yards

AM Session: 12 & Under Sunday, October 25, 2020 - 9:20am

Event #	Stroke and Distance	Gender
1	200 IM	Mixed
2	50 Back	Mixed
3	100 Free	Mixed
4	200 Breast	Mixed
5	100 IM	Mixed

6	200 Fly	Mixed
7	50 Free	Mixed
8	100 Back	Mixed
9	100 Breast	Mixed
10	50 Fly	Mixed
11	200 Back	Mixed
12	50 Breast	Mixed
13	100 Fly	Mixed
14	200 Free	Mixed
15	400 IM	Mixed

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

## **Order of Events**

### **Distances are in Short Course Yards**

PM Session: 13 & Over Sunday, October 25, 2020 - 1:50pm

<b>Event #</b>	<b>Stroke and Distance</b>	<b>Gender</b>
1	500 Free	Mixed
2	100 Back	Mixed
3	200 IM	Mixed
4	50 Free	Mixed
5	100 Breast	Mixed
6	200 Fly	Mixed
7	100 Free	Mixed
8	200 BK	Mixed

9	100 Fly	Mixed
10	200 Breast	Mixed
11	200 Free	Mixed
12	400 IM*	Mixed

\*Due to COVID precautions we will NOT swap timers for the 400 IM. If you are a timer please expect to remain for the entire session.



