



2019 Speedo Southern Zone Long Course Sectional Championships & Time Trials

Hosted by LONGHORN AQUATICS
July 11-14, 2019

Entry deadline – NOON CDT, Monday, July 8, 2019
(USA Swimming OME)

Welcome: Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center to compete in the Speedo Southern Zone Long Course Sectional Championships. This meet is open to all qualifying USA Swimming registered members of Texas or Louisiana.

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. For the July 2019 meet the competition course *has* been certified in accordance with 104.2.2C(4).

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.

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.

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.

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 2019 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 2019 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 (2019) registered with USA Swimming. 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 3) 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.

Schedule: Wednesday, July 10	Registration Desk, 2:00 PM- 6:00 PM, clerk of course on deck General Meeting, 5:30 PM, on deck Warm-ups, 5:30 PM-8:30 PM Scratch box closes 15 minutes after the conclusion of the General Meeting for Thursday's events		
Thursday, July 11	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, July 12	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, July 13	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, July 14	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: Coaches and swimmers must be represented at a pre-meet general meeting held on Wednesday, July 10, 2019 at 5:30 PM. The meeting will be held on deck. Any possible changes in the conduct of the meet will be decided at this meeting. It is each swimmer's and/or coach's responsibility to be aware of any decisions or changes that are made at this meeting.

Eligibility: Swimmers must be a 2019 registered athlete with USA Swimming by the entry deadline. Qualifiers must also be a registered member of Texas or Louisiana LSC's. The age of the swimmer will be his/her age on July 11, 2019.

Entry Deadline: The entry deadline is **NOON CDT Monday, July 8, 2019**. OME will automatically close at that time.

Entries: Swimmers may enter as many events as they are qualified to swim but they may only compete in 7 individual events during the entire meet with no more than 3 individual events during any one day, plus 1 relay event per day. Time trial events will count as one of the 3 events allowed per swimmer per day.

If you enter more than 7 events, you must scratch the events you will not swim. See "Scratch Deadline" below.

Entries for Sectionals must be completed in USA Swimming's online meet entry (OME) system – www.usaswimming.org/OME. Entries will open in OME on June 1, 2019. You are not entered in the meet until you have checked out and paid for your entries in OME. OME saves your entries and you can complete your entries in more than one sitting. Once you check-out, you cannot delete an entry (but you can add additional entries until the entry deadline). OME accepts Visa, MasterCard, American Express, and Discover. **Coaches must register in OME to receive a deck pass.**

If you have **trouble with OME**, please contact **Jaime Lewis** with USA Swimming jlewis@usaswimming.org.

If you have an **entry question**, please contact **Bridgette Laitala** at bridgette.rhoades@austin.utexas.edu.

Proof of Times/Qualifying Times: OME will automatically provide proof of time. If you override a time in OME, you will be required to provide proof of time. [Qualifying times are 2019 Texas Senior Circuit Sectional time standards](#). All swimmers must meet the 2019 Sectional time standards and must have achieved those times within two (2) years of the entry deadline (July 8, 2019). Events may be qualified for by meeting yards or meters times. Athletes entered in at least one individual event may swim up to two bonus events, provided they meet the "B Standards."

Surcharge: \$10.00 per athlete

Entry Fees: \$15.00 per individual event, \$30 for relays.

Time Trials are \$25.00 per individual event.

Deck Entries are \$25.00 per individual event, \$50 for relays.

Deck Entries: Deck entries will be accepted. You may deck enter for the current session beginning at the start of warm-up. Deck entries will close 30 minutes before the start of each session. Swimmers who deck enter the day before will be seeded into the events according to their time. Swimmers who deck enter the day of the session must provide a qualifying time to the Admin Referee and will be entered in an open lane. Swimmers not previously entered in the meet must present their 2019 USA swimming registration. A coach may also present the club's official, watermarked roster from the USA Swimming club portal.

Time Trials: Time Trials will be held, *time permitting*, for participants between prelims and finals on Friday and Saturday. Time Trials are only for swimmers already entered in the meet. Time Trial entries will be accepted at the Clerk of Course located on deck from 9AM -11AM on Friday and Saturday. There will be no time trials on Thursday or Sunday. The entry fee is \$25 per event. A swimmer may swim one time trial per day and it will count towards a swimmer's maximum events per day. The 800/1500 Free will only be offered for Time Trial on Friday. Events will be Mixed Gender. Event order will be 50 FR, 100's, 200's, 400 FR, 400 IM, Distance events. Swimmers must provide their own timer/counter for Time Trials. There will be no break between the end of the prelim session and the start of time trials.

Order of Events
All events swum in LCM

<u>Prelims 9:00 AM</u>	<u>Thursday</u>	<u>July 11, 2019</u>	<u>Finals 5:30 PM</u>
1	200 Meter	Backstroke	2
3	100 Meter	Breaststroke	4
5	200 Meter	Butterfly	6
7	100 Meter	Freestyle	8
9	800 Meter (A)	Free Relay	10

<u>Prelims 9:00 AM</u>	<u>Friday</u>	<u>July 12, 2019</u>	<u>Finals 5:30 PM</u>
11	200-Meter	Breaststroke	12
13	200- Meter	Freestyle	14
15	400-Meter	Individual Medley	16

<u>Prelims 9:00 AM</u>	<u>Saturday</u>	<u>July 13, 2019</u>	<u>Finals 5:30 PM</u>
17	100-Meter	Backstroke	18
19	400-Meter	Freestyle	20
21	100-Meter	Butterfly	22
23	400-Meter (A)	Freestyle relay	24

<u>Prelims 9:00 AM</u>	<u>Sunday(*)</u>	<u>July 14, 2019</u>	<u>Finals 5:30 PM</u>
25	200-Meter	Individual Medley	26
27	800-meter (B)	Freestyle	
	1500 Meter (B)	Freestyle	28
29	50-Meter	Freestyle	30
31	400-Meter (A)	Medley Relay	32

(A) 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 fastest to slowest, alternating fastest women/fastest men.

