



Waterloo Swimming ASC & Waterloo Dual in the Pool

February 26th, 2017

(Invitational for Austin Swim Club and Waterloo Swimming)



- Date:** Sunday, February 26, 2017. Warm-Up 7:30am; Meet begins 9:00am
- Entry Deadline:** Entries must be received by Wednesday, February 15, 2017 at noon (12:00pm) CST
- Sanction #:** **STA-17-19cm**
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:** Eight (8) lane 25 yard racing course with up to thirteen (13) lane warm-up/down available.
A copy of Pool certification and measurement is on file with USA Swimming
Infinity starting system and Dolphin timing system will be used
Meet Management is latest HY-TEK version Meet Manager
Seating for participants will be on deck.
Seating for spectators will be in viewing room or through open windows (pending weather conditions). If weather permits tents and chairs will be permitted in certain parking spaces for participants and spectators.
No gum and red drinks are permitted on site.
Dressing and locker rooms available on site.
No tobacco, alcohol or firearms are permitted on site.
*** Parking is limited. Please carpool with others. If Waterloo's lot is full, you will be directed to park on a neighborhood street and walk across the field to the swim center. The neighborhood street is Jackson Drive. Please DO NOT park in Shenandoah Baptist Church or at Bush's Chicken ***
- Water Depth:** The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 6 inches at the start end and the turn end is 6 feet, 6 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 and any relevant sections of the South Texas Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 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 2017 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.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently (2017) 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 is an invitational meet for only those swimmers attached or unattached to Austin Swim Club and Waterloo Swimming. Each team may enter a maximum of 80 swimmers.

This will be a timed finals meet.

All events will be swum fastest to slowest reserving the right to run flyover starts, except backstroke.

The Meet Referee reserves the right to include breaks between events depending on timeline.

Time

Times: No Time Trials

Qualifying

Times: The qualifying time standards for all individual events are the traditional dual-age group 2017-2020 USA Swimming National Motivational B times or slower. The qualifying time standard for the 13-18 events will be the 13-14 standard and 15-16 standard (for 15-18) for each gender.

The 400 Individual Medley and 500 Freestyle event times standard will be BB and faster times per the 2017-2020 USA Swimming National Motivational Times (refer to page 5). Proof of time will be required for 400 Individual Medley and 500 Freestyle only.

NT are acceptable but please enter a time...make your best guess on a time

Age up Date: The age of the swimmer will be his/her age on February 26, 2017.

Entry

Restrictions: An individual swimmer may enter a maximum of three (3) individual

Entry

Procedures: All USA Swimming teams must submit entries using Hy-Tek Team Manager or its equivalent to the Entries Chair, Martha Hansen (martha@austinswimclub.org). 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 ASC_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.

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

Please include a Meet Entry Fee report with your payment. Entry fees must be received by Friday, February 17, 2017 or your entries will be removed from the meet. Refunds will not be given for any reason.

Make checks payable to: Waterloo Swimming

Send checks to: Waterloo Swimming

9121 Evening Primrose Path

Austin TX 78750

Late Entries: \$15.00 per event

Late Entries are accepted up to Friday, February 24, 2017 only for open lanes – no new heats will be created.

Swimmers not previously entered in the meet must present their 2017 USA Swimming ID card to deck enter or proof of membership using their USA Swimming Deck Pass app (or a coach can present their club official, watermark roster from the USA Swimming club portal) to late enter.

Meet Staff: **Entries Chair:** Martha Hansen 512-276-2324 martha@austinswimclub.org
Meet Director: Daniel Alvarez 512-401-3404 daniel@waterlooswimming.com
Meet Referee: Roland Smits roland@patriotdetection.com
Admin: Lalli Halm mandchalm@sbcglobal.net

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. 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.

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 2017 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: Both ASC and WLOO will attempt to provide eight (8) backup timers for this meet but volunteers from teams will be needed.

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.

Coach's Meeting: 7:15am

Warm-Ups: 7:30am

One Way Starts/Pace Lane: 8:00am

Officials Meeting: 8:00am

Clear Competition Pool: 8:50am

Meet Start Time: 9:00am

Order of Events

Distances are in Short Course Yards (SCY)

Sunday, February 26, 2017 / 9:00am

Girl's Event #	Stoke and Distance	Age Group	Boy's Event #
1	200 Freestyle	Open	2
3	50 Backstroke	Open	4
5	100 Butterfly	Open	6
7	50 Breaststroke	Open	8
9	100 Freestyle	Open	10
11	100 Individual Medley	Open	12
13	50 Butterfly	Open	14
15	100 Backstroke	Open	16
17	50 Freestyle	Open	18
19	100 Breaststroke	Open	20
21	200 Individual Medley	Open	22
	Break	Break	
23	400 Individual Medley	13 - 18	24
25	500 Freestyle	13 - 18	26