2017-2020 National Age Group Motivational Times

9/30/2016

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	
<b>10 &amp; Under Girls</b>						<b>10 &amp; Under Boys</b>						
38.89*	35.19*	31.39*	30.19*	28.89*	27.69*	50 Y Free	27.39*	28.59*	29.79*	30.99*	34.49*	38.09*
1:29.59*	1:19.99*	1:10.49*	1:07.29*	1:04.19*	1:00.99*	100 Y Free	1:00.59*	1:03.69*	1:06.69*	1:09.69*	1:18.79*	1:27.79*
3:19.19*	2:57.39*	2:35.59*	2:28.29*	2:20.99*	2:13.69*	200 Y Free	2:10.69*	2:16.89*	2:23.09*	2:29.39*	2:47.99*	3:06.69*
8:26.09*	7:35.49*	6:44.89*	6:27.99*	6:11.09*	5:54.29*	500 Y Free	5:47.69*	6:04.19*	6:20.79*	6:37.39*	7:26.99*	8:16.69*
46.99*	41.89*	36.69*	34.99*	33.29*	31.59*	50 Y Back	31.79*	33.59*	35.29*	37.09*	42.39*	47.69*
1:41.99*	1:30.69*	1:19.29*	1:15.59*	1:11.79*	1:07.99*	100 Y Back	1:08.69*	1:12.19*	1:15.69*	1:19.19*	1:29.69*	1:40.19*
53.29*	47.49*	41.79*	39.89*	37.99*	35.99*	50 Y Breast	35.49*	37.29*	39.19*	40.99*	46.59*	52.09*
1:58.09*	1:44.99*	1:31.89*	1:27.49*	1:23.09*	1:18.79*	100 Y Breast	1:18.39*	1:22.39*	1:26.29*	1:30.19*	1:41.89*	1:53.59*
47.39*	41.79*	36.19*	34.39*	32.49*	30.59*	50 Y Fly	30.29*	31.99*	33.69*	35.39*	40.49*	45.69*
1:53.99*	1:39.09*	1:24.09*	1:19.19*	1:14.19*	1:09.19*	100 Y Fly	1:09.09*	1:13.89*	1:18.69*	1:23.49*	1:37.99*	1:52.39*
1:42.59*	1:31.69*	1:20.79*	1:17.09*	1:13.49*	1:09.79*	100 Y IM	1:09.59*	1:12.89*	1:16.19*	1:19.49*	1:29.39*	1:39.39*
3:38.49*	3:15.59*	2:52.69*	2:45.09*	2:37.39*	2:29.79*	200 Y IM	2:28.69*	2:36.19*	2:43.59*	2:50.99*	3:13.19*	3:35.49*
<b>11-12 Girls</b>						<b>11-12 Boys</b>						
33.79*	31.49*	29.09*	27.89*	26.79*	25.59*	50 Y Free	24.49*	25.59*	26.79*	27.89*	30.29*	32.59*
1:13.59	1:08.29	1:03.09	1:00.49	97.79	95.19	100 Y Free	53.29*	55.79*	58.29*	1:00.89*	1:05.89*	1:10.99*
2:41.19	2:29.69	2:18.19	2:12.39	2:06.69	2:00.89	200 Y Free	1:56.79*	2:02.39*	2:07.89*	2:13.49*	2:24.59*	2:35.69*
7:09.09*	6:38.39*	6:07.79*	5:52.49*	5:37.09*	5:21.79*	500 Y Free	5:12.99*	5:27.89*	5:42.79*	5:57.69*	6:27.49*	6:57.29*
14:48.09	13:44.69	12:41.19	12:09.49	11:37.79	11:06.09	1000 Y Free	10:54.39*	11:25.59*	11:56.79*	12:27.89*	13:30.19*	14:32.59*
24:53.99*	23:07.29*	21:20.59*	20:27.19*	19:33.89*	18:40.49*	1650 Y Free	18:16.39*	19:08.59*	20:00.79*	20:52.99*	22:37.49*	24:21.89*
38.29*	35.59*	32.89*	31.49*	30.09*	28.79*	50 Y Back	27.99*	29.39*	30.89*	32.29*	35.29*	38.19*
1:25.19*	1:18.49*	1:11.79*	1:08.39*	1:05.09*	1:01.69*	100 Y Back	59.59*	1:02.79*	1:06.09*	1:09.29*	1:15.79*	1:22.19*
2:56.59*	2:43.99*	2:31.39*	2:25.09*	2:18.79*	2:12.49*	200 Y Back	2:09.49*	2:15.69*	2:21.79*	2:27.99*	2:40.29*	2:52.69*
43.09*	39.99*	36.89*	35.39*	33.89*	32.29*	50 Y Breast	31.09*	32.79*	34.49*	36.19*	39.59*	42.89*
1:34.39*	1:27.39*	1:20.39*	1:16.99*	1:13.49*	1:09.99*	100 Y Breast	1:07.79*	1:11.29*	1:14.89*	1:18.39*	1:25.49*	1:32.49*
