

**2023 Speedo Sectionals Championship Series**  
**College Station, Texas**  
**USA-S OME deadline – 11:59 PM, Tuesday, February 21, 2023**



Hosted by  
**Aggie Swim Club**  
Short Course Yards – Prelims / Finals  
March 2 – 5, 2023  
**USA-S SANCTION #GU-SC-23-###**



**LOCATION:** Texas A&M University  
Student Recreation Center Natatorium  
187 Corrington Drive  
College Station, TX 77843

For more information about the TAMU Student Recreation Center Natatorium, visit:  
<http://recsports.tamu.edu/>

**LOCAL INFORMATION:**

**Directions:** See map attached

**Parking:** Before 5pm Friday, everyone must pay for parking by parking in the West Campus Garage across from the Rec Center (\$3/hour before 6pm – \$1.50/hour after 6pm). Parking is free on the surface lots after 5pm on Friday and on Saturday and Sunday, except where designated. The West Campus Garage is never free.

**Hotels:** go to Visit College Station, [VisitCS@cxstx.gov](http://VisitCS@cxstx.gov) (979-260-9898) and Destination Bryan, [www.destinationbryan.com](http://www.destinationbryan.com) (979-721-9506).

**AGS COACH:** Shannon Clark

**POOLS:** Two eight lane, 25 yard indoor pools with non-turbulent lane lines will be used for warm-up and competition. Finals competition will be swum in one pool. A separate eight lane 25 meter diving well will be available for warm-up and warm-down.

**MEET FORMAT:** This is a prelim/finals meet with A, B, C, D and E finals (relays, 1000 free & 1650 free will be swum as timed finals events). E final heat will be for swimmers that are 18 y.o. or younger.

**TIME AND DATE:** **\*\*Teams must contact Meet Director for arrangements for early warm-up. The meet management may adapt the starting procedures and timelines to accommodate an unusually large or small meet.\*\***

Thursday, March 2: Registration: 2:00 p.m.  
Timed finals: 3:30 – 4:45 p.m. warm-up / 5:00 p.m. start

Friday, March 3: Registration: 6:30 a.m.  
Prelims: 7:00 – 8:45 a.m. warm-up / 9:00 a.m. start  
Finals: 4:00 – 4:45 p.m. warm-up / 5:00 p.m. start

Saturday, March 4: Prelims: 7:00 – 8:45 a.m. warm-up / 9:00 a.m. start  
Finals: 4:00 – 4:45 p.m. warm-up / 5:00 p.m. start

Sunday, March 5: Prelims: 7:00 – 8:45 a.m. warm-up / 9:00 a.m. start  
Finals: 4:00 – 4:45 p.m. warm-up / 5:00 p.m. start

**MEET REFEREE:** Lisa Blok, email: [lisablok.tx@att.net](mailto:lisablok.tx@att.net)

**ADMINISTRATIVE REFEREE:** Scott Reynolds, email: [scott.reynolds98@gmail.com](mailto:scott.reynolds98@gmail.com)

**MEET DIRECTOR:** Henry Clark, email: [clark@comp.tamu.edu](mailto:clark@comp.tamu.edu), phone: (979) 220-2703

**SAFETY MARSHAL:** Denyce Quave

**OFFICIALS:** All officials must attend a mandatory meeting one hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. Finals uniform will be navy blue polo shirt over khaki pants/skirt (NO shorts) as appropriate. Application will be made for this meet to be designated a National Qualifying Meet for Officials. Applications to officiate and for evaluation can be obtained from the Southern Zone website at <https://www.teamunify.com/team/szisc/page/applications>. The application for approval will also request the assignment of **National Evaluators** to perform "final evaluations" for **N3 Starter** and **N3 Referee** candidates.

**WARM-UP PROCEDURES AND SAFETY GUIDELINES:** See attachment.

**GENERAL MEETING:** All swimmers must be represented at a general meeting to be held March 2, 2023 after the completion of Thursday's events in Room 281, located behind the spectator seating area. Any changes to the conduct of the meet will be decided at this meeting. It is each swimmer and coach's responsibility to be aware of any changes made during this meeting.

