



2023 South Texas Summer “B” Championship Meet Information



Date posted: 4/12/23

Meet: 2023 South Texas Summer “B” Championship
Hosted by Alamo Area Aquatic Association
Held under the Sanction of USA Swimming.

Dates: Saturday and Sunday, July 22-23, 2023

**Sanction
Number:** ST-23-47

This is a new Champs meet for 2023:

- All events will be conducted in a 25-yard pool as timed finals.
- **All individual events at this meet will require a B time standard** in long course meters, short course meters, or short course yards.
- **Swimmers with BB and faster times as of 7/21/23 in a stroke/distance may NOT swim that stroke/distance on a relay team.** Swimmers on each leg of a relay team MUST be B and Under swimmers. It is the responsibility of the entering coach/team to ensure that BB and faster swimmers are not entered in relay events.
- The meet host will post heat sheets, estimated session timelines, warmup assignments, and timer assignments via this [meet's event page on the South Texas Swimming website](#) or by link to another site. All heat and lane assignments and results will be available on Meet Mobile for free.

Venue: Alamo Heights Natatorium
705 Trafalgar #3
San Antonio, TX 78216
(210) 832-5735

Parking: Parking will be on a first come/first serve basis and once the parking lot fills people will park along the street outside the parking lot.

Hotels: The Alamo Heights Natatorium is partnered with Drury Hotels, if you would like, there will be a meet room rate at Drury Hotels in the area near the pool. Please use the [attached link](#) to book.

Eligibility: This meet is open to all South Texas Swimming athletes ages 18 & under who have achieved the “B” qualifying [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 offered, must be currently registered year-round members of USA Swimming in good standing as of the meet date(s). (Flex members are not eligible to compete at LSC championship meets, including time trials, if offered.)

Facility: Eight, 25-yard lanes. The minimum water depth, measured in accordance with Article 103.2.3, is 13 feet at the start end and the turn end is 7 feet measured for a distance of 1.0 meter to 5.0 meters from both end walls. The course has not been professionally certified IAW 104.2.2C (4). Eight lane adjacent pool available for warm ups and warm downs. All automatic Colorado starting and timing system. Meet Manager 8.0 will be used. Limited deck seating of approximately 400 in the bleachers. Chairs will be available for swimmers on the deck. The outdoor patio will be open if weather permits. Concessions will be offered, and T-shirts will be available for sale throughout the weekend. Team banners may not be displayed in the facility.

Liability: In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatics Association, the Alamo Heights Natatorium, Alamo Heights Independent School District, and all meet officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

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, ALAMO AREA AQUATICS ASSOCIATION, 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: 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 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 MAAPP is a condition of participation in the conduct of this competition. All swimmers must be current athlete members in good standing with USA Swimming before the meet start date. Athletes who register with USA Swimming and/or South Texas Swimming after the meet entry deadline may deck enter the meet only if they can present their current USA Swimming registration card or proof of membership using the USA Swimming app (or a coach may present the club’s official roster from the USA Swimming app). 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: All events will be conducted as timed finals. Events will be seeded by age, time, and gender according to the Order of Events, except as noted. Events and heats of events in timed finals and time trials events (if offered) may be combined at the discretion of the Meet Referee. All events will be swum slowest to fastest. The 400 IM and 500 Free will be seeded on deck after positive check-in. Check-in for these events is required. Swimmers must provide their own backup timers for the 400 IM and 500 Free events, and provide their own lap counters for the 500 Free event. Meet Management reserves the right to alter meet operations (including, but not limited to, adding and/or combining meet sessions) based on the number of participants.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently registered year-round members of USA Swimming in good standing as of the meet date(s). (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 app (or a coach may present the club’s official roster from the USA Swimming app). 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 Swimming coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.3. 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 times. The 15-16 B time standards will be used for the swimmers in the 15-18 age group. Swimmers may **not** enter any event in which they have achieved the 2021-2024 USA Swimming National Motivational BB time standard or faster in any course. **Qualifying times must be achieved between April 1, 2022 and July 21, 2023.** If entering with a non-conforming time (SCM or LCM), the swimmer must enter with the time achieved in the non-conforming course. Entries will be accepted in SCY, SCM, and LCM. Converted entry times will not be accepted.

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

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 Saturday, July 22, 2023.

Entry

Restrictions:

An individual swimmer may enter a maximum of four individual events per day and a maximum of seven individual events for the meet, including any time trial events, if offered.

