

Alamo Area Aquatic Association Meet Information

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Posted 01/14/10



- Meet:** •2010 Twelve and Under South Texas Age Group Short Course Championships (STAGS)
- Dates:** •February 19, 20 and 21, 2010
- Sanction Number:** •ST-10-18
- Meet Venue:** •NISD Natatorium
•8400 North Loop 1604 West
•Between Hausman and Bandera Roads on the north bound side-Adjacent to Dub Farris Athletic Complex
•San Antonio, TX 78249-2783
•210-397-7522
- Facility:** •Two eight-lane 25 yard racing courses certified by USA Swimming and the National Federation of State High School Associations
•Seven feet minimum depth
•All Daktronics automatic starting and timing
•Full scoreboard with heat and event display
•Stadium bleachers at both ends and short stack bleachers for teams. Plenty of off-deck space for chairs
•Six-lane warm-up / cool down pool between the courses
•Concessions and swim shops available on deck
•Spectators are not permitted on the blue deck under any circumstances.
- Cell Phone Restrictions:** •The presence and / or use of cell phones, and any other equipment capable of producing photographic or video images, in locker rooms is strictly and specifically prohibited at all times.
•There are no exceptions to this prohibition.
•Violators are subject to disqualification from the meet and disbarment from the facility.
- Liability:** •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.
- STSI Meeting:** •There will be a regularly scheduled meeting of the HoD in conjunction with this STAGS Meet and the Senior Championships immediately after prelims on Saturday.
•The meeting will take place in the Northside Activity Center, immediately adjacent to the George Block Aquatics Center
- Sanction:** •This meet is sanctioned by South Texas Swimming and 2009 Rules apply
•All swimmers must be registered for 2010 with USA Swimming by the entry deadline
•Athletes who fail to meet this requirement will not be allowed to compete
- Meet Format:** •Championship format
•A and B finals, unless otherwise noted
•Preliminary events will be seeded by time and gender according to the STAGS Order of Events on page eight (8)
•All preliminary events will be swum slowest to fastest unless otherwise noted
•Finals will be contested in single year age groups: 10 and under, 11, 12
•The 400 I-M, 500 and 1650 freestyles are timed finals, age combined, alternating female / male and swum fastest to slowest. They will be seeded on deck, requiring positive check-in..
•Relay events are timed finals and will be swum only during the preliminary sessions
•Please refer to the Order of Events on page six
•10 minute break after the relays

- Relay only swimmers are permitted provided that the team of four swimmers meets the entry qualification time and all relay swimmers appear in the meet entry file

Rules: •The 2009 USA Swimming Rules and Regulations and any relevant portions of the STSI Handbook will apply

Meet

Eligibility:

- This meet is open only to South Texas USA Swimming registered swimmers age 12 and under
- Entries received without a complete USA Swimming Registration number will not be processed
- It is strongly recommended that swimmers have their USA Swimming ID card with them
- Deck entries will not be accepted for a swimmer not already in the meet unless the swimmer's USA Swimming registration can be verified
- Swimmers must compete in age groups based on their age as of February 19, 2010
- Each contestant may compete only in the age group for which she / he is eligible

Qualifying

Times:

- The minimum qualifying time standards (2009-2010 South Texas Time Standards) for this meet will be found on pages seven (7) and eight (8), as well as on the STSI and AAAA Web Sites
- Qualifying times must be achieved prior to the entry deadline
- If a STAGS qualifying time is achieved during a STAGS time trial, the swimmer may not deck enter that event at STAGS
- If entering with a non-confirming time (e. g., SCM or LCM), the swimmer must enter at the cut time for that age group
- Annotate this entry to the entry chairman at the time of entry submission.

Proof-of-

Time:

- Proof-of-times must be submitted with the entries**
- The only acceptable sources for proof-of-time are computer software (Team Manager, USA-S SWIMS, Meet Manager) generated results, and Web Site Postings from USA-S Sanctioned, Approved or Observed meets
- All results must also appear in the USA-S SWIMS database
- In cases where a proof of time does not appear in SWIMS due to a clerical or posting error, a copy of the official meet results, signed by the meet referee, will be an acceptable proof of time
- Times used to enter a meet must have been achieved in a USA-S Sanctioned, Approved or Observed Meet
- 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

Entry

Limitations: •An individual swimmer may *enter* a maximum of seven (7) individual events for the entire meet over the three days, and may *participate* in a maximum of three (3) individual and two (2) relay events per day

Relay Entries:

