

Sanction Number: STA- 18-03  
Time Trial Sanction Number: STA-18-03TT

1



**SUPER SECTIONAL SPEEDO CHAMPIONSHIP SERIES**  
Hosted by Longhorn Aquatics at The University of Texas, Austin  
March 22-25, 2018

Held Under the Sanction of South Texas Swimming and USA Swimming

**Entries Open– NOON CDT, Wednesday, December 13, 2017**  
(USA Swimming OME)

**Welcome:** Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center to compete in the Super Sectional Speedo Championships. This meet is open to all qualifying USA registered athletes. The meet will be conducted using a Daktronics Timing System, Omega Touch Pads and Hy-Tek Meet Manager software.

**Facility:** The Lee and Joe Jamail Texas Swimming Center has an indoor 8 lane 50 meter competition pool. The pool is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate and lane width. There are two movable, power-operated bulkheads.

The Swim Center is located on the University of Texas Campus, 1900 Red River Street, one block west of I-35 on the northwest corner of the intersection of Martin Luther King Boulevard and Red River Street.

**Water Depths:** The minimum water depth, measured in accordance with Article 103.2.3, is 9 feet at the start end and the turn end is 9 feet measured for a distance of 1.0 meter to 5.0 meters from both end walls.

**Course Certification:** The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

**Liability:** In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), The University of Texas, the Lee and Joe Jamail Swimming Center, Longhorn Aquatics, and all meet staff and 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.

**TSC Rules:** As guests of The University of Texas, all must adhere to the Texas Swim Center (TSC) rules. Coaches must supervise their swimmers. Chewing gum and glass containers are not permitted in the building. Locks may not be left on lockers overnight. Wet swimmers cannot leave pool deck. Children must be supervised at all times. Spectators and athletes may not bring food or drink into the Texas Swim Center from outside sources.

**Cell phone restrictions:** The presence or use of cell phones, smart phones or any other devices capable of producing audio recordings, photographic or video images in locker rooms, restrooms or changing areas is strictly and specifically prohibited at all times. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility and arrest.

**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 2018 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 2018 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.

**USA Swimming Registration:** All swimmers, coaches, and officials participating in this competition must be currently (2018) 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 deck enter, 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. South Texas Swimming does not allow on-deck USA Swimming registrations.

<b>Meet Referee</b>	<b>Admin Referee</b>	<b>Meet Director/Entry Chair</b>
Herb Schwab 281-242-1334 <a href="mailto:Herb.schwab@gmail.com">Herb.schwab@gmail.com</a>	Rick Allenstein 210-602-6418 <a href="mailto:rallenstein@hotmail.com">rallenstein@hotmail.com</a>	Bridgette Laitala 814-602-8254 <a href="mailto:bridgette.rhoades@austin.utexas.edu">bridgette.rhoades@austin.utexas.edu</a>

<b>Schedule:</b>	Wednesday, March 21	Registration Desk, 2:00 PM- 6:00 PM, clerk of course on deck General Meeting, 4:30 PM, 2 <sup>nd</sup> Level Grandstands Warm-ups, 5:00 PM-8:30 PM <i>Scratch box closes 15 minutes after the conclusion of the General Meeting for Thursday's events</i>
	Thursday, March 22	Prelims Warm-up 7:00 - 8:50 AM Start 9:00 AM Finals Warm-up 4:00 - 5:20 PM Start 5:30 PM
	Friday, March 23	Prelims Warm-up 7:00 - 8:50 AM Start 9:00 AM Finals Warm-up 4:00 - 5:20 PM Start 5:30 PM
	Saturday, March 24	Prelims Warm-up 7:00 - 8:50 AM Start 9:00 AM Finals Warm-up 4:00 - 5:20 PM Start 5:30 PM
	Sunday, March 25	Prelims Warm-up 7:00 - 8:50 AM Start 9:00 AM Finals Warm-up 4:00 - 5:20 PM Start 5:30 PM

The diving well will be available during the meet for continuous warm-up and cool-down.  
The competition pool will be cleared 10 minutes prior to the start of the meet.