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

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	
10 & Under Girls						10 & Under Boys						
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	1:00.29*	1:03.69*	1:06.69*	1:09.69*	1:18.79*	1:27.79*
3:10.19*	2:57.39*	2:35.59*	2:28.79*	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*
14:09.49*	11:49.89*	10:36.69*	9:56.09*	9:20.29*	8:51.59*	50 Y Back	31.70*	33.59*	35.20*	37.00*	42.30*	47.60*
1:41.99*	1:30.09*	1:19.29*	1:15.59*	1:11.79*	1:07.99*	100 Y Back	1:05.69*	1:12.15*	1:15.69*	1:19.19*	1:29.59*	1:40.19*
5:32.29*	47.40*	41.70*	39.80*	37.90*	35.90*	50 Y Breast	35.40*	37.20*	39.10*	40.90*	46.50*	52.00*
1:58.09*	1:44.99*	1:31.89*	1:27.49*	1:23.09*	1:18.79*	100 Y Breast	1:18.29*	1:22.39*	1:26.29*	1:30.19*	1:41.89*	1:53.29*
47.30*	41.79*	35.19*	34.39*	32.49*	30.59*	50 Y Fly	30.29*	31.99*	33.69*	35.39*	40.49*	45.60*
1:25.99*	1:19.09*	1:14.09*	1:13.19*	1:14.19*	1:09.19*	100 Y Fly	1:09.09*	1:13.85*	1:18.69*	1:23.49*	1:37.99*	1:52.99*
1:42.59*	1:31.69*	1:20.79*	1:17.09*	1:13.49*	1:09.79*	100 Y IM	1:09.59*	1:14.28*	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*
11-12 Girls						11-12 Boys						
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	97.70	95.10	100 Y Free	53.20*	55.70*	58.20*	1:00.80*	1:05.80*	1:10.90*
2:41.19	2:29.09	2:18.19	2:12.39	2:09.69	2:00.89	200 Y Free	1:59.79*	2:02.35*	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	5:12.69*	5:27.85*	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	10:54.29*	11:23.55*	11:26.79*	12:27.89*	13:20.19*	14:32.59*
24:53.09*	23:07.29*	21:20.59*	20:27.19*	19:33.89*	18:40.49*	1650 Y Free	18:15.39*	19:08.59*	20:00.79*	20:52.99*	22:37.49*	24:21.89*
58.29*	55.29*	52.89*	51.49*	50.09*	48.79*	50 Y Back	27.59*	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*	1:02.75*	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*	2:13.69*	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	31.69*	32.75*	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	1:07.70*	1:11.79*	1:14.89*	1:18.70*	1:25.49*	1:33.49*
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*
36.60*	34.00*	31.40*	30.10*	28.80*	27.50*	50 Y Fly	26.70*	28.19*	29.69*	31.10*	34.10*	37.00*
1:25.09*	1:18.29*	1:11.49*	1:08.09*	1:04.69*	1:01.29*	100 Y Fly	59.39*	1:02.75*	1:06.19*	1:09.59*	1:16.49*	1:23.29*
3:00.89*	2:47.89*	2:34.90*	2:28.59*	2:22.09*	2:15.69*	200 Y Fly	2:12.49*	2:18.79*	2:25.09*	2:31.39*	2:43.90*	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*	1:03.25*	1:06.19*	1:09.09*	1:14.99*	1:20.89*
3:00.69*	2:47.70*	2:34.80*	2:28.40*	2:21.90*	2:15.50*	200 Y IM	2:10.80*	2:17.40*	2:24.10*	2:30.80*	2:44.10*	2:57.50*
6:24.19*	5:56.79*	5:29.29*	5:15.59*	5:01.89*	4:48.19*	400 Y IM	4:59.79*	4:53.15*	5:06.49*	5:19.79*	5:46.99*	6:13.09*
13-14 Girls						13-14 Boys						
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	49.10*	51.59*	53.89*	56.70*	1:00.89*	1:06.59*
2:33.19*	2:22.19*	2:11.29*	2:05.79*	2:00.39*	1:54.89*	200 Y Free	1:47.29*	1:52.35*	1:57.49*	2:02.59*	2:12.79*	2:22.99*
6:40.39*	6:20.09*	5:59.89*	5:36.29*	5:21.69*	5:06.99*	500 Y Free	4:49.69*	5:03.79*	5:17.59*	5:31.39*	5:58.90*	6:26.59*
14:01.99*	13:01.79*	12:01.69*	11:51.59*	11:01.59*	10:31.49*	1000 Y Free	10:00.89*	10:29.49*	10:38.09*	11:26.69*	12:23.89*	13:21.19*
23:23.49*	21:33.19*	20:02.99*	19:12.89*	18:22.70*	17:32.59*	1650 Y Free	16:41.10*	17:31.99*	18:19.70*	19:07.59*	20:33.10*	22:18.89*