- All relays are timed finals and swum in the preliminary sessions only
- There are time standards for all relays
- Relay team entry times may be determined by the sum of the individual team member's times for like strokes/distances, or the actual time of that relay team achieved in sanctioned competition
- Composite relay times used for proof must have the same four swimmers entered on the STAGS entry form and eligible in the same age group
- Unlimited number of relays per team (A, B, C etc.), but only two relays per team (A and B) will score
- It is recommended that relay swimmer names be included with entries to help enter the relays efficiently at the start of sessions
- Relay cards must be turned in with final relay line-up prior to the designated time (as shown on the schedule). If a relay card is not turned in, it is assumed that the relay is scratched
- Relay teams will not be allowed to participate unless a relay card has been submitted
- The order of swimmers on the relay team will be strictly enforced in accordance with 102.4.7, 2009 USA-S Rules and Regulations.

Entry

Deadlines:

- There are two entry deadlines for this meet
- The first deadline is 6:00 p.m. Tuesday, February 8th.
- These entries will be for all the athletes achieving qualifying times prior to this date
- This deadline is required to verify swimmers and times in the SWIMS database and correct errors
- Final entry deadline- is 12-noon Monday, February 15th

•*This is also be the deadline for relay entries*

•Only swimmers who have achieved a qualifying time after the first deadline may enter at the second deadline.

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 export file
- An attached Word Document listing the entries (by swimmer) with proofs of times
- An attached Word Document of the meet entry fees report
- If the entry time is not available in SWIMS, proof of time requires all of the following:
 - Name and date of the meet
 - Website address where the results are posted OR a hard copy of the results signed by the meet referee
 - Page number where the results can be found
 - Final entries are only required if there was a change to a preliminary entry
 - The final entries must indicate, by swimmer, the change that was made to the preliminary entry
 - Teams with exceptions will be e-mailed notice of any exceptions
 - Teams and entrants are responsible to check the exceptions report when notified

Entry

Procedures:

- \$6.00 per individual event and \$12.00 per relay event
- Time Trial entry fees are \$6.00 per individual event
- This includes the South Texas Swimming splash fee of \$1.25 per splash
- Checks to be made payable to **NISD**
- Entry fees must be received by 12-noon, Tuesday, February 16, 2010
- If payment is not received on time, the affected swimmers will be removed 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 don't receive an e-mail confirmation, your entries were not received

Deck Entries:

- Deck entries will be accepted at \$12.00 per individual event and \$24.00 per relay*
- Swimmers may deck enter for the current session beginning at the start of warm-ups
- Deck entries will close 30 minutes prior to the start of each session
- Swimmers may deck enter for subsequent sessions after deck entries close for the current session
- No new heats will be created
- Swimmers *not previously entered in the meet* must present their USA swimming registration card at Clerk of Course to deck enter
- No exceptions
- Additionally, you must provide hard copy of the proof of time before a deck entry will be accepted.

Warm-up

Procedures:

- The South Texas Swimming Safety Guidelines and Warm-up Procedures on page nine (9) will be in effect at this meet
- The pool will be available for open warm-ups as shown on the schedule on all three days.
- There will be one (1) warm-up session of 60 minutes on Thursday evening, and multiple warm-up sessions on Friday, Saturday and Sunday mornings
- There will be a single session for finals
- Six-lane warm-up / cool down pool between the courses
- Warm-up times and lane assignments for each team will be posted on the STSI website and sent to the coaches no later than Tuesday, February 17, 2009
- Warm-ups must be under direct supervision of the coaches at all times

Time Trials:

- Time Trials *may* be held immediately following Friday and Saturday's preliminary session, *time permitting*
- There will be no time trials on Sunday
- Swimmers must already be entered in this meet in order to enter a time trial
- No events longer than 200-yards will be offered
- An individual swimmer may enter no more than two (2) time trial events during the entire meet
- Time trial entries *do not* count against the seven (7) allowed overall meet entries

- Time trial entries do count against the three (3) per day limit
- Please Note:** STAGS Times made during the STAGS Time Trials cannot then be used to enter that event in the meet
- Time Trial results will be posted with the meet results
- Nine and under swimmers may enter time trial events for any event that is a standard STAGS event in their age group. 10, 11, and 12 year old swimmers may enter any time trial event up to 200 yards.

