

Alamo Area Aquatic Association Meet Information

www.aaaa-sa.org

Re-post: 11/02/16



- Meet Name:** •2016 ST AAAA Northside Winter Wonderland
- Meet Date(s):** •December 9th, 10th, and 11th, 2016
- Sanction Number:** •STA-16-98
- Venue:** •**Northside ISD Aquatic Complex**
•8400 North Loop 1604 West
•San Antonio, Texas 78249
•210-397-7525
- Facilities:** •Two – Eight (8) lane INDOOR, 25-yard, competition courses
•Two ten (10) lane OUTDOOR competition courses
•Colorado automatic starting and timing
•Spectrum Backstroke Start Devices *may* be used
•Each of the courses has been certified in accordance with USA Swimming Rule 104.2.2 (C) and a copy is on file with USA Swimming
•The outdoor diving well lanes and the lanes between the indoor courses will be available for constant warm-ups and cool downs
•**Any and all two-piece swim suits are prohibited everywhere within the Northside ISD Aquatic Complex**
- Water Depths** •The indoor AND outdoor pool depths, measured from the start end, is six feet seven inches and from the turn end is six feet seven inches both measured at one and five-meters from either end wall in accordance with Article 103.2.3.
- Liability:** •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the Northside Independent School District, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.
- Sanction:** •Held under the sanction of USA Swimming. This meet is sanctioned by South Texas Swimming and the current USA Swimming rules and any relevant sections of the current South Texas Policies and Procedures Manual will apply.
•All swimmers must be registered for 2016 or 2017 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 2016 or 2017 USA Swimming registration
•A coach may also present the club's official, water-marked 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.
- Cell Phone Restrictions:** •The presence and / or use of cell phones, smart phones, or any other devices capable of producing audio recordings and / or photographic or video images in locker rooms, rest rooms, or changing areas is strictly and specifically prohibited at all times.
•There are no exceptions to this prohibition.
•Violators are subject to disqualification from the meet, disbarment from the facility and arrest.
- Deck Changing:** •Deck changing is prohibited.
- Photographs And Videos:** •No team or parent photographers will be allowed on deck.
•In the event such media 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 must stay out of the area immediately behind the starting blocks, and are specifically prohibited from making shots during the start phase of any race
- Unaccompanied Swimmers:** •Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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.
•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

**USA
Swimming
Registration:**

- USA Swimming Registration: All swimmers, coaches, and officials participating in this competition must be currently (2016 - 2017) registered with USA Swimming or FINA
- 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 or prove membership via USA-S Deck Pass app
- 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 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.

**"A" Meet
Format:**

- Championship, i.e., preliminaries and finals**
- OUTDOOR Pools
- "A" and "B" finals
- Prelim events will be pre-seeded by time and gender, fastest to slowest with the first three (3) heats circle seeded, except where noted.
- Prelims will be swum in two (2) pools.
 - Girls will compete in the South Pool (Flag side).
 - Boys will compete in the North Pool (Scoreboard side).
- Final events will be seeded, slowest to fastest (B final then A final)
- Finals will be swum in one (1) pool – North Pool (Scoreboard side)
 - Except for events 400-yards and longer which will swum in two pools (same as prelims)
 - Finals of the 1000-yard freestyle will be swum after event number eight in the finals session
 - Finals of the 1650-yard freestyle will be swum after event number 24 in the finals session
- For non-conforming entry times, the meet will be seeded SCY, LCM, SCM
- Events 400 yards and longer will be DECK SEEDED**, fastest to slowest, and require a Positive Check-in by 8:00 AM on the day of the event.
 - The preliminary heats for the 500-yard freestyle and 400-yard IM will be seeded only by time and gender without regard to age.
 - The 500-yard freestyle will be a prelim / final event with two heats advancing to finals for each age group swimming in the following order: 15 and over, 13 and 14, 11 and 12, 10 and under
 - The 400-yard IM will be a prelim final event with two heats advancing to finals for each age group swimming in the following order: 15 and over, 13 and 14, 11 and 12
 - The 1000 and 1650-yard freestyles will be timed final events.
 - The 1000 and 1650-yard freestyles will be seeded only by time and gender without regard to age
 - The fastest eight (8) entered swimmers in the 1000 and 1650-yard freestyles who elect NOT to swim in the preliminary session will compete in the finals session, all others will compete in the morning sessions.
 - The 1000-yard freestyle (Events 9 and 10) will be swum as the last events in the Friday preliminary session.
 - The 1650-yard freestyle (Events 33 and 34) will be swum as the last events in the Sunday preliminary session.
 - The final heats of the 1000-yard freestyle will be swum after event number eight in the Friday finals session.
 - The final heats of the 1650-yard freestyle will be swum after event number 24 in the Sunday finals session
- Entering swimmers must have at some time achieved a 2017 - 2020 National Motivational "BB" time for every event entered.
- The age groups will be 10 and under, 11 and 12, 13 and 14, 15 and Over
- Entry times must be provable via SWIMS
- No relays
- No time trials