1:11.19*	1:1.09*	1:01.19*	1:01.39*	1:00.29*	97.89*	100 Y Back	24.09*	26.55*	29.19*	30.79*	34.89*	37.09*
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*	1:22.89*	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*	60.29*	66.39*	71.49*
2:50.09*	2:37.89*	2:25.79*	2:19.69*	2:13.59*	2:07.59*	200 Y Fly	1:53.79*	2:04.35*	2:10.09*	2:15.69*	2:26.99*	2:38.29*
7:51.49*	7:30.19*	7:08.99*	7:00.89*	7:14.69*	7:08.59*	300 Y IM	1:59.69*	2:05.69*	2:11.39*	2:17.19*	2:28.59*	2:40.99*
6:05.79*	5:39.69*	5:13.59*	5:00.49*	4:47.39*	4:34.39*	400 Y IM	4:16.29*	4:28.55*	4:40.79*	4:52.99*	5:17.39*	5:41.79*
15-16 Girls						15-16 Boys						
32.09*	30.79*	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*	49.35*	51.69*	53.89*	58.39*	60.89*
2:20.89*	2:10.19*	2:00.40*	2:03.00*	1:57.70*	1:52.30*	200 Y Free	1:42.69*	1:47.89*	1:52.70*	1:57.69*	2:07.40*	2:17.29*
6:40.69*	6:12.09*	5:45.49*	5:29.09*	5:14.79*	5:00.49*	500 Y Free	4:59.49*	4:52.75*	5:06.09*	5:19.39*	5:45.99*	6:12.59*
13:49.19*	12:49.99*	11:59.79*	11:21.15*	10:51.59*	10:21.89*	1000 Y Free	9:39.79*	10:07.35*	10:34.99*	11:02.59*	11:57.79*	12:52.99*
23:02.19*	21:26.19*	19:47.29*	18:57.75*	18:08.39*	17:18.89*	1650 Y Free	16:11.29*	16:57.75*	17:44.09*	18:30.39*	20:02.89*	21:50.39*
1:15.39*	1:10.09*	1:04.69*	1:01.99*	99.29*	96.59*	100 Y Back	51.29*	53.75*	56.19*	58.59*	63.49*	68.39*
7:44.09*	7:17.39*	7:00.69*	7:14.79*	7:08.99*	7:03.09*	200 Y Back	1:57.39*	1:57.79*	2:03.09*	2:08.40*	2:19.10*	2:29.80*
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*	2:41.79*	2:34.59*	2:27.89*	2:21.09*	200 Y Breast	2:05.49*	2:12.59*	2:18.59*	2:24.59*	2:36.59*	2:48.69*
1:15.39*	1:09.99*	1:04.59*	1:01.85*	99.19*	96.49*	100 Y Fly	51.19*	53.69*	56.09*	58.59*	63.39*	68.29*
2:46.79	2:34.89	2:22.89	2:16.99	2:10.99	2:05.09	200 Y Fly	1:53.89*	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	1:54.29*	1:59.99*	2:05.49*	2:10.89*	2:21.79*	2:32.69*
5:57.59*	5:31.09*	5:05.40*	4:53.66*	4:40.99*	4:28.19*	400 Y IM	4:05.70*	4:18.59*	4:30.29*	4:42.09*	5:05.59*	5:28.09*
17-18 Girls						17-18 Boys						
51.49*	49.19*	46.99*	45.89*	44.69*	43.59*	50 Y Free	20.59*	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	46.69*	48.29*	50.39*	52.59*	56.99*	60.39*
2:28.59*	2:17.99*	2:07.39*	2:02.09*	1:56.79*	1:51.49*	200 Y Free	1:40.59*	1:45.75*	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*	4:47.35*	5:00.39*	5:13.49*	5:29.59*	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*	10:07.99*	10:40.39*	10:57.89*	11:52.69*	12:47.49*
22:58.29*	21:19.89*	19:41.39*	18:52.15*	18:02.99*	17:13.79*	1650 Y Free	15:54.89*	16:40.35*	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*	95.80*	100 Y Back	49.69*	52.09*	54.39*	56.70*	61.49*	66.79*
2:41.19*	2:29.09*	2:18.19*	2:12.49*	2:06.69*	2:00.89*	200 Y Back	1:49.69*	1:54.85*	2:00.09*	2:05.29*	2:15.79*	2:26.19*
1:25.89*	1:10.79	1:13.59	1:10.59	1:07.49	1:04.39	100 Y Breast	55.89*	59.59*	1:02.39*	1:05.09*	1:10.49*	1:15.89*
3:04.99*	2:51.79*	2:38.49*	2:31.85*	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*	61.19*	66.89*
2:44.59*	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*
2:45.69*												

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 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

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 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.