

2022 South Texas STX Long Course Championship Meet Information



Date posted: 4/15/22

Meet: **2022 STX Long Course Championship**
Hosted by Corpus Christi Laredo Del Rio Aquatic Alliance – Club Estates Marlins
Held under the sanction of USA Swimming

Dates: Friday through Sunday, July 8-10, 2022

**Sanction
Number:** ST-22-44

Venue: Corpus Christi Independent School District Natatorium
3202 Cabaniss Parkway
Corpus Christi, TX 78415
(361) 878-2333

From South I-37, take State Hwy 358 (SPID) toward Padre Island. Exit at the Kostoryz exit, turn right onto Kostoryz and proceed south to Saratoga Blvd. Turn right onto Saratoga, and take the first left, the pool is on your left in the Cabaniss Athletic Complex.

From US 77 North, turn right on FM665 at Driscoll, TX. Proceed toward Corpus Christi. The road will change to FM 43. Turn left onto Ayers Street (State Hwy 286). Go straight to Saratoga Blvd., turn right on Saratoga and proceed east toward the Cabaniss Field Athletic Complex. The pool will be on your right in the Cabaniss Field Athletic Complex.

Eligibility: This meet is open to all South Texas Swimming athletes ages 18 & under who have achieved the “B” or “BB” (for individual events 50 & 100 meters/yards only) or the “BB” (for all individual events 200 meters/yards and longer) qualifying time from the [2021-2024 USA Swimming National Motivational](#) time standards in short course yards, short course meters, or long course meters. All athletes, including athletes entering time trials, if applicable, must be currently (2022) registered year-round members of USA Swimming. (Flex members are not eligible to compete at LSC championship meets.)

Facility: All deep 8 lane, 50-meter competition pool with a separate 25-yard warm-up/cool-down pool. A Daktronics timing system and a Hy-Tek Meet Manager Software will be utilized. Seating is available for over 1000. Dressing and locker rooms are available on-site. No tobacco or alcohol is allowed in the building or in the parking lot. Concessions will be provided.

The competition course has been certified in accordance with 104.2.2.C(3) & (4). The copy of such certification is on file with USA Swimming. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet 0 inches at the start end and the turn end is 14 feet 6 inches 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), Corpus Christi Laredo Del Rio Aquatic Alliance (CCLR), CCLR-Club Estates Marlins (LDI), the CCISD Natatorium and its employees, the City of Corpus Christi and its employees, all meet officials and volunteers 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.

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., 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, SOUTH TEXAS SWIMMING, CORPUS CHRISTI LAREDO DEL RIO AQUATIC ALLIANCE (CCLR), CCLR-CLUB ESTATES MARLINS (LDI), THE CCISD NATATORIUM, THE CITY OF CORPUS CHRISTI, AND SUBSIDIARIES AND EACH OF THEIR OFFICERS, PARTNERS, 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, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Sanction: Held under the sanction of USA Swimming; this meet has been sanctioned by South Texas Swimming and current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), and any relevant sections of the South Texas Policies & Procedures Manual will apply. All swimmers must be registered as year-round athletes for 2022 with USA Swimming before 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 2022 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. Athletes who fail to meet this requirement will not be allowed to compete. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Format: Championship Format: preliminaries and finals. A and B finals for all individual events. Preliminary events will be seeded by time and gender, age combined, according to the Order of Events, except as noted. Events may be combined at the discretion of the Meet Referee.

All preliminary events will swim slowest to fastest, except as noted. The three fastest heats of each preliminary event will be circle seeded. All finals events will be contested in the specified age groups in the finals sessions, swimming slowest to fastest by age group and gender. Finals heats will swim in oldest to youngest age group order (15-18, 13-14, 11-12, 10 & under).

On Friday, the 1500 Free, 400 IM, and 10 & Under 400 Free events will be contested as timed finals only, age combined, alternating female and male heats, and will swim fastest to slowest. The 1500 Free, 400 IM, and 10 & Under 400 Free will be seeded on deck. Check-in for these events is required on Friday by 5:00 PM.