**SEEDING:** For events of distances 200 and less, the meet will be seeded with heats organized according to USA Swimming Rules 102.5. All preliminary, 1000 free, 1650 free, and relay heats will be swum in the order of fastest to slowest. All finals heats will be swum in the order of slowest to fastest. USA Swimming national scratch procedures (USA Swimming Rule 207.11.6D and 207.11.6E), except as modified herein, shall be in effect. Empty lanes will be filled with on deck entries. For events of distances of 1000 and more, see the section on "1000/1650 FREE EVENTS".

Seeding shall be in the following order: Qualifying conforming course entries in time order, followed by qualifying non-conforming long course entries in time order, then non-qualifying conforming course entries in time order, followed by non-qualifying non-conforming long course entries in time order (Y,L,YB,LB).

**SCRATCHING:** **Procedures:** Scratches prior to the seeding of heats shall be confirmed by properly filling out a scratch card and depositing in the scratch box. After the heats have been seeded, any swimmer who fails to compete in a preliminary individual event heat in which they have been entered and have not been scratched will be barred from further individual and relay events that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for the succeeding day's events.

**Deadlines:** Friday's events: Before the completion of Thursday evening's events  
Saturday's events: 7:00 p.m. on Friday, March 3  
Sunday's events: 7:00 p.m. on Saturday, March 4

**Scratch Box:** The scratch box shall be located at the Clerk of Course.

**Relays:** Properly completed relay cards must be turned in to the Clerk of Course by 5:00 p.m. on Thursday and 10:30 a.m. on Friday and Saturday or the entry will be considered scratched.

**FINALS AND SCRATCHING:** The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rule 207.11.6D and 207.11.6E, as modified below.

Any finalist who fails to compete at finals, consolation finals or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations. **On Sunday, any finalist that fails to compete at finals or consolation finals shall be fined \$50.00 and that swimmer's team shall be barred from further competition for the remainder of the meet, and any future Sectional Championships, until that fine is paid.** Fines are payable to Aggie Swim Club.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals, consolation finals or any other bonus final heat if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals.

**ON-DECK ENTRIES:** Late entries will be accepted each day up to 45 minutes before the start of the meet. Those swimmers missing the 11:59 p.m. Tuesday, February 21, 2023 deadline may enter the meet on-deck in the following manner:

1. Swimmers must pay the entry fee at the time of entry (\$25 individual, \$50 relay, \$10 athlete surcharge).
2. Swimmers must supply completed entry forms entered at the swimmers' best times. Proof-of-time must be presented to qualify for the meet. Swimmers entering on-deck will be placed in any available open lanes first. An additional heat will be added, if necessary.
3. Swimmers must enter all events for the day forty five (45) minutes prior to the start of the day's first event.
4. Swimmers must be qualified to swim the event entered.
5. Swimmers must not exceed the allotted number of events allowed each day.
6. At the discretion of the meet management, on-deck entries may be limited to fill existing heats.

**ENTRY INFORMATION:**

**Entry Times:** Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y) or long course meters (L). Do not convert meter times to yard times.

**Qualifying Times:** See attachment for times. Swimmers must be qualified to swim the events entered. Events may be qualified for by meeting yards or meters qualifying times. Qualifying times must have been achieved within two (2) years of the first day of the meet (March 2, 2021). All swimmers must have met the "Sectional Standards" for each event entered (except for bonus entries, see rules below).

**Number of Events:** Swimmers may compete in a maximum of 3 individual events per day, 2 relay events on Thursday, 1 relay event on Friday, 1 relay event on Saturday, and 1 relay event on Sunday. Swimmers may compete in a maximum of 7 individual events for the entire meet.

**Bonus Events:** Swimmers entered in at least one individual event, may swim up to two bonus events during the championships, provided they have achieved the "Sectional Bonus Standards".

**1000/1650 Free Events:** A swimmer with a Sectional qualifying time in the 800/1000/1500/1650 Freestyle automatically qualifies for both the 1000 and 1650 Freestyle events.

**Relay Events:** All relay members must be entered in individual events.

**OME:** Teams must enter using the USA Swimming On-Line Meet Entry (OME) system. This is the only accepted process for pre-entering the meet.

**Eligible Swimmers:** Open to USA Swimming registered teams and swimmers in Texas and Louisiana. The number of out-of-section swimmers is limited to 100 swimmers. All out-of-section teams must contact the Meet Director at [clark@comp.tamu.edu](mailto:clark@comp.tamu.edu) prior to the entry deadline in order to be allowed to enter this meet.