**"B" Meet
Format:**

- OUTDOOR Pools
- Timed Finals
- All events will be seeded by time and gender without regard to age and swum fastest to slowest
- Non-conforming entry times will be seeded: SCY, LCM, SCM
- Events 400 yards and longer will be DECK SEEDED**, fastest to slowest, and require a Positive Check-in by 12:30 PM on the day of the event.
- The 500-yard freestyle and 400-yard IM will be seeded only by time and gender without regard to age.
 - Entering swimmers must not have, at any time achieved a 2017 - 2020 National Motivational "BB" time for every event entered.
- The age groups will be 10 and under, 11 and 12, 13 and 14, 15 and over
- No relays
- No time trials

Age-up Date: •December 9, 2016

Entry

Restrictions:

- This Meet is open to all 2016 - 2017 Registered USA Swimming and FINA athletes
- **Maximum of three (3) events per day in both the "A" and "B" Meets**
- All entries must include a seed time
- Entries received without a seed time (NT) or times slower than those specified will not be accepted and no refunds will be made
- Entries will be processed in the order received
- Entries will be closed when any session reaches an estimated four (4) hours in length.
- Swimmers qualifying with a "non-conforming" time (LCM or SCM) should enter the event using the nonconforming time, which will allow for proof of the qualifying entry time.
- The meets will be seeded SCY, LCM, SCM

Qualifying:

Times:

"A" Meet:

- 2017 - 2020 National Motivational "BB" time required for every event entered. Please refer to pages five (5) and six (6)
- Must be provable via SWIMS

"B" Meet:

- Entering swimmers must **not** have ever achieved a 2017 - 2020 National Motivational "BB" time for any event entered. Please refer to pages seven (7) and eight (8)

Entry

Open / Close:

- Entries open for AAAA Teams at 12-noon, Monday, November 21, 2016
- Entries for all other teams open at 12-noon, Tuesday, November 22, 2016

Entry deadline

For ALL Teams:

- 11:59 PM, Sunday, November 27, 2016

Entry Fees

Includes \$1.25

Splash Fee:

- "A" Meet \$10.00 per Individual event / No refunds!
- "B" Meet \$ 6.50 per individual event / No refunds
- Late entries \$15.00 per event
 - Checks payable to: **NISD Aquatics**

• Mail to:

- Brandon Allenstein
- c/o Northside ISD Aquatics
- 8400 North Loop 1604 West
- San Antonio, TX 78249

- No Personal Checks can be accepted



Late/Deck

Entries:

- Late / deck entries will be accepted to fill open lanes only.
- All late / deck entries for all sessions of both meets close when the Positive Check-in closes, 30 minutes before the start of the session.

Entry

Procedures:

- The **only** acceptable mode of entry is via Hy-Tek Commlink File
- Hard copy (pdf) **MUST** accompany
- Entries received without a seed time will not be entered into the meet and fees will not be refunded
- E-mail entries to the Entry Chair noted below
- An HYV File for importing events and time standards into Team Manager is available from the Club Calendar and Results Page of the AAAA Web Site: www.aaaa-sa.org.

E-Mail

Entries:

- Entries in Commlink Format only, MUST be sent to: brandon.allenstein@nisd.net
- E-mail submissions to any other address cannot be accepted.
- The Commlink File must be renamed to clearly identify the entering team, the shorter the better
- Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded
- Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (PDF) is received as an attachment to the e-mail, or hand-delivered.