On Saturday and Sunday, the 11-18 400 Free events will swim fastest to slowest, age combined, and contested as timed finals as the last event the prelims sessions, with girls on Saturday and boys on Sunday. Positive check-in is required by 9:00 AM on the morning of the event.

Swimmers must provide their own backup timers for the 400 Free, 1500 Free, and 400 IM events, and provide their own lap counters for the 1500 Free event.

All relay events will be timed finals and will swim age combined in the preliminary sessions only. Relays will score by age group. There will be a 10-minute break after the relay events.

Meet management reserves the right to alter meet operations based on the number of participants.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently (2022) registered year-round members of USA Swimming. (Flex members are not eligible to compete at LSC championship meets.) 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.

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. All unaccompanied swimmers will be temporarily assigned to a registered USA coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.2. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make sure arrangements prior to the start of the meet.

Qualifying

Times: The qualifying time standards for all individual events are the traditional dual-age group [2021-2024 USA Swimming National Motivational](#) "B" or "BB" times (for individual events 50 & 100 meters/yards only) and "BB" times (for all individual events 200 meters/yards and longer). Swimmers may not enter any event in which they have achieved the 2021-2024 USA Swimming National Motivational "A" time standard or faster in any course. Qualifying times must be achieved between April 1, 2021 and July 7, 2022. If entering with a non-conforming time (SCM or SCY), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted.

Seeding shall be in the following order: long course meters, short course meters, short course yards.

Proof of Time: Proof of time must be submitted with the entries. All entry times must be verifiable using the USA-S SWIMS database for sanctioned, approved, or observed meets. (Times in the SWIMS database earned at unsanctioned meets may not be used as proof of time.) All proof of times are the responsibility of the entering teams, not the meet host. Entries without an acceptable proof of time will not be accepted.

Age up Date: The age of the swimmer will be his/her age on July 8, 2022.

Entry

Restrictions: An individual swimmer may enter a maximum of 3 individual events and 1 relay event per day and a total of 7 individual events for the meet, including time trials, if offered. Swimmers who have achieved the [2021-2024 USA Swimming National Motivational](#) "A" time standard or faster in any course prior to the meet start date may not swim those individual events at this meet.

Time Trials: Time trials will be conducted on Saturday and Sunday at the discretion of the meet management (time permitting). Time trials will start no later than 30 minutes after the conclusion of the last preliminary event. The time trial deadline will be posted at the clerk of course. Time Trial entrants are required to provide their own timers for their events.

Time trial entrants who are not already entered in the meet must present their current 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) to enter into events. USA Swimming Premium Membership is required to participate in time trials at a championship meet – swimmers with the USA Swimming Flex membership are not allowed to participate in STS Championship meets. Swimmers may enter up to three (3) time trial events per day if they are not already entered into the meet. The meet host will schedule time trials in the most efficient way possible without consideration of how many time trial events a single swimmer enters.

Swimmers must be registered with South Texas Swimming to participate in time trials. Participation in a time trial event counts as one of the daily and total events allowed for swimmers already entered in the meet. A STX qualifying time earned during time trials will NOT qualify a swimmer to swim that event at this meet.

Time trial events will be published with the final meet results.

Time trial entry fees: Individual events \$20.00 – includes the STSI \$1.25 per event splash fee and relay entries are \$40 per event.

Relay

Entries:

All relays are timed finals and will be contested only in the preliminary sessions. There are no qualifying times for relay events. **Relay cards are due to the Meet Director/Administrative Official or designee on the day of the event by 8:30 AM.** Relay team entry times may be determined by the sum of the individual team member's times for the like strokes/distances or the actual time of that relay team achieved in sanctioned competition.

Relay team members must be eligible to swim in the same age group. Swimmers cannot "age up" for relay events. A club may enter up to three relays per event but only two relays per event per club will score. It is recommended that relay swimmer names be included with entries to help enter the relays efficiently at the start of the session.