3:23.09*	3:08.59*	2:54.09*	2:46.89*	2:39.59*	2:32.39*	200 Y Breast	2:26.19*	2:33.19*	2:40.09*	2:47.09*	3:00.99*	3:14.89*
36.69*	34.09*	31.49*	30.19*	28.89*	27.59*	50 Y Fly	26.79*	28.19*	29.69*	31.19*	34.19*	37.09*
1:25.09*	1:18.29*	1:11.49*	1:08.09*	1:04.69*	1:01.29*	100 Y Fly	59.39*	1:02.79*	1:06.19*	1:09.59*	1:16.49*	1:23.29*
3:00.89*	2:47.89*	2:34.99*	2:28.59*	2:22.09*	2:15.69*	200 Y Fly	2:12.49*	2:18.79*	2:25.09*	2:31.39*	2:43.99*	2:56.59*
1:24.39*	1:18.39*	1:12.29*	1:09.29*	1:06.29*	1:03.29*	100 Y IM	1:00.29*	1:03.29*	1:06.19*	1:09.09*	1:14.99*	1:20.89*
3:00.69*	2:47.79*	2:34.89*	2:28.49*	2:21.99*	2:15.59*	200 Y IM	2:10.89*	2:17.49*	2:24.19*	2:30.89*	2:44.19*	2:57.59*
6:24.19*	5:56.79*	5:29.29*	5:15.59*	5:01.89*	4:48.19*	400 Y IM	4:39.79*	4:53.19*	5:06.49*	5:19.79*	5:46.39*	6:13.09*
<b>13-14 Girls</b>						<b>13-14 Boys</b>						
32.69*	30.29*	27.99*	26.79*	25.69*	24.49*	50 Y Free	22.49*	23.59*	24.69*	25.69*	27.89*	29.99*
1:10.79*	1:05.79*	1:00.69*	98.19*	95.69*	93.09*	100 Y Free	49.19*	51.59*	53.89*	56.29*	1:00.89*	1:05.59*
2:33.19*	2:22.19*	2:11.29*	2:05.79*	2:00.39*	1:54.89*	200 Y Free	1:47.29*	1:52.39*	1:57.49*	2:02.59*	2:12.79*	2:22.99*
6:49.39*	6:20.09*	5:50.89*	5:36.29*	5:21.69*	5:06.99*	500 Y Free	4:49.99*	5:03.79*	5:17.59*	5:31.39*	5:58.99*	6:26.59*
14:01.99*	13:01.79*	12:01.69*	11:31.59*	11:01.59*	10:31.49*	1000 Y Free	10:00.89*	10:29.49*	10:58.09*	11:26.69*	12:23.89*	13:21.19*
23:23.49*	21:43.19*	20:02.99*	19:12.89*	18:22.79*	17:32.59*	1650 Y Free	16:44.19*	17:31.99*	18:19.79*	19:07.59*	20:43.19*	22:18.89*
1:17.19*	1:11.69*	1:06.19*	1:03.39*	1:00.59*	97.89*	100 Y Back	54.09*	56.59*	59.19*	1:01.79*	1:06.89*	1:12.09*
2:47.29*	2:35.39*	2:23.39*	2:17.39*	2:11.49*	2:05.49*	200 Y Back	1:57.79*	2:03.49*	2:09.09*	2:14.69*	2:25.89*	2:37.09*
1:28.69*	1:22.39*	1:15.99*	1:12.89*	1:09.69*	1:06.49*	100 Y Breast	1:01.09*	1:03.99*	1:06.89*	1:09.79*	1:15.59*	1:21.39*
3:11.99*	2:58.29*	2:44.59*	2:37.69*	2:30.89*	2:23.99*	200 Y Breast	2:13.79*	2:20.09*	2:26.49*	2:32.89*	2:45.59*	2:58.39*
1:16.89*	1:11.39*	1:05.99*	1:03.19*	1:00.49*	97.69*	100 Y Fly	53.59*	56.09*	58.69*	1:01.29*	1:06.39*	1:11.49*
2:50.09*	2:37.89*	2:25.79*	2:19.69*	2:13.59*	2:07.59*	200 Y Fly	1:58.79*	2:04.39*	2:10.09*	2:15.69*	2:26.99*	2:38.29*
2:51.49*	2:39.19*	2:26.99*	2:20.89*	2:14.69*	2:08.59*	200 Y IM	1:59.99*	2:05.69*	2:11.39*	2:17.19*	2:28.59*	2:39.99*
6:05.79*	5:39.69*	5:13.59*	5:00.49*	4:47.39*	4:34.39*	400 Y IM	4:16.39*	4:28.59*	4:40.79*	4:52.99*	5:17.39*	5:41.79*
<b>15-16 Girls</b>						<b>15-16 Boys</b>						
32.09*	29.79*	27.49*	26.39*	25.19*	24.09*	50 Y Free	21.69	22.69*	23.69*	24.79	26.79*	28.89*
1:09.59*	1:04.59*	99.59*	97.19*	94.69*	92.19*	100 Y Free	47.19*	49.39*	51.69*	53.89*	58.39*	1:02.89*
2:29.89*	2:19.19*	2:08.49*	2:03.09*	1:57.79*	1:52.39*	200 Y Free	1:42.99*	1:47.89*	1:52.79*	1:57.69*	2:07.49*	2:17.29*
6:40.69*	6:12.09*	5:43.49*	5:29.09*	5:14.79*	5:00.49*	500 Y Free	4:39.49*	4:52.79*	5:06.09*	5:19.39*	5:45.99*	6:12.59*