Meet

Management:

- Meet Manager 6.0
- Common to both meets
- Meet Director:**
- Terry Vettters
- 210-397-8985
- terry.vettters@nisd.net

•Meet Referee:

- Larry Benson
- 210-687-2513
- lbenson@sbcglobal.net

•Co-Meet Referee:

- Mike Bertirotti
- 210-389-6343
- mbertiro@aol.com

•Administrative Official:

- Rick Allenstein
- 210-602-6418
- rallenstein@hotmail.com

•Co-Administrative Official:

- Mindy Donofrio
- 210-391-2024
- mindy311@sbcglobal.net

•Entries Chair:

- Brandon Allenstein
- 210-397-7516
- brandon.allenstein@nisd.net

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page nine (9)
- Specific warm-up times and lane assignments will be posted with the Psych Sheet at www.aaaa-sa.org by 12-noon on Thursday, December 8th
- Please also review the daily schedules below.

Scratch

Rules:

- There is no penalty for scratching from a pre-seeded event in either meet
- For finals qualifiers in the "A" Meet (BB and Faster): The USA Swimming Championship Scratch Rule will prevail and the 30 minute rule will be observed, i.e. after the official announcement and / or posting of the results of any given preliminary event (1650-yrd free excepted) have been made, individual competitors who qualify for finals must scratch with the Administrative Official within 30 minutes of that announcement / posting, or they must compete in the finals session under penalty of disqualification from further participation in the meet.
- Failures to compete by reason of illness or injury are excepted, as are alternates
- Swimmers do not plan on attending / swimming in finals, please scratch regardless of your placing in prelims.

Awards:

- "A" Meet: 10 and under, 11 and 12, 13 and 14, 15 and over
- "B" Meet: 10 and under, 11 and 12

Special

Needs:

- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
- Please notify the Northside Natatorium (210-397-8985) in advance of this meet with the name and age of any member on your team who needs assistance to enter the building.
- The Aquatics 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 Host and the Meet Referee before the competition begins, and preferable at the time entries are submitted, if any specialized equipment is required and/or if they are to be considered for judging under Article 105.

Daily Schedule

"A" Meet

BB and Faster

	Preliminaries	Finals
•Doors Open	6:30 AM	N/A
•Coaches' Meeting	6:45 AM (Friday only)	N/A
•Warm-ups begin	7:00 AM	4:00 PM
•Dive / Sprints / Pace	8:00 AM	5:00 PM
•Clear Pools	8:20 AM	5:20 PM
•Competition begins	8:30 AM	5:30 PM

Daily Schedule

"B" Meet

Slower than BB

•Coaches' Meeting	11:10 AM
•Warm-ups begin	11:30 AM
•Dive / Sprints / Pace	12:30 PM
•Clear pools	12:50 PM
•Competition begins	1:00 PM

Timers:

- AAAA will attempt to provide backup timers, but additional help will be needed and volunteers will be welcome and appreciated.
- Competitors in the 500/1000/1650-yard freestyles must provide their own backup timers and lap counters
- Competitors in the 400-yard individual medleys must provide their own backup timers



Officials:

- All 2016 - 2017 STSI certified and in training USA Swimming registered officials are cordially invited to participate
- The required uniform is:
 - “A” Meet Preliminaries: White collared shirts / blouses over khaki trousers, Bermuda-length shorts, skirts or capris
 - “A” Meet Finals: Navy blue collared shirts / blouses over khaki trousers, skirts or capris
 - “B” Meet: White collared shirts / blouses over khaki trousers, Bermuda-length shorts, skirts or capris
 - PLEASE: **No** jeans, cut-offs or flip flops for either meet!
- Please report to the Meet Referee at least 30 minutes prior to the scheduled start time of any session to receive assignments
- The wearing of name tags is strongly encouraged

Time**Standards:**

- The standards for both the “A” and the “B” Meet are the 2017 – 2020 USA Swimming National Motivational Age Group Times.