If a relay card is not turned in, the relay will be scratched. The order of swimmers on the relay team will be strictly enforced in accordance with 102.3.7 of the 2022 USA-S Rules and Regulations.

Relay-only swimmers are not permitted. All relay swimmers must be entered in at least one individual event to be eligible to swim on any relay. Time trial events, if offered, cannot count as individual events for the purposes of swimming on a relay.

Entry

Deadlines:

There are two entry deadlines for this meet. The first deadline is Monday, June 27, 2022. The first entry deadline is for athletes who have achieved qualifying times from April 1, 2021 through June 26, 2022. The second (final) entry deadline is Monday, July 4, 2022 by 9 p.m., Only swimmers who have achieved a qualifying time between June 27 through July 3, 2022 may enter using the second entry deadline. Teams may use the second entry deadline to update swimmer times if necessary. After entries close, and until July 7, 2022, any swimmer who achieves the 2021-2024 USA Swimming National Motivational "A" time or faster in any course in any previously entered event will be removed from that event.

Entry

Procedures:

All entries must contain the following information: the name, email address, and phone number of the person preparing the entries in case clarification is needed; an attachment of the Hy-Tek Team Manager or Team Unify export file; an attached document listing the **entries (by swimmer) with proofs of time**; and an attached document of the meet entry fees report.

Teams with exceptions will be e-mailed notice of same. Teams and entrants are responsible to check the exception report and correct any errors prior to the deadline given to them by the meet host.

Entry

Fees/payment: \$12.00 per individual event and \$25.00 per relay team – includes the STSI splash fee of \$1.25 per event plus a facility surcharge of \$5.00 per swimmer.

Checks made payable to, and mailed to:

CCAA-Club Estates Marlins

C/O Annette DuVall

P.O. Box 270216

Corpus Christi, TX 78427

Entry fees must be received by July 8, 2022.

If payment is not received on time the affected swimmers will be scratched from the meet. **Please include the meet entry fee report with your check.** Once the entry fees are accepted, they will not be refunded for any reason, even if a swimmer should fail to compete. No paper, phone, or fax entries will be accepted. If you do not receive an e-mail confirmation, your entries were not received.

Deck (late)

Entries:

Deck entries will be accepted at \$25.00 per individual event and \$40.00 per relay event. Swimmers may deck enter for the current session beginning at the start of warm-ups. Deck entries will close 45 minutes prior to the start of each session. Swimmers may deck enter for subsequent sessions after deck entries close for the current session. At the discretion of meet administration, a Heat "Zero" may be added for late entries, if needed. Swimmers not previously entered in the meet must present their 2022 USA Swimming 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) to the Clerk of Course to deck enter. In addition, the swimmer must present proof of time before a deck entry will be accepted.

Scratch

Rules:

There is no penalty for failing to scratch from a pre-seeded, preliminary event. Swimmers who fail to compete in the 400 IM, 400 Free, and 1500 Free events after positive check-in must positively check in for the remainder of the meet with meet administration. Illness and injury may be excused by the Meet Referee.

The top 16 finishers in each preliminary event will be announced by gender and age group and posted shortly after the final heat. Swimmers who qualify for finals and elect NOT to compete in finals must scratch or declare an INTENT to scratch with the Administrative Official within 30 minutes of the announcement. Swimmers who declare an intent to scratch will then have 15 minutes after the completion of their last individual event of the session to confirm the scratch. Following the 15-minute deadline, if scratch confirmation is not received, it will be assumed the swimmer will compete in the finals event.

Any swimmer who finishes a preliminary event in (or tied for) places 1-16 and fails to compete in said final shall be barred from further competition in the remainder of the meet, including any preliminary, relay, time trial, and finals events occurring on that same (and subsequent) day(s). This policy does not apply to athletes who scratch from finals during the scratch deadline, alternates, swimmers with illness or injury and excused by the Meet Referee prior to the start of the event, or athletes finishing in 17th place and below in the preliminaries (including any athletes finishing in 17th place or below as the result of a swim-off). Athletes may not declare a false start ("DFS") to avoid competing in a finals event and will be subject to the scratch rule penalties, if applicable.