**General Meeting:** A General Meeting will be held on Wednesday, March 21, 2018, at 4:30 PM. Location: 2<sup>nd</sup> Level Grandstands. Teams must have a coach or team representative in attendance. Credentials may be picked up at the Clerk of Course. Coaches must show current USA Swimming coaching credentials in order to pick up a team credentials, and coaches must visibly display their current credentials whenever on deck.

**Eligibility:** Open to all athletes from any LSC who are currently registered for 2018 with USA Swimming by the entry deadline. The age of the swimmer will be his/her age on March 22, 2018. Athletes must have met the appropriate qualifying times in competition between March 1, 2017, and the entry deadline. Penalties apply for unproven entry times.

**Entries:** All entries must be submitted online through [USA Swimming's Online Meet Entry system](#) between December 13, 2017 and 11:59 PM CST, March 13, 2018. **THE MEET WILL BE CAPPED AT THE FIRST 700 SWIMMERS.**

- You must pay for the online entries with Visa, MasterCard, American Express, or Discover.
- Once you complete your online entry, you will be sent a confirmation email. Bring it and all communications with you to the meet in case of any entry problems. When entering an individual time not in SWIMS, please try to ensure that the missing data is downloaded into SWIMS as soon as possible.
- Please note that OME will not update entry times as new results are entered into SWIMS. You can return to your entry after you have checked out to modify entry times should they improve during the entry period or to add events to your entry, but you cannot delete events after you have paid for them. All such modifications must be made before the entry deadline.
- Check all entries before paying for them! Enter each with an accurate time achieved in the proper course; converted times will not be accepted.
  - If you have **trouble using OME**, please contact **Jaime Lewis** with USA Swimming [jlewis@usaswimming.org](mailto:jlewis@usaswimming.org).
  - If you have an **entry question**, please contact **Bridgette Laitala** at [bridgette.rhoades@austin.utexas.edu](mailto:bridgette.rhoades@austin.utexas.edu).

**Event Limit:** Each entered swimmer may participate in up to six (6) individual events and up to three (3) relays, but no more than three (3) individual events per day including Time Trials. All swimmers are limited to one (1) time trial per day. There is no limit to the number of relays a club may enter, but only the top two (2) relay teams per club can score in each event.

**Bonus Events:** Swimmers may enter two bonus events if qualified for an individual event. Swimmers must meet Bonus Time Standards. Bonus structure as follows:

Qualified	Bonus	Total
One (1) qualified event	Two (2) bonus event	Three (3) total events
Two (2) qualified events	Two (2) bonus events	Four (4) total events
Three (3) qualified events	Two (2) bonus events	Five (5) total events
Four (4) qualified events	Two (2) bonus events	Six (6) total events
Five (5) qualified events	One (1) bonus event	Six (6) total events
Six (6) qualified events	No bonus events	Six (6) total events

**Surcharge:** \$35.00 surcharge per swimmer  
**Entry Fees:** \$16.00 per individual event entry  
\$36.00 per relay entry

**Registration & Deck Access:** All coaches, officials, volunteers and participating athletes will be issued credential tags. Only people with credential tags will be allowed access to the deck. Coaches must register in OME for a deck pass. Credential tags not picked up between these times will be available at Clerk of Course. Replacement credential tags will be available at a cost of \$50.

**Sanction Number: STA- 18-03**

**Time Trial Sanction Number: STA-18-03TT**

4

Deck passes are only available for coaches. Deck passes will be limited based on a Team's number of swimmers entered in individual events. Teams with 1 – 3 swimmers will be allowed 1 deck pass; 4 – 6 swimmers 2 deck passes, 7 – 9 swimmers 3 deck passes, 10 – 20 swimmers 4 deck passes, 21-30 swimmers 5 deck passes, 31-40 swimmers 6 deck passes, 41-50 swimmers 7 deck passes. Teams with 51 + swimmers 9 deck passes. Those needing additional deck passes will incur a cost of \$20 per additional credential and will need to be cleared with the Meet Director. All coaches must present their 2018 USA Swimming card at registration.