**Age:** As of March 2, 2023

**Deadline:** Entries are due NO LATER than 11:59 PM, Tuesday, February 21, 2023. Register for the meet online at [www.usaswimming.org](http://www.usaswimming.org) Payment must be made at the check-in desk at the meet. Cash, checks and credit cards accepted.

Mail any necessary hard copies to the Meet Director at:

Henry Clark  
Aggie Swim Club  
9465 Barrow Court  
College Station, TX 77845

**Fees:** \$20.00 per individual event, \$40.00 for each relay event and \$10.00 athlete surcharge per swimmer.

**Coaches Deck Passes:** \$20 per coach. Coaches should register for this meet along with their entries using the OME System.

**Late Entry Deadline:** Only swims achieving the Sectional qualifying time standards for the first time from Tuesday, February 21, 2023, through Sunday, February 26, 2023, may be sent by email to the Meet Director at [clark@comp.tamu.edu](mailto:clark@comp.tamu.edu) These late entries must be received no later than 11:59 p.m., Central time, Sunday, February 26, 2023. Fees for late entries will be \$20.00 for individual events, \$40.00 for relay events and \$10 athlete surcharge when applicable. Payment can be made by cash, check or credit card at the registration desk. Late entries cannot be used to improve any seed time of a prior entry.

**PROOF OF TIME:**

This is a pre-proved meet; all times will be verified through the SWIMS database. As always, it is the coach's responsibility to submit accurate, provable times. Otherwise, the individual swimmer or relay will not be entered in the meet. Any times not in the SWIMS database, including any aggregate relay times, must be proven, with supporting documentation supplied to the Meet Entry Chair. Acceptable forms of documentation include 1) Official results from USA Swimming, high school, NCAA and YMCA meets, or 2) Printouts from other USA-S, HS, NCAA and YMCA database webpages. Swimmers will be fined \$100 for each unproven qualifying time and will be banned from competition until all fines have been paid. Fines payable to Aggie Swim Club.

**TIME TRIALS:**

Time permitting, time trials will be conducted after the completion of Friday's and Saturday's prelims under sanction **#GU-SC-23-###**. Rules for time trials will be:

- 1) The course will be 25 yards only
- 2) Fees will be \$25.00 for individual and \$50.00 for relay events
- 3) Swimmers must supply completed entry forms entered at the swimmers' best times. All entries are due by 10:30 a.m. Friday and Saturday
- 4) Swimmers must be entered in the meet
- 5) Time trial events count towards the daily entry limit of 3 events
- 6) Events will be swum in the order of: 200 free relay, 400 free relay, 800 free relay, 200 medley relay, 400 medley relay, 50 free, 50 stroke (back, breast, fly), 100 free, 100 stroke (back, breast, fly), 200 free, 200 stroke (back, breast, fly), 200 IM, 400 IM, 500 free, 1000 free and 1650 free.
- 7) Swimmers must provide their own timers and lap counters.

**1000/1650/FREE EVENTS:** Entrants in the 1000 free and 1650 free events must check in with the Clerk of Course and confirm their intention to compete in these events.

Check-in deadline times:

1000 free – Thursday, March 2, 4:00 p.m.

1650 free – Saturday, March 4, 7:00 p.m.

The 1000 free and 1650 free will be deck seeded and swum as timed final events. All heats of the 1000 free will be swum, fastest to slowest. At check-in, 1650 free

swimmers must determine their preference to swim AM or PM and the fastest 8 women and fastest 8 men that elect to swim PM will swim in finals. All other 1650 free heats will be swum fastest to slowest as the last heats during prelims. 1000 free and 1650 free swimmers must provide their own timers and lap counters.

**RELAY EVENTS:** Relays will be deck seeded and will swim as timed final events. Teams may elect to swim either in the prelims session (AM) or the finals session (PM). The relays must be checked in by the scratch deadline each day. The declaration of prelims or finals must be made by the scratch deadline. The relays in the prelims session will swim fastest to slowest. The relays in the finals session will swim as follows: Women's 2nd fastest heat, Women's fastest heat, Men's 2nd fastest heat, Men's fastest heat, Women's 3rd fastest heat, Men's 3rd fastest heat, Women's 4th fastest heat, Men's 4th fastest heat and continuing by alternating women's and men's heats fastest-to-slowest.