Cell phone

Restrictions:

Use of audio or visual recording devices, including a cell phone, is not permitting 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.

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.

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 Programs and Events Committee Chair or designee.

Deck

Changing:

Deck changes are **prohibited**.

Special

Needs:

Please notify the Meet Director, (Annette DuVall via email annetteduvallcpa@gmail.com), in advance of this event with the name and age of any member on your team who needs assistance to enter the facility. The host 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. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. 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. Adaptive swimmers who would like their events to be seeded in the lane next to the starter should notify the entry chair by the second entry deadline.

Awards:

Awards will be given by gender in the following age groups: 10 & Under, 11-12, 13-14, and 15-18

Individual events: first through third place: Medals

Individual events: fourth through eighth place: Ribbons

Relay Events: first through third place: Ribbons

Team Awards: first through third place: Banners

Note: Banners will be provided **upon request by the club** (please email the meet director if you would like your banner and it will be shipped to your club).

There will be no awards presentation. Clubs must pick-up awards during the meet from the awards desk area. **Awards will not be mailed.**

Scoring:

A Finals Place ⇒	1	2	3	4	5	6	7	8
Ind. event points	20	17	16	15	14	13	12	11
B Finals Place ⇒	9	10	11	12	13	14	15	16
Ind. event points	9	7	6	5	4	3	2	1

Relay Place ⇒	1	2	3	4	5	6	7	8
Relay points	40	34	32	30	28	26	24	22
Relay Place ⇒	9	10	11	12	13	14	15	16
Relay points	18	14	12	10	8	6	4	2

All individual events have A & B finals. The 1500 Free, 400 Free, and 400 IM events are timed finals only.

Meet Management**Entries Chair/Administrative Official:**

Cori Gilbert (361) 563-2597
CCLRentries@gmail.com

Meet Referee:

Lorna Anaya (870) 814-2890
Lorna.anaya@anayamedical.com

Meet Director/Head Coach:

Annette DuVall 361-946-5815
annetteduvallcpa@gmail.com

Officials:

All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and their local LSC for 2022 and have a current Background Check, Concussion Protocols test, and Athlete Protection Course acknowledged by USA Swimming. You may email the Meet Referee with any questions. The uniform will be white polo shirts over khaki pants, skirts, or shorts for prelims and navy blue shirts/blouses over khaki pants or skirts for finals. Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials' briefing to receive your assignments. The wearing of name tags is strongly encouraged.

Daily**Schedule:****Friday, timed-finals:**

Warm-ups begin	4:00 PM**
Clear competition pool	5:40 PM
Coaches meeting	5:40 PM
Sessions begin	6:00 PM

Check-in time for all events on Friday will close Friday by **5:00PM**.

Saturday/Sunday Prelims Session:

1 st Warm-up Session begins	6:30 AM**
Clear competition pool	8:40 AM
Coaches' meeting (Sat only)	8:40 AM
Sessions begin	9:00 AM

Saturday/Sunday* Finals Session:

Warm-ups begin	4:00 PM **
Clear competition pool	4:50 PM
Coaches' meeting (Sat only)	4:50 PM
Sessions begin	5:00 PM

***Sunday finals competition will begin at 4:00 pm unless the number of entries does not permit the earlier start time.**

Note: Depending on the number of entries for each preliminary session, facility management may create additional warm-up sessions and start warm up sessions earlier than the times posted above.

The check in time for the 11-18 400 Free events is required by **9:00 AM on the morning of the event**. If additional coach meetings are required, the meet host and meet referee will announce the meeting times.

Alternates:

Swimmers who qualify as alternates for final events and wish to compete should no shows occur, must be within an area previously designated by the Meet Referee and be immediately available. "Immediately" is defined as being in the alternate's area, properly attired, and ready to swim when called.