Any non-registered individuals not respecting these rules will be removed from that area or from the facility at the discretion of the Meet Director, Longhorn Aquatics Program Director or Texas Swimming Center staff.

**Meet Format:** This is a prelim-finals short course yards meet with A, B, C & D finals for 500 yard events and shorter. Current USA Swimming rules will govern this meet. Meet format will be Prelims (8-16 lanes, depending upon size of meet) and Finals (8 lanes). The 1000 Free & 1650 Free and all relays will be timed finals. Seeding will be Short Course Yards (SCY), Short Long Course Meters (LCM), SCY Bonus, LCM Bonus.

All prelim events will swim fastest to slowest, with the first 3 heats circle seeded. In prelims the 400 IM & 500 Free will swim the first 2 fastest circle seeded heats of women, the first two fastest circle seeded heats of men, then alternating heats of women/men, fast to slow. All finals will swim slowest to fastest.

The 1000/1650 Free events will swim as Timed Finals. The fastest heat of the 1000/1650 will swim with finals. Swimmers entered in the 1000/1650 Free may indicate their preference to swim in the Prelims session. The top eight swimmers who do not declare their preference to swim in Prelims will swim in the Finals Session. All other heats of the 1000/1650 Free will swim fastest to slowest, alternating women/men, following prelims. The 1000 and 1650 Free require positive check-in.

**Prelims:** Prelims sessions will be seeded the evening before. Swimmers must scratch any event that they will not swim the next day by 5:30PM. After heats have been seeded, any swimmer who fails to compete in a prelims event in which they have been entered and have not scratched, will be barred from further individual and relay events that day. Additionally, that swimmer will not be seeded in any event 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.

Individual events in prelims may be conducted two 25 yard pools – odd heats start at the Non-Flag end, even heats start at the Flag end. Depending upon the size of the meet, we reserve the right to run events from only one pool. Fly-over starts may be used at the discretion of the meet referee.

**Finals:** Scratching for all final events is required as outlined in the current USA Swimming rules 207.11.6D and 207.11.6E.

The finalists and two alternates will be announced and have 30 minutes after the announcement to either scratch, or declare an intent to scratch from finals. Any qualified swimmer in the event 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 minutes after the announcement, no further scratches will be accepted. The existing scratches will be tabulated and the finalists and two alternates will be set. Only those finalists at that point will be subject to a fine.

Any finalist who fails to compete at finals, consolation finals, or any other bonus final heat, for which they have qualified and failed to scratch, will be banned from further competition in the meet in accordance with USA Swimming Rules and Regulations. On Sunday, any finalist that fails to compete at finals, consolation finals or any other bonus final heat will be fined \$50.00 and that swimmers team will be barred from further competition for the remainder of the meet, and any future Sectional Championships, until that fine is paid.

**Scratch Deadlines:** Friday-Sunday prelims deadline: 5:30 PM, day prior to the event. For Thursday prelims, the scratch box closes 15 minutes after the conclusion of the General Meeting on Wednesday.

**Relays:** Relays are timed finals events. Teams are not limited on the number of relay entries. Relay swimmers must be qualified to swim and entered in an individual event. For the 400 Freestyle Relay, 400 Medley Relay, and 800 Freestyle Relay, the fastest two heats of relays will swim in finals. All remaining heats will swim at the end of prelims fastest to slowest, alternating women/men heats. There will be a 10 minute break before all relay events. RELAY CARDS ARE DUE BY 5:30 PM THE DAY PRIOR. Any deck entered relay will be limited to swimming in the slowest heat.

**Time Trials:**

- Time Trials will be conducted on a time-available basis and are limited to approximately one hour on Friday & Saturday only. Each time trial swum will count toward the daily event limit with a combination of time trials and individual meet events not to exceed three (3) per day. A swimmer is limited to one (1) time trial per day.
- Time Trials will be deck entered at the Clerk of Course. Time Trials entries will close one hour before the scheduled end of Prelims.
- Time Trial entry fee will be \$20.00 per individual event and \$40.00 per relay event.
- Except for the 1000 and 1650 Freestyles, Time Trials shall be swum in the order listed below. The 1000 and 1650 will only be offered on one day; the Meet Referee will determine the day based on the size of the meet and available time and will announce the day at the General Meeting.