- Scratch Rules:**
- There is no penalty for failing to scratch from a pre-seeded preliminary event.
 - The top 16 qualifiers in each preliminary event will be announced and posted shortly after the final heat
 - The top 16 qualifiers have 30 minutes in which to scratch if they do not desire to compete in the finals
 - Swimmers who elect NOT to compete in finals, must scratch or declare and INTENT to scratch with the Clerk-of-Course within 30 minutes after the announcement*
 - Swimmers who declare an intent to scratch, then have 30 minutes after the completion of their last individual event of the session to confirm the scratch
 - Following the 30 minute deadline, if scratch confirmation is not received it will be assumed the swimmers **will compete** in the finals event
 - Parents are not allowed on deck for this purpose. All scratched must be made by that swimmer's coach.
 - Any swimmer qualifying for finals, who does not scratch, and fails to appear for competition will be disqualified from further participation in the meet
 - Illness and injury may be excused by the Meet Referee
 - In the event that the no show is on Sunday, the swimmer will be fined \$100
 - Swimmers will be barred from competition in South Texas until any such fines are paid
 - Swimmers and relay teams who check-in for deck seeded events and subsequently fail to appear for competition will be disqualified from further participation in the meet
 - Swimmers who fail to appear for any positive check-in event will be fined \$100
 - Illness and injury may be excused by the Meet Referee

Swim suit

- Restrictions:**
- Only one suit is permitted during competition
 - The suits must:
 - Be of one piece
 - Be constructed of woven / knit material
 - Be 100% permeable to air and water
 - Not aid buoyancy
 - Not have fastening system other than waist ties, casings, ribbing or elastic (no zippers)
 - Not extend below the knee and not cover the neck or shoulders for women
 - Not extend above the navel or below the knee for men
 - Swimmers found in violation of these restrictions will be banned from further competition until the violation has been remedied

- Special Needs:**
- Please notify the NISD Natatorium (210) 397-7522 in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
 - The Natatorium 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.

- Awards:**
- Awards will be as follows: 10 and under, 11, and 12
 - Custom medals for places one through three in individual events
 - Custom ribbons for places four through eight in individual events
 - Custom ribbons for places one through three in relay events
 - STAGS Flags, places one through five for Team High Point
 - There will be no awards presentations — clubs must pickup awards during the meet from the Award Desk area

Scoring:

A Finals ⇒	1	2	3	4	5	6	7	8
Individual events	20	17	16	15	14	13	12	11
Relay events	40	34	32	30	28	26	24	22
B Finals ⇒	9	10	11	12	13	14	15	16
Individual events	9	7	6	5	4	3	2	1
Relay events	18	14	12	10	8	6	4	2

Meet Management:

Meet Director: Robert Laura NISD Natatorium 8400 North Loop1604 West San Antonio, TX 78249- (210) 397-7522 robertlaura@nisd.net	Swimming Referee: Mike Bertirotti 8603 Timber Place San Antonio, TX 78250 (210) 520-2050 mbertiro@aol.com	Entries Chair: Peter Hay 8400 North Loop1604 West San Antonio, TX (210) 397-7524 coachpeteh@gagle.net
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Swimming Officials

Please Make

Special Note:

- All deck officials must be currently (2010) registered with USA Swimming
- The Meet Referee will make all deck assignments two or three days BEFORE the meet
- Therefore, all officials who desire to be assigned to deck positions MUST notify the Meet Referee of their intentions and availability NOT LATER than 6:00 PM, Sunday, February 14th
- Please specify the sessions for which you will be available
- Please submit your information to: mbertiro@aol.com
- You WILL NOT be assigned if your commitment and information are not submitted or not received by the deadline
- Uniforms for deck officials will be as follows:
 - Preliminaries** – white shirts / blouses over navy blue pants, skirts, or Bermuda length shorts (NO JEANS PLEASE)
 - Finals** – navy blue shirts/blouses over white pants or skirts (NO SHORTS OR JEANS, PLEASE), navy blue blazers with white shirt and mostly red tie are optional
- Please report to the Meet Referee at least thirty (30) minutes prior to the scheduled start of the session to receive your assignments
- Officials are required to prominently display both their USA-S and LSC Credentials while on deck
- The wearing of name tags is strongly encouraged

Preliminaries		Finals	
First warm-up begins at:	7:00 AM	Warm-ups begin at:	3:30 PM
Second warm-up begins at:	7:35 AM	Clear pools at:	4:45 PM
Clear Pool	8:10 AM	National Anthem at:	4:57 PM
Coaches' meeting at:	8:10 AM (Fri. only!)	Sessions begin at:	5:00 PM
Sessions begin at:	8:30 AM		

Warm-up lane assignments will be posted on the Web with the Psych Sheets

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 properly attired, behind the block and ready to swim within 30 seconds of being called.