Time Trials:

Time trials will be conducted on Saturday and Sunday after each session. Time trials will be limited to 30 minutes. Time trial events will be offered for events of 200 yards or less. Athletes do not need to be entered in the meet to participate in time trials, but they must provide proof that they are a current member in good standing with USA Swimming. Athletes are limited to one time trial per time trial session. Time trial events count against the maximum events of 4 per day or 7 for the meet. Time trial entry fees: Individual events **\$15.00**, plus the athlete surcharge fee of **\$5.00** per athlete for athletes not already entered in the meet. **Availability of time trials is subject to change based on participation at the meet.**

Relays:

All relays are timed finals. Relay cards are due to the Meet Director/Administrative Official or designee on the day of the event by **7:30 AM**. 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 2023 USA-S Rules and Regulations. There are no qualifying times for the relay events. 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.

Swimmers with BB and faster times as of 7/21/23 in a stroke/distance may NOT swim that stroke/distance on a relay team. Swimmers on each leg of a relay team **MUST** be B and Under swimmers. Relay teams entered with BB and faster swimmers will be scratched or disqualified. It is the responsibility of the entering club to ensure that only B and Under swimmers are swimming each leg of the relay.

Relay team members must be eligible to swim in the same age group. Swimmers cannot "age up" for relay events. Teams may enter up to three relay teams 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.

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 entry deadline is July 10, 2023. The first entry deadline is for athletes who have achieved qualifying times from April 1, 2022 through July 9, 2023. The

second (final) entry deadline is July 17, 2023 by 6 pm. Only swimmers who have achieved a qualifying time between July 10-16, 2023 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 21, 2023, any swimmer who achieves the [2021-2024 USA Swimming National Motivational](#) BB time or faster in any course in any previously entered event will be removed from that event.

Entry

Requirements: 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

Procedures: **\$12.00** per individual event – includes the STSI splash fee of \$1.25 per event.
\$24.00 per relay event – includes STSI splash fee of \$1.25 per event.
\$5.00 facility charge per individual swimmer.

Make checks payable to **AHISD** and mail to: Garrett Nelson, 705 Trafalgar #3, San Antonio, TX 78216

Entry fees must be received by **July 19, 2023**. 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 **\$24** per individual event and **\$48** per relay event, plus the facility surcharge for swimmers not already entered in the meet. 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 current USA Swimming proof of membership using the USA Swimming app (or a coach may present the club’s official roster from the USA Swimming app) 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 event. Swimmers who fail to compete in the 400 IM or 500 Free events after positive check-in will be barred from all further individual and relay events of that day, and then must positively check in for the remainder of the meet with meet administration, per USA Swimming rule 207.11.6.C. Illness and injury may be excused by the Meet Referee.

Cell Phone

Restrictions: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the blocks. 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 **Garrett Nelson, 864-908-9727**, 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.

Scoring:

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

Only two relay teams per event per club will score.

Management

Entries Chair: Garrett Nelson, gnelson@ahisd.net, 864-908-9727,
Meet Director: Garrett Nelson, gnelson@ahisd.net, 864-908-9727
Meet Referee: Tim Byerly, timbyerly1985@gmail.com
Admin Referee: Didi Byerly/dbyerly@wbhq.com/361-549-8887

Officials: All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck and administrative officials must be current members in good standing with USA Swimming and their local LSC. Please email the Meet Referee with your certification level and availability so he can plan accordingly. The uniform will be white polo shirts over khaki pants or skirts. Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials' briefing and to receive your assignments. The wearing of name tags is strongly encouraged.

Daily Schedule:

Sessions One and Three:

Warm-ups begin 7:00 AM
Clear competition pool 8:10 AM
Coaches meeting 8:10 AM
Sessions begin 8:30 AM

Sessions Two and Four:

* Sessions will begin approximately 75 minutes after end of previous session
* Approximate session start times will be posted on AAAA and STS website by 6 PM on Wednesday, July 19, 2023

Positive check in for the 500 Free and 400 IM is required. Check-in time for the 500 Free and 400 IM is the start of the respective session. Swimmers in the 500 Free and 400 IM must provide their own backup timers.

Timers: Each participating team is required to provide parents to serve as timers in proportion to the number of swimmers entered in the meet. Timer assignments will be sent to teams one week prior to the meet start date. In the event that parents do not fill their team's assigned timer spots, the coach(es) for that team will be required to time in their place so as not to delay the start of the meet. Swimmers competing in the 500 Free and 400 IM events must provide their own back-up timers. Swimmers competing in the 500 Free 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. Lanes will be available for warm-ups throughout the meet.