Order of Time Trial Events
Friday: 50, 100's, 200's, 400IM, 500 FR, Relays, 1000 FR
Saturday: 50, 100's, 200's, 400IM, 500 FR, Relays, 1650 FR

**Timers:** Swimmers/clubs are responsible for providing their own timers and lap counters, if desired, for Thursday's 1000 and Sunday's 1650 Freestyle events and for any Time Trial events.

**Scoring:** Scoring will be on a sixteen (16) place basis.

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relays 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.

**Awards:** Individual Events: 1<sup>st</sup>-8<sup>th</sup> Medals  
Relay Events: 1<sup>st</sup>-3<sup>rd</sup> Medals  
Individual High Point: Top Scoring Female & Top Scoring Male  
Team Awards: 1<sup>st</sup>-3<sup>rd</sup> Trophies

**There will be no award ceremony. Awards may be picked up Sunday following Finals.**

**Officials:**

- Officials' Meetings will be one hour before each day's sessions. All certified officials are welcome. If you will be attending this meet, please return the attached Application to Officiate to assist with meet planning.
- This meet has been designated as a training meet for N2 and N3 Officials Certification. Officials wishing to obtain or renew this level of certification must apply on the attached application form and notify the Meet Referee upon arrival at the meet. Instructions for certification will be provided during Officials' Meetings. To be considered for an assigned position, your application must be received by the Meet Referee by March 1, 2018.
- 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. All officials will be issued credential tags. Only persons with credential tags will be allowed access to the deck. Officials should prominently display their meet credential while on deck. The wearing of name tags is encouraged.

**Sanction Number: STA- 18-03**

**Time Trial Sanction Number: STA-18-03TT**

6

**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.

**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 Texas Swimming Center at 512-471-7703 in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The Texas Swimming Center 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.

**Racing Start Proficiency: (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.

**Concealed Carry 30.06:** (Campus Carry) Pursuant to Section 30.06, Penal Code (trespass by license holder with a concealed handgun), a person licensed under Subchapter H, Chapter 411, Government Code (handgun licensing law), may not enter this property with a concealed handgun. For more information visit <http://campuscarry.utexas.edu/>

**Parking:** The University of Texas requires a UT permit for parking along Trinity and San Jacinto. Please go to our [website](#), as we get closer to the meet for more information on parking.

**Results:** No paper results will be posted. Results can be found on Meet Mobile or on the [Longhorn Aquatics Live Results link](#).

**Deck Changing:** Deck changes are prohibited.

**Heat Sheets:** [Heat sheets will be posted on the Longhorn Aquatics website for free](#). A limited number of hard copies will also be sold at the Longhorn Aquatics store, located on the 2<sup>nd</sup> floor of the Swim Center for \$3.

**Concessions:** O's Café, located on the 2<sup>nd</sup> floor of the swim center, will be open during the meet.

**Hospitality:** A hospitality room can be found in the classroom on the deck level for Coaches, Officials and designated volunteers. Athletes & spectators are not permitted in this area.

**Spectator Seating:** Spectator seating is in the grand stands on the 2<sup>nd</sup> & 3<sup>rd</sup> level of the swim center. No reserved seating is allowed. Athletes must remain on deck with their team, as no wet athletes are allowed in the grand stands.