13:49.19*	12:49.99*	11:50.79*	11:21.19*	10:51.59*	10:21.89*	1000 Y Free	9:39.79*	10:07.39*	10:34.99*	11:02.59*	11:57.79*	12:52.99*
23:05.19*	21:26.19*	19:47.29*	18:57.79*	18:08.39*	17:18.89*	1650 Y Free	16:11.59*	16:57.79*	17:44.09*	18:30.39*	20:02.89*	21:35.39*
1:15.39*	1:10.09*	1:04.69*	1:01.99*	99.29*	96.59*	100 Y Back	51.29*	53.79*	56.19*	58.59*	1:03.49*	1:08.39*
2:44.09*	2:32.39*	2:20.69*	2:14.79*	2:08.99*	2:03.09*	200 Y Back	1:52.39*	1:57.79*	2:03.09*	2:08.49*	2:19.19*	2:29.89*
1:26.89*	1:20.69*	1:14.49*	1:11.39*	1:08.29*	1:05.19*	100 Y Breast	58.19*	1:00.99*	1:03.79*	1:06.49*	1:12.09*	1:17.59*
3:08.19*	2:54.69*	2:41.29*	2:34.59*	2:27.89*	2:21.09*	200 Y Breast	2:06.49*	2:12.59*	2:18.59*	2:24.59*	2:36.59*	2:48.69*
1:15.39*	1:09.99*	1:04.59*	1:01.89*	99.19*	96.49*	100 Y Fly	51.19*	53.69*	56.09*	58.59*	1:03.39*	1:08.29*
2:46.79	2:34.89	2:22.89*	2:16.99	2:10.99	2:05.09	200 Y Fly	1:53.59*	1:58.99*	2:04.39*	2:09.79*	2:20.59*	2:31.39*
2:48.19*	2:36.19*	2:24.19*	2:18.19*	2:12.09*	2:06.09*	200 Y IM	1:54.59*	1:59.99*	2:05.49*	2:10.89*	2:21.79*	2:32.69*
5:57.59*	5:31.99*	5:06.49*	4:53.69*	4:40.99*	4:28.19*	400 Y IM	4:06.79*	4:18.59*	4:30.29*	4:42.09*	5:05.59*	5:29.09*
<b>17-18 Girls</b>						<b>17-18 Boys</b>						
31.49*	29.19*	26.99*	25.89*	24.69*	23.59*	50 Y Free	20.99*	21.99*	22.99*	23.99*	25.99*	27.99*
1:08.19*	1:03.29*	98.49*	95.99*	93.59*	91.19*	100 Y Free	46.09*	48.29*	50.39*	52.59*	56.99*	1:01.39*
2:28.59*	2:17.99*	2:07.39*	2:02.09*	1:56.79*	1:51.49*	200 Y Free	1:40.99*	1:45.79*	1:50.59*	1:55.39*	2:05.09*	2:14.69*
6:39.09*	6:10.59*	5:42.09*	5:27.89*	5:13.59*	4:59.39*	500 Y Free	4:34.29*	4:47.39*	5:00.39*	5:13.49*	5:39.59*	6:05.69*
13:46.19	12:47.19	11:48.19	11:18.69	10:49.19	10:19.69	1000 Y Free	9:35.59*	10:02.99*	10:30.39*	10:57.89*	11:52.69*	12:47.49*
22:58.29*	21:19.89*	19:41.39*	18:52.19*	18:02.99*	17:13.79*	1650 Y Free	15:54.89*	16:40.39*	17:25.89*	18:11.29*	19:42.29*	21:13.19*
1:14.49*	1:09.09*	1:03.79*	1:01.19*	98.49*	95.89*	100 Y Back	49.69*	52.09*	54.39*	56.79*	1:01.49*	1:06.29*
2:41.19*	2:29.69*	2:18.19*	2:12.49*	2:06.69*	2:00.89*	200 Y Back	1:49.69*	1:54.89*	2:00.09*	2:05.29*	2:15.79*	2:26.19*
1:25.89	1:19.79	1:13.59	1:10.59	1:07.49	1:04.39	100 Y Breast	56.89*	59.59*	1:02.39*	1:05.09*	1:10.49*	1:15.89*
3:04.99*	2:51.79*	2:38.49*	2:31.89*	2:25.29*	2:18.69*	200 Y Breast	2:04.19*	2:10.09*	2:15.99*	2:21.89*	2:33.79*	2:45.59*
1:14.19*	1:08.89*	1:03.59*	1:00.89*	98.29*	95.59*	100 Y Fly	49.39*	51.79*	54.09*	56.49*	1:01.19*	1:05.89*
2:44.39*	2:32.59*	2:20.89*	2:14.99*	2:09.19*	2:03.29*	200 Y Fly	1:51.39*	1:56.69*	2:02.09*	2:07.39*	2:17.99*	2:28.59*

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)**

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

**STSI Safety Guidelines and Warm-up Procedures last Revised 10/9/2016**