Timers:

- Each participating team is required to provide back-up timers in proportion to the number of swimmers entered in the meet at a ratio of one timer per every ten entries based on the previous year's participation
- Every team must provide at least one timer
- Swimmers competing in the 500 / 1000 / 1650 freestyle events must provide their own back-up timers and lap counters.

Order of Events

Distances are in yards – The superscript notes are at the bottom of this page

Girl's Event Number	Friday, February 19th	Boy's Event Number
1	11 and 12 400 Free Relay ¹	2
3	12 an U 100 Butterfly	4
5	12 and U 50 Freestyle	6
7	12 and U 200 Individual Medley	8
9	12 and U 50 Backstroke	10
11	11 and 12 200 Breaststroke	12
13	12 and U 500 Freestyle ²	14

Check-in for the 500-yard freestyle by 10:00 AM

Girl's Event Number	Saturday, February 20th	Boy's Event Number
15	12 and U 200 Free Relay ¹	16
17	12 and U 100 Freestyle	18
19	11 and 12 200 Backstroke	20
21	12 and U 100 Breaststroke	22
23	12 and U 50 Butterfly	24
25	11 and 12 200 Medley Relay ¹	26
27	12 year old 400 Individual Medley ²	28

Check-in for the 400 I-M by 8:30 AM

Girl's Event Number	Sunday, February 21st	Boy's Event Number
29	10 and Under 200 Medley Relay ¹	30
31	12 an U 400 Medley Relay ¹	32
33	12 and U 200 Freestyle	34
35	12 and U 50 Breaststroke	36
37	12 and U 100 Backstroke	38
39	11 and 12 200 Butterfly	40
41	12 and U 100 Individual Medley	42
43	12 year old 1650 Freestyle ²	44

Check-in for the 1650 freestyle by 10:00 AM

Note 1: These events will be swum as Timed Finals in the preliminary sessions only. They will be pre-seeded and swum **slowest to fastest**.

Note 2: These events will be swum as Timed Finals, ONLY in the preliminary sessions. They will require a positive check-in, be age combined, alternate female / male, seeded on deck by time only and swum **fastest to slowest**. Competitors should expect to provide their own backup timers and lap counters

STAGS 2009-2010 Qualifying Times

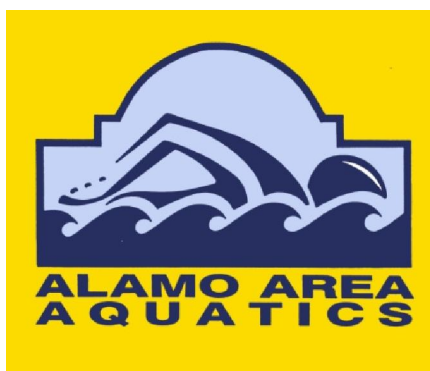
Girls				Boys		
10 & U	11	12	SCY	12	11	10 & U
00:33.29	00:31.19	00:29.09	50 free	00:29.89	00:31.79	00:33.79
01:12.39	01:08.29	01:03.69	100 free	01:05.59	01:09.79	01:13.09
02:43.09	02:31.69	02:19.69	200 free	02:21.79	02:37.29	02:42.59
07:39.49	07:04.19	06:29.49	500 free	06:35.09	07:05.49	07:35.19
		23:27.89	1650 free	23:10.49		
00:39.89	00:37.49	00:34.79	50 back	00:36.49	00:39.49	00:40.49
01:24.99	01:20.49	01:14.59	100 back	01:18.99	01:24.19	01:27.59
	02:55.49	02:39.29	200 back	02:45.59	02:58.39	
00:44.79	00:41.89	00:40.19	50 breast	00:40.79	00:44.29	00:47.59
01:36.89	01:29.49	01:26.39	100 breast	01:27.79	01:35.09	01:40.09
	03:17.21	03:11.69	200 breast	03:07.29	03:21.69	
00:37.69	00:36.19	00:34.19	50 fly	00:34.79	00:38.19	00:39.69
01:35.19	01:26.09	01:20.19	100 fly	01:18.69	01:25.79	01:36.39
	03:04.99	02:51.79	200 fly	02:48.29	03:01.19	
01:25.29	01:20.49	01:16.89	100 IM	01:17.59	01:22.59	01:27.49
03:07.99	02:56.49	02:40.29	200 IM	02:49.39	03:03.09	03:09.19
		06:04.19	400 IM	05:56.29		
02:13.16		02:04.76	200 FR	02:07.16		02:15.16
02:35.66		02:26.76	200 MR	02:33.76		02:41.56
04:49.56		04:33.16	400 FR	04:39.16		04:52.36
		05:24.36	400 MR	05:34.86		