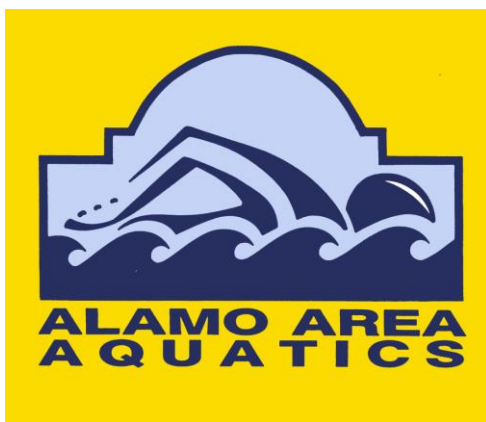
“A” Meet Order of the Events

Distances are in yards

Minimum Qualifying Times – 2017 - 2020 National Motivational “BB” Times

Friday, December 9 – 8:30 AM Prelims / 5:30 PM Finals						
Girl's Event #	Equal to or Faster than:	Age Group	Distance	Stroke	Equal to or Faster than:	Boy's Event #
1	0:35.59	11 and 12	50	Back	0:35.29	2
	0:41.89	10 and Under			0:42.39	
3	6:12.09	15 and Over	500	Free	5:45.99	4
	6:20.09	13 and 14			5:58.99	
	6:38.39	11 and 12			6:27.49	
	7:35.49	10 and Under			7:26.99	
5	2:36.19	15 and Over	200	I-M	2:21.79	6
	2:39.19	13 and 14			2:28.59	
	2:47.79	11 and 12			2:44.19	
	3:15.59	10 and Under			3:13.19	
7	0:29.79	15 and Over	50	Free	0:26.79	8
	0:30.29	13 and 14			0:27.89	
	0:31.49	11 and 12			0:30.29	
	0:35.19	10 and Under			0:34.49	
9*	12:49.99	15 and Over	1000*	Free*	11:57.79	10*
	13:01.79	13 and 14			12:23.89	
	13:44.69	11 and 12			13:10.19	

*Requires a positive check-in by 8:00 AM on the day of the event



Saturday, December 10 – 8:30 AM Prelims / 5:30 PM Finals

Girl's Event #	Equal to or Faster than:	Age Group	Distance	Stroke	Equal to or Faster than:	Boy's Event #
11	0:39.99	11 and 12	50	Breast	0:39.59	12
	0:47.49	10 and Under			0:46.59	
13	5:31.99	15 and Over	400	IM	5:05.59	14
	5:39.69	13 and 14			5:17.39	
	5:56.79	11 and 12			5:46.39	
15	1:09.99	15 and Over	100	Fly	1:03.39	16
	1:11.39	13 and 14			1:06.39	
	1:18.29	11 and 12			1:16.49	
	1:39.09	10 and Under			1:37.99	
17	2:19.19	15 and Over	200	Free	2:07.49	18
	2:22.19	13 and 14			2:12.79	
	2:29.69	11 and 12			2:24.59	
	2:57.39	10 and Under			2:47.99	
19	2:54.69	15 and Over	200	Breast	2:36.59	20
	2:58.29	13 and 14			2:45.59	
	3:08.59	11 and 12			3:00.99	
21	1:10.09	15 and Over	100	Back	1:03.49	22
	1:11.69	13 and 14			1:06.89	
	1:18.49	11 and 12			1:15.79	
	1:30.69	10 and Under			1:29.69	



Sunday, December 11 – 8:30 AM Prelims / 5:30 PM Finals

Girl's Event #	Equal to or Faster than:	Age Group	Distance	Stroke	Equal to or Faster than:	Boy's Event #
23	0:34.09	11 and 12	50	Fly	0:34.19	24
	0:41.79	10 and Under			0:40.49	
25	2:32.39	15 and Over	200	Back	2:19.19	26
	2:35.39	13 and 14			2:25.89	
	2:43.99	11 and 12			2:40.29	
27	1:04.59	15 and Over	100	Free	0:58.39	28
	1:05.79	13 and 14			1:00.89	
	1:08.29	11 and 12			1:05.89	
	1:19.99	10 and Under			1:18.79	
29	2:34.89	15 and Over	200	Fly	2:20.59	30
	2:37.89	13 and 14			2:26.99	
	2:47.89	11 and 12			2:43.99	
31	1:20.69	15 and Over	100	Breast	1:12.09	32
	1:22.39	13 and 14			1:15.59	
	1:27.39	11 and 12			1:25.49	
	1:44.99	10 and Under			1:41.89	
33*	21:26.19	15 and Over	1650*	Free*	20:02.89	34*
	21:43.19	13 and 14			20:43.19	
	23:07.29	11 and 12			22:37.49	