Medical

Supervision: During the meet, lifeguards, AED device, etc. will be present to provide any necessary medical supervision and treatment for athletes participating in the meet.

Meet

Documents: All meet documents, including the heat sheet for each session, the timeline for each session, the warmup schedule, and timer assignments, will be posted on [this meet's event page on the South Texas Swimming website](#), or the meet host may establish a link from this meet's page on the South Texas Swimming website to the website where these documents will be posted.

The heat and lane assignments for all sessions and all meet results will also be available on Meet Mobile. The meet host may also choose to sell heat sheets for a fee but must also make this information available via website and Meet Mobile for free.



2023 South Texas Summer B Championship Order of Events

All events will be conducted in short course yards.



Session One: 12 & Under

Women's Event #	Event Saturday, July 22, 8:30 AM	Men's Event #
1	11-12 200 Free Relay	2
3	10 & Under 200 Free Relay	4
10-minute break		
5	11-12 100 IM	6
7	10 & Under 100 IM	8
9	11-12 100 Free	10
11	10 & Under 100 Free	12
13	11-12 200 Fly	14
15	10 & Under 50 Breaststroke	16
17	11-12 50 Breaststroke	18
19	10 & Under 100 Backstroke	20
21	11-12 100 Backstroke	22
23	10 & Under 50 Fly	24
25	11-12 50 Fly	26
27	11-12 200 Breaststroke	28
29	10 & Under 500 Free	30
31	11-12 500 Free	32

Session Two: 13-18

Women's Event #	Event Saturday, July 22, time TBD	Men's Event #
33	13-14 400 Free Relay	34
35	15-18 400 Free Relay	36
10-minute break		
37	13-14 200 IM	38
39	15-18 200 IM	40
41	13-14 100 Free	42
43	15-18 100 Free	44
45	13-14 200 Fly	46
47	15-18 200 Fly	48
49	13-14 100 Backstroke	50
51	15-18 100 Backstroke	52
53	13-14 200 Breaststroke	54
55	15-18 200 Breaststroke	56
57	13-14 500 Free	58
59	15-18 500 Free	60

The qualifying time standards for all individual events are the traditional dual-age group 2021-2024 USA Swimming National Motivational "B" times. Swimmers on each leg of a relay team **MUST** be B and Under swimmers (swimmers with BB and faster times may not swim any stroke/distance on a relay for which they have an BB or faster time).

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

Session Three: 12 & Under

Women's Event #	Event Sunday, July 23, 8:30 AM	Men's Event #
61	11-12 200 Medley Relay	62
63	10 & Under 200 Medley Relay	64
10-minute break		
65	10 & Under 200 Free	66
67	11-12 200 Free	68
69	10 & Under 100 Fly	70
71	11-12 100 Fly	72
73	10 & Under 50 Free	74
75	11-12 50 Free	76
77	11-12 200 Backstroke	78
79	10 & Under 100 Breaststroke	80
81	11-12 100 Breaststroke	82
83	10 & Under 200 IM	84
85	11-12 200 IM	86
87	10 & Under 50 Backstroke	88
89	11-12 50 Backstroke	90
91	11-12 400 IM	92

Session Four: 13-18

Women's Event #	Event Sunday, July 23, time TBD	Men's Event #
93	13-14 400 Medley Relay	94
95	15-18 Medley Relay	96
10-minute break		
97	13-14 200 Free	98
99	15-18 200 Free	100
101	13-14 100 Fly	102
103	15-18 100 Fly	104
105	13-14 50 Free	106
107	15-18 50 Free	108
109	13-14 200 Backstroke	110
111	15-18 200 Backstroke	112
113	13-14 100 Breaststroke	114
115	15-18 100 Breaststroke	116
117	13-14 400 IM	118
119	15-18 400 IM	120

The qualifying time standards for all individual events are the traditional dual-age group 2021-2024 USA Swimming National Motivational "B" times. Swimmers on each leg of a relay team MUST be B and Under swimmers (swimmers with BB and faster times may not swim any stroke/distance on a relay for which they have an BB or faster time).

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

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
10 Lanes (0-9)	0 and 9	1, 2, 6, and 7	3 through 5
10 Lanes (1-10)	1 and 10	2, 3, 7, and 8	4 through 6
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 two marshals, with a minimum of one of each gender, 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 backstroke 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.