Girls				Boys		
10 & U	11	12	LCM	12	11	10 & U
00:37.59	00:35.79	00:32.99	50 free	00:34.49	00:37.69	00:38.79
01:25.79	01:19.29	01:12.79	100 free	01:17.29	01:21.29	01:26.39
03:04.09	02:56.19	02:39.79	200 free	02:47.79	02:57.59	03:13.99
06:51.59	06:23.99	05:41.29	400 free	05:54.39	06:21.69	06:52.69
		12:33.69	800 free	12:28.59		
		24:12.39	1500 free	24:05.39		
00:45.99	00:42.99	00:39.59	50 back	00:42.19	00:45.69	00:47.59
01:40.59	01:36.39	01:25.79	100 back	01:31.39	01:38.09	01:44.29
	03:22.69	03:05.99	200 back	03:11.09	03:25.79	
00:52.59	00:48.59	00:45.59	50 breast	00:47.09	00:51.09	00:54.59
01:52.89	01:45.79	01:39.79	100 breast	01:40.89	01:49.19	01:59.79
	03:50.59	03:35.79	200 breast	03:37.49	03:54.19	
00:45.59	00:41.69	00:37.59	50 fly	00:39.59	00:42.99	00:46.89
01:48.39	01:36.59	01:29.09	100 fly	01:29.49	01:37.49	01:53.19
	03:29.09	03:14.19	200 fly	03:13.39	03:28.29	
03:32.29	03:15.59	03:01.09	200 IM	03:13.89	03:25.69	03:44.79
		06:55.89	400 IM	06:51.79		
02:30.36		02:23.16	200 FR	02:30.76		02:35.16
03:01.76		02:49.06	200 MR	02:57.46		03:07.86
05:43.16		05:17.16	400 FR	05:25.16		05:45.56
		06:18.06	400 MR	06:26.06		

STAGS 2009-2010 Qualifying Times

Girls				Boys		
10 & U	11	12	SCM	12	11	10 & U
00:36.99	00:34.89	00:32.49	50 free	00:33.39	00:35.49	00:37.69
01:20.79	01:16.29	01:11.09	100 free	01:13.29	01:17.89	01:21.59
03:01.89	02:49.39	02:35.99	200 free	02:38.29	02:53.59	03:01.49
06:42.09	06:11.19	05:34.49	400 free	05:42.79	06:09.09	06:38.29
		12:18.69	800 free	12:03.89		
		23:23.69	1500 free	23:17.69		
00:44.59	00:41.89	00:38.89	50 back	00:40.79	00:44.09	00:45.19
01:34.89	01:29.83	01:23.29	100 back	01:28.19	01:33.99	01:37.79
	03:15.89	02:57.79	200 back	03:04.89	03:19.19	
00:49.99	00:46.79	00:44.79	50 breast	00:45.59	00:49.49	00:53.09
01:48.19	01:39.89	01:36.79	100 breast	01:37.39	01:45.39	01:51.79
	03:40.19	03:31.99	200 breast	03:29.03	03:45.19	
00:42.09	00:40.39	00:36.99	50 fly	00:38.49	00:41.79	00:44.39
01:46.29	01:35.99	01:28.49	100 fly	01:27.89	01:35.79	01:47.59
	03:26.49	03:11.79	200 fly	03:07.89	03:22.29	
01:35.19	01:24.89	01:25.81	100 IM	01:26.69	01:32.19	01:37.69
03:28.49	03:12.09	02:57.89	200 IM	03:07.19	03:18.49	03:24.39
		06:46.49	400 IM	06:37.65		
02:27.96		02:19.56	200 FR	02:21.96		02:30.76
05:23.16		02:43.96	200 MR	02:50.86		05:26.36
		05:05.16	400 FR	05:11.56		
		06:02.00	400 MR	06:13.06		

Approved by the HoD on 10 Oct 09



SOUTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

- I. Assigned warm-up Procedures (**Preliminaries**).
 - 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 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 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 ½ 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. One way only! Dive sprints may only be done under the direct supervision of the coach.
 - d. There will be no diving in the general warm-up lanes. Circle swimming only.
 - e. No kick boards, pull buoys, or hand paddles may be used.
3. 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 (4) 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) Referees have 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. 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 areas used by coaches, swimmers, or officials will be either removed or clearly marked.