*Requires a positive check-in by 8:00 AM on the day of the event

“B” Meet Order of the Events

Distances are in yards

Maximum Qualifying Times – 2017 - 2020 National Motivational “BB” Times

Friday, December 9 – 1:00 PM Timed Finals						
Girl’s Event #	Slower than:	Age Group	Distance	Stroke	Slower than:	Boy’s Event #
101	0:35.59	11 and 12	50	Back	0:35.29	102
	0:41.89	10 and Under			0:42.39	
103	6:12.09	15 and Over	500	Free	5:45.99	104
	6:20.09	13 and 14			5:58.99	
	6:38.39	11 and 12			6:27.49	
	7:35.49	10 and Under			7:26.99	
105	2:36.19	15 and Over	200	I-M	2:21.79	106
	2:39.19	13 and 14			2:28.59	
	2:47.79	11 and 12			2:44.19	
	3:15.59	10 and Under			3:13.19	
107	0:29.79	15 and Over	50	Free	0:26.79	108
	0:30.29	13 and 14			0:27.89	
	0:31.49	11 and 12			0:30.29	
	0:35.19	10 and Under			0:34.49	
109*	12:49.99	15 and Over	1000*	Free*	11:57.79	110*
	13:01.79	13 and 14			12:23.89	
	13:44.69	11 and 12			13:10.19	

*Requires a positive check-in by 12:30 PM on the day of the event

Saturday, December 10 – 1:00 PM Timed Finals						
Girl’s Event #	Slower than:	Age Group	Distance	Stroke	Slower than:	Boy’s Event #
111	0:39.99	11 and 12	50	Breast	0:39.59	112
	0:47.49	10 and Under			0:46.59	
113	5:31.99	15 and Over	400	IM	5:05.59	114
	5:39.69	13 and 14			5:17.39	
	5:56.79	11 and 12			5:46.39	
115	1:09.99	15 and Over	100	Fly	1:03.39	116
	1:11.39	13 and 14			1:06.39	
	1:18.29	11 and 12			1:16.49	
	1:39.09	10 and Under			1:37.99	
117	2:19.19	15 and Over	200	Free	2:07.49	118
	2:22.19	13 and 14			2:12.79	
	2:29.69	11 and 12			2:24.59	
	2:57.39	10 and Under			2:47.99	
119	2:54.69	15 and Over	200	Breast	2:36.59	120
	2:58.29	13 and 14			2:45.59	
	3:08.59	11 and 12			3:00.99	
121	1:10.09	15 and Over	100	Back	1:03.49	122
	1:11.69	13 and 14			1:06.89	
	1:18.49	11 and 12			1:15.79	
	1:30.69	10 and Under			1:29.69	

Sunday, December 11 – 1:00 PM Timed Finals

Girl's Event #	Slower than:	Age Group	Distance	Stroke	Slower than:	Boy's Event #
123	0:34.09	11-12	50	Fly	0:34.19	124
	0:41.79	10 and Under			0:40.49	
125	2:32.39	15 and Over	200	Back	2:19.19	126
	2:35.39	13 and 14			2:25.89	
	2:43.99	11-12			2:40.29	
127	1:04.59	15 and Over	100	Free	0:58.39	128
	1:05.79	13-14			1:00.89	
	1:08.29	11-12			1:05.89	
	1:19.99	10 and Under			1:18.79	
129	2:34.89	15 and Over	200	Fly	2:20.59	130
	2:37.89	13 and 14			2:26.99	
	2:47.89	11 and 12			2:43.99	
131	1:20.69	15 and Over	100	Breast	1:12.09	132
	1:22.39	13 and 14			1:15.59	
	1:27.39	11 and 12			1:25.49	
	1:44.99	10 and Under			1:41.89	
133*	21:26.19	15 and Over	1650*	Free*	20:02.89	134*
	21:43.19	13 and 14			20:43.19	
	23:07.29	11 and 12			22:37.49	

*Requires a positive check-in by 12:30 PM on the day of the event



**NORTHSIDE INDEPENDENT
SCHOOL DISTRICT**

SOUTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

- I. Assigned Warm-up Procedures
 - a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
 - b. All warm-up activities will be coordinated by the coach(es) supervising that lane.
 - c. Dive sprints may be done only under the direct supervision of the coach.
- II. Open Warm-up Procedures

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first 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—one way only.
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes—circle swimming only.
- f. No 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.