(B) The 800/1500 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.

*Sunday events will swim in numerical order for finals.

Meet Format: This is a prelim/finals long course meters meet with 5 finals heats (A, B, C, D & E) for 200 meter events and shorter. The E final will be reserved for athletes 18 and younger. 400 meter events will have 4 finals heats (A, B, C & D). The D final will be reserved for athletes 18 and younger. The 800 Free, 1500 Free and all relays will be timed finals.

The fastest heat of the 800/1500 will swim with finals. Swimmers entered in the 800/1500 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 800/1500 Free will swim fastest to slowest, alternating women/men, following prelims. The 800 and 1500 Free require positive check-in.

Prelims: All prelim events will swim fastest to slowest, with the first 3 heats circle seeded. In prelims the 400 IM & 400 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. Prelims sessions will be seeded the evening before. Individual events in prelims will be conducted using both ends of the 50-meter pool – odd heats start at the Non-Flag end, even heats start at the Flag end. All 50's will start at the Non-Flag end. Depending upon the size of the meet, we reserve the right to run events from only one end of the pool. Chase starts may be used at the discretion of the meet referee.

Finals: All finals will swim slowest to fastest. 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 swimmer's team will be barred from further competition for the remainder of the meet, and any future Sectional Championships, until that fine is paid.

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. 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 15 minute break before all relay events. **RELAY CARDS ARE DUE BY 6:30 PM THE DAY PRIOR.** Any deck entered relay will be limited to swimming in the slowest heat.

Scratch Deadlines: Friday-Sunday prelims deadline: 6:30 PM, day prior to the event. For Thursday prelims, the scratch box closes 15 minutes after the conclusion of the General Meeting on Wednesday. Swimmers must scratch any event that they will not swim the next day. 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.

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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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.

Coaches may pick up their team's credential tags on Wednesday, July 10 at Clerk of Course, located on deck, between 2:00 PM- 6:00 PM. 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.

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 2019 USA Swimming card at registration.

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

Scoring: The top 16 places will score. Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Awards: Individual events 1st-8th Medals
Relay events 1st-3rd Medals
Combined Team awards 1st-10th banners

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

Meet Referee:	Trey Prinz	512-633-4851	t.prinz.a@gmail.com
Admin Referee:	Herb Schwab	281-242-1334	herb.schwab@gmail.com
Head Coach:	Mike Laitala	512-471-7703	mike.laitala@austin.utexas.edu
Meet Director:	Bridgette Laitala	512-471-7703	bridgette.rhoades@austin.utexas.edu
& Entry Chair			

Officials: All deck officials must be currently certified by USA Swimming and their LSC, and have a current background check. Help from visiting officials is always welcome. Officials are asked to please fill out an [application to officiate](#). Feel free to also email the Meet Referee, Trey Prinz (t.prinz.a@gmail.com) if you have any questions. 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. 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.

Official Certification: This meet has been approved as an Officials Qualifying Meet. Officials who are interested in being evaluated need to submit their completed application (see above) to the Meet Referee by June 26, 2019. The following evaluations will be available: N2 and N3 for Stroke and Turn; N2 and N3 Initial and Final for Admin, Chief Judge, Starter, and Deck Referee.

Deck Changing: Deck changes are prohibited.

Drones: Per USA Swimming Rule 103.13, the 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 Event Programs Committee or designee.

Special Needs: A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. Please notify 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.

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 visit the Longhorn Aquatics website as we get closer to the meet for more information.](#)

Results: Results can be found on Meet Mobile or on the [Longhorn Aquatics Live Results link.](#)

Heat Sheets: [Heat sheets will be posted on the Longhorn Aquatics website for free.](#)

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

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

Spectator Seating: Spectator seating is located on the 2nd & 3rd levels of the swim center. Reserving seats is prohibited.

Hotel Specials for Sectionals

Holiday Inn- Midtown

Address: 600 Middle Fiskville Road, Austin, Texas, 78752

Rate: \$109/night + tax. Free breakfast for up to 2 guests.

Book here: [Sectionals booking link.](#)

Located less than 4 miles from center in a great neighborhood with several local Austin restaurants within walking distance. Offering 91 NEW double Queen Rooms with complimentary parking, Wi-Fi, full service restaurant and beautiful outdoor courtyard with pool.

Crowne Plaza

Address: 6121 IH 35, Austin, Texas, 78752

Rate: \$99/night + tax. Free breakfast buffet.

Book here: [Sectionals booking link.](#) **Code: LAL**

Located north of the Texas Swim Center, free parking, complimentary Wi-Fi, and beautiful newly renovated guest rooms.

DoubleTree by Hilton Austin University

Address: 1617 North Interstate 35, Austin, TX 78702

Rate: \$165/night + tax. Free breakfast for up to 2 guests.

Book here: [Sectionals booking link](#)

Newly renovated Doubletree Hotel Austin University is the closest Hotel to the UT Swim Center and has complimentary parking.

Southern Sectionals Qualifying Time Standards

2019 TSC Men	A Standards		B Standards	
Event	SCY	LCM	SCY	LCM
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

2019 TSC Women	A Standards		B Standards	
Event	SCY	LCM	SCY	LCM
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.