Timers: Each participating team is required to provide back-up timers in proportion to the number of swimmers entered in the meet. Swimmers competing in the 400 and 1500 Free and 400 IM events must provide their own back-up timers. Swimmers competing in the 1500 freestyle events also must provide their own lap counters.

Warm-up Procedures: Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement. Athletes must be directly supervised by a USA Swimming certified **coach at all times**. Warm-up times and lane assignments for each team will be posted on the STSI website and on www.aaaa-sa.org along with the psych sheet by July 6, 2022. **Warm-ups MUST be under the DIRECT supervision of a coach at all times.**

2022 Long Course STX Championship Order of Events



Women's Event #	Friday July 8, 2022 6:00 PM	Men's Event#
1	11-18 400 IM	2
3	10 & Under 400 Free	4
5	11-18 1500 Free	6



- The 11-14 400 IM, 10 & Under 400 Free, and 1500 Free events will be contested as timed finals, age combined, alternating female and male heats, and will swim fastest to slowest. These events require positive check-in by 5:00pm on Friday and will be deck seeded. Swimmers in these events need to provide their own timer (and counter, for the 1500 Free only).
- The qualifying time standards for all individual events are the traditional dual-age group [2021-2024 USA Swimming National Motivational](#) "B" or "BB" times (for individual events 50 & 100 meters/yards only) and "BB" times (for all individual events 200 meters/yards and longer).
- Swimmers in the 1500 Free can request an 800 split time.

Women's Event #	Saturday July 9, 2022	Men's Event #	Women's Event #	Sunday July 10, 2022	Men's Event #
7	13-18 400 Free Relay	8	25	13-18 400 Medley Relay	26
9	12 & Under 200 Free Relay	10	27	12 & Under 200 Medley Relay	28
10-minute break			10-minute break		
11	18 & Under 100 Fly (b)	12	29	11-18 200 Fly (c)	30
13	18 & Under 50 Free (b)	14	31	18 & Under 100 Free (b)	32
15	11-18 200 Breaststroke (c)	16	33	12 & Under 50 Fly (a)	34
17	18 & Under 200 Free (b)	18	35	18 & Under 100 Breaststroke (b)	36
19	18 & Under 100 Backstroke (b)	20	37	11-18 200 Backstroke (c)	38
21	12 & Under 50 Breaststroke (a)	22	39	18 & Under 18 200 IM (b)	40
23	11-18 Girls 400 Free		41	12 & Under 50 Backstroke (a)	42
				11-18 Boys 400 Free	24

(a) In FINALS, this event will swim oldest to youngest and slowest to fastest, with two heats of each age group (11-12 B and A finals (heats 1 and 2); 10&U B and A finals (heats 3 and 4)).

(b) In FINALS, this event will swim oldest to youngest and slowest to fastest, with two heats of each age group (15-18 B and A finals (heats 1 and 2); 13-14 B and A finals (heats 3 and 4); 11-12 B and A finals (heats 5 and 6); and 10 & U B and A finals (heats 7 and 8)).

(c) In FINALS, this event will swim oldest to youngest and slowest to fastest, with two heats of each age group (15-18 B and A finals (heats 1 and 2); 13-14 B and A finals (heats 3 and 4); and 11-12 B and A finals (heats 5 and 6)).

* On Saturday and Sunday, Events 23 & 24 (11-18 400 Freestyle) will be timed finals and will swim in the prelims sessions only, age combined, fastest to slowest. Check-in time for Events 23 & 24 is 9:00 AM on the day of the event. The girl's Event #23 will compete on Saturday and the boy's Event #24 will swim on Sunday. Swimmers must provide their own timer for the 400 Freestyle events.

There will be a 10-minute break after the relay events.

The qualifying time standard for 15-18 events is the 15-16 time standard for each gender.

NOTE: If entering with a non-conforming time (LCM or SCM), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted.

SOUTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

I. Assigned Warm-up Procedures (Prelims)

- 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 (Finals)

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARM UP
10 Lanes	0 and 9	1,2,,6, and 7	3 through 5
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.