**TOP 8 FINALISTS:** The top 8 finalists of each event should report directly to the starting blocks. Names will be announced before the start of each final heat.

**CONSOLATION, BONUS & RELAY FINALISTS:** Consolation, bonus and relay finalists should report directly to the starting blocks. Names will be announced after the start of each of these heats, except for the 50 freestyle heats. Names will be announced before the start of each 50 freestyle heat.

**AWARDS:** Individual and relay events: medals, 1<sup>st</sup> - 8<sup>th</sup> place  
Combined team banners: 1<sup>st</sup> – 10<sup>th</sup> place  
Individual high points: 1<sup>st</sup> & 2<sup>nd</sup> place Women's and 1<sup>st</sup> & 2<sup>nd</sup> place Men's

**SCORING:** Individual Events: 1<sup>st</sup> – 8<sup>th</sup> place: 20-17-16-15-14-13-12-11  
9<sup>th</sup> – 16<sup>th</sup> place: 9-7-6-5-4-3-2-1  
Relay Events: 1<sup>st</sup> – 8<sup>th</sup> place: 40-34-32-30-28-26-24-22  
9<sup>th</sup> – 16<sup>th</sup> place: 18-14-12-10-8-6-4-2

**RULES AND SANCTIONS:** The current USA Swimming and Texas Senior Circuit Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On-deck USA Swimming membership registration will not be permitted.

**USA / GULF SWIMMING DISCLAIMER:**

- 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 severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- USA Swimming, Inc., Gulf Swimming, and Aggie Swim Club 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, AGGIE SWIM CLUB, AND (GULF SWIMMING) 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, FORSEEN OR UNDFORSEEN, IN CONNECTION THEREWITH.

- Aggie Swim Club (AGS-GU) has taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while at the facility. An inherent risk of COVID-19 exists in any public or private place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in this event at the Aggie Swim Club hosted swim meet, you voluntarily assume all risks related to exposure to COVID-19.

**COVID-19 PROCEDURES:** This meet will be conducted in compliance with local, state, and USA Swimming COVID 19 restrictions.

**UNACCOMPANIED SWIMMERS:** Any swimmers 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.

**POOL MEASUREMENT:** The competition course is compliant, but not certified, in accordance with USA Swimming Rule 104.2.2(C). Course measurements will be verified each session in accordance with Gulf Swimming Rules.

The water depth of the competition course is 7 feet measured from 1 meter to 5 meters on the starting end of the course, and 9 feet measured from 1 meter to 5 meters on the turning end of the course.

**TIMING SYSTEM:** A Daktronics electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Swimmers in the 1000/1650 Free must provide 2 timers and a lap counter for prelims and a lap counter for finals.

**POOL DECK RESTRICTION:** Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive credential tags, complimentary psych sheets and admission to the hospitality room.

**AUDIO/VIDEO RECORDING DEVICES:** Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

**MAAPP POLICY:** All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

**DECK CHANGES:** Deck Changes are prohibited. Deck Change definition – "changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes".

**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 Vice President of Program Operations.

**CREDENTIAL TAGS AND REGISTRATION:** Credential tags must be presented to enter the pool deck area. All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued credential tags. Registration cards must be presented to receive credential tags. No team photographers will receive credential tags. Credential tags for media personnel must be arranged for with the meet director.

Credential tags must be picked up at the registration desk. The registration desk will be open from noon to 2:00 p.m. on Thursday, March 2 and will be open at 7:00 a.m. on Friday, March 3. After Friday's prelim session, the registration desk will move to Clerk-of-Course. Replacement credential tags will be \$10.00.

**SWIMMERS WITH DISABILITIES:** Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

**SPECTATOR ADMISSION:** The spectator seating area can accommodate approximately 1200 occupants. Ticket sales will be on a first come-first served basis at the meet. Spectator entry fees will be as follows:

All sessions: adult--\$30.00, children(12<sup>th</sup> grade & under)--free  
Single prelims/finals sessions: adult--\$10.00, children(12<sup>th</sup> grade & under)—free

**CONCESSIONS:** Concessions will be available in the lobby of the Rec Center at Smoothie King.

**HOSPITALITY:** A hospitality room will be available for coaches, officials and meet volunteers.

**MERCHANDISE:** Swim Shops of the Southwest will be selling Speedo swim gear and meet t-shirts.

**MEET RESULTS:** "Real-Time" meet results will be available on Meet Mobile with keywords "Speedo Sectional". Final meet results will be posted on the Gulf Swimming webpage within three days after the conclusion of the meet.