**2018 USA Swimming/Speedo Champions Series Order of Events**

Women's Event #	Thursday	March 22, 2018	Men's Event #
1	100-Yard	Freestyle	2
3	200- Yard	Breaststroke	4
5	200-Yard	Backstroke	6
7	200-Yard	Butterfly	8
9	1000-Yard (A)	Free	10
Women's Event #	Friday	March 23, 2018	Men's Event #
11	200-Yard	Freestyle	12
13	100- Yard	Backstroke	14
15	400-Yard	Individual Medley	16
17	800-Yard (B)	Free Relay	18
Women's Event #	Saturday	March 24, 2018	Men's Event #
19	100-Yard	Breaststroke	20
21	500-Yard	Freestyle	22
23	100-Yard	Butterfly	24
25	400-Yard (C)	Freestyle relay	26
Women's Event #	Sunday	March 25, 2018	Men's Event #
27	200-Yard	Individual Medley	28
29	1650-Yard (D)	Freestyle	30
31	50-Yard	Freestyle	32
33	400-yard (C)	Medley Relay	34

(A) The 1000 Freestyle will be conducted as timed finals. The fastest heat of women and the fastest heat of men will swim in finals in event number order. All other heats will be swum at the end of preliminaries, alternating women's and men's heats, fastest to slowest. Athletes may qualify use 1000yd /1650yd, and 800/1500m qualifying time.

(B) 800 Free Relay events will be conducted as timed finals with the two fastest heats of women and the two fastest heats of men swum at the end of finals. All other heats will be swum at the conclusion of prelims, alternating women's and men's heats.

(C) These relay events will be conducted as timed finals with the two fastest heats of women and the two fastest heats of men swum at the end of finals. All other heats will be swum at the conclusion of prelims, alternating women's and men's heats.

(D) The 1650 Freestyle will be conducted as timed finals. The fastest heat of women and the fastest heat of men will swim in finals in event number order. All other heats will be swum at the end of preliminaries, alternating women's and men's heats, slowest to fastest. Athletes may qualify use 1650yd /1650yd, and 1500/800m qualifying time.



2017 TSC Men	Sectional Standards		Sectional Bonus Standards	
	SCY	LCM	SCY	LCM
Event				
50 FREE	22.29	25.49	22.79	26.09
100 FREE	48.19	55.49	49.09	56.49
200 FREE	1:44.99	2:01.69	1:46.39	2:03.79
400/500 FREE	4:45.79	4:21.69	4:46.69	4:24.59
800/1000 FREE	9:49.49	8:59.49	9:53.99	9:03.89
1500/1650 FREE	16:34.19	17:05.59	16:43.59	17:21.89
100 BACK	53.89	1:04.29	54.59	1:05.29
200 BACK	1:55.89	2:20.29	1:57.29	2:23.09
100 BREAST	1:01.59	1:12.69	1:02.29	1:13.79
200 BREAST	2:13.59	2:40.59	2:15.09	2:42.59
100 FLY	53.09	1:01.09	53.89	1:02.19
200 FLY	1:58.09	2:20.19	1:59.89	2:22.69
200 I.M.	1:58.39	2:19.09	1:59.99	2:21.09
400 I.M.	4:11.19	4:56.79	4:14.89	5:01.29

2017 TSC Women	Sectional Standards		Sectional Bonus Standards	
	SCY	LCM	SCY	LCM
Event				
50 FREE	24.99	28.49	25.69	29.19
100 FREE	53.49	1:01.39	54.49	1:02.19
200 FREE	1:55.19	2:12.59	1:56.89	2:13.69
400/500 FREE	5:09.29	4:39.69	5:12.49	4:42.39
800/1000 FREE	10:31.39	9:30.49	10:38.09	9:37.19
1500/1650 FREE	17:58.99	18:23.29	18:08.99	18:36.29
100 BACK	59.49	1:10.99	1:01.09	1:12.39
200 BACK	2:07.69	2:32.79	2:10.59	2:35.69
100 BREAST	1:09.49	1:20.89	1:10.39	1:21.99
200 BREAST	2:29.59	2:54.79	2:32.89	2:57.19
100 FLY	58.79	1:07.99	1:00.49	1:09.29
200 FLY	2:11.89	2:34.79	2:14.99	2:37.39
200 I.M.	2:11.49	2:32.89	2:14.79	2:34.39
400 I.M.	4:39.29	5:22.89	4:46.39	5:26.39



## 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.**