**VOLUNTEERS:** Volunteers are welcome and are especially needed for Thursday evening and Friday morning sessions. Hospitality will be made available to all volunteers. Please contact Henry Clark at email: [clark@comp.tamu.edu](mailto:clark@comp.tamu.edu)

**TEAM TIMERS:** A team timing assignment for prelims and finals will be scheduled based on team size. Timing assignments will be published in the meet program and on the Gulf Swimming website <http://www.gulfswimming.org/>  
Timers will receive a meet t-shirt. Water or soft drinks will be provided as well.

**TEXAS A&M UNIVERSITY STUDENT RECREATION CENTER NATATORIUM RULES:**

- Participants and spectators are not allowed to use other areas of the Student Recreation Center Complex during this event.
- Swimming is allowed only when the area is supervised.
- NO glass containers, tobacco, or alcoholic beverages are allowed within the natatorium.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. All spectators and parents must remain in the grandstand.
- Participants are not allowed to climb over the grandstand railings or pass any posted barriers.
- There will be **NO SHAVING** within the Student Recreational Complex. Therefore, we request that swimmers be informed of this policy. All shaving

should be completed prior to arrival at the natatorium. Safety marshals will be monitoring the locker rooms and restrooms to enforce this policy.

- Do not hang on lane lines.
- Safety rules will be enforced during warm-ups before each event session and in the diving well during the meet. The diving well is a warm-up area. Recreational swimming is prohibited.
- Diving Boards will be closed and off-limits to all competitors and spectators.
- Please be neat. Throw your trash in the trash containers.
- **NO LAWN CHAIRS** are allowed in the facility.
- The Texas A&M Recreational Sports staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergencies is prohibited. Team Banners must not exceed 5'X 8' and will be hung by event staff. No handmade signs are allowed in the facility.



## WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
  - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
  - 2. Lanes are **ONE WAY ONLY**.

## SAFETY GUIDELINES

- A. Swimmers Responsibilities
  - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
  - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
  - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
  - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
  - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
  - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
  - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
  - 1. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.
  - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
  - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
  - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
  - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
  - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
  - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
  - 2. Glass containers are prohibited.
  - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.

2023 TSC Men	Sectional Standards		Sectional Bonus Standards	
	Event	SCY	LCM	SCY
50 FREE	:22.09	:25.29	:22.59	:25.89
100 FREE	:47.79	:54.99	:48.59	:55.99
200 FREE	1:43.99	2:00.49	1:45.39	2:02.59
400/500 FREE	4:42.99	4:19.09	4:43.89	4:21.99
800/1000 FREE	9:43.59	8:54.09	9:48.09	8:58.49
1500/1650 FREE	16:24.39	16:56.49	16:33.59	17:11.49
100 BACK	:53.49	1:03.69	:54.09	1:04.69
200 BACK	1:54.89	2:18.89	1:56.19	2:21.69
100 BREAST	1:00.99	1:11.99	1:01.69	1:13.09
200 BREAST	2:12.29	2:38.99	2:13.79	2:40.99
100 FLY	:52.69	1:00.49	:53.39	1:01.59
200 FLY	1:56.99	2:18.79	1:58.69	2:21.29
200 I.M.	1:57.29	2:17.69	1:58.79	2:19.69
400 I.M.	4:11.19	4:53.89	4:14.89	4:58.29

2023 TSC Women	Sectional Standards		Sectional Bonus Standards	
	Event	SCY	LCM	SCY
50 FREE	:24.79	:28.29	:25.49	:28.89
100 FREE	:53.09	1:00.79	:53.99	1:01.59
200 FREE	1:54.09	2:11.29	1:55.79	2:12.39
400/500 FREE	5:06.19	4:36.89	5:09.39	4:39.59
800/1000 FREE	10:25.09	9:27.39	10:31.79	9:31.49
1500/1650 FREE	17:48.29	18:12.29	17:58.19	18:25.19
100 BACK	:58.99	1:10.29	1:00.49	1:11.69
200 BACK	2:07.19	2:31.29	2:09.29	2:34.19
100 BREAST	1:08.79	1:20.09	1:09.69	1:21.19
200 BREAST	2:28.09	2:53.09	2:31.39	2:55.49
100 FLY	:58.29	1:07.39	:59.89	1:08.59
200 FLY	2:10.59	2:33.29	2:13.69	2:35.89
200 I.M.	2:10.19	2:31.39	2:13.49	2:32.89
400 I.M.	4:36.49	5:19.69	4:43.59	5:23.19

## ORDER OF EVENTS

**Thursday, March 2, 2023**

**Timed Finals: 3:30 p.m. warm-up / 5:00 p.m. start**

Womens #	Event	Mens #
1	200 Yard Medley Relay 5 Min Break	2
3	1000 Yard Free 5 Min Break	4
5	400 Yard Free Relay	6

Note: All heats swum fastest to slowest

**Friday, March 3, 2023**

**Prelims: 7:00 a.m. warm-up / 9:00 a.m. start**

Womens #	Event	Mens #
7	100 Yard Free	8
9	200 Yard Breast	10
11	200 Yard Back	12
13	500 Yard Free 5 Min Break	14
15	200 Yard Free Relay	16

Note: All prelim heats swum fastest to slowest

**Finals: 4:00 p.m. warm-up / 5:00 p.m. start**

Womens #	Event	Mens #
7	100 Yard Free	8
9	200 Yard Breast	10
11	200 Yard Back	12
13	500 Yard Free 5 Min Break	14
15	200 Yard Free Relay*	16

\*Relays swum at finals as follows: 2nd fastest heat of women, fastest heat of women, 2nd fastest heat of men, fastest heat of men then alternating one heat of women and one heat of men, fastest to slowest.

**Saturday, March 4, 2023**

**Prelims: 7:00 a.m. warm-up / 9:00 a.m. start**

Womens #	Event	Mens #
17	200 Yard Free	18
19	100 Yard Breast	20
21	100 Yard Fly	22
23	400 Yard I.M. 5 Min Break	24
25	800 Yard Free Relay	26

Note: All prelim heats swum fastest to slowest

**Finals: 4:00 p.m. warm-up / 5:00 p.m. start**

Womens #	Event	Mens #
17	200 Yard Free	18
19	100 Yard Breast	20
21	100 Yard Fly	22
23	400 Yard I.M. 5 Min Break	24
25	800 Yard Free Relay	26

\*Relays swum at finals as follows: 2nd fastest heat of women, fastest heat of women, 2nd fastest heat of men, fastest heat of men then alternating one heat of women and one heat of men, fastest to slowest.

**Sunday, March 5, 2023**

**Prelims: 7:00 a.m. warm-up / 9:00 a.m. start**

Womens #	Event	Mens #
27	200 Yard Fly	28
29	100 Yard Back	30
33	200 Yard IM	34
35	50 Yard Free 5 Min Break	36
37	400 Yard Medley Relay	38
31	1650 Yard Free**	32

Note: All prelim heats swum fastest to slowest

\*\*Fastest 8 swim finals.

**Finals: 4:00 p.m. warm-up / 5:00 p.m. start**

Womens #	Event	Mens #
27	200 Yard Fly	28
29	100 Yard Back	30
31	1650 Yard Free**	32
33	200 Yard IM	34
35	50 Yard Free 5 Min Break	36
37	400 Yard Medley Relay	38

\*\*Fastest 8 swim finals.

### **Entry rules for individual events:**

- 1) Swimmers may compete in a maximum of 3 individual events per day, 2 relay events on Thursday, 1 relay event on Friday, 1 relay event on Saturday, and 1 relay event on Sunday.
- 2) Qualifying times must have been achieved within two (2) years of the first day of the meet (March 2, 2021).
- 3) All swimmers must have met the "Sectional Standards" for each event entered (except for bonus entries, see rules below).

### **Bonus events:**

Swimmers entered in at least one individual event, may swim up to two bonus events during the championships, provided they have achieved the "Sectional Bonus Standards".

### **1000/1650 Freestyle events:**

A swimmer with a Sectional qualifying time in the 800/1000/1500/1650 Freestyle automatically qualifies for both the 1000 and 1650 Freestyle events.

### **Entry rules for relay events:**

- 1) All relay members must be entered in individual events.
- 2) The time for each relay may be submitted as a composite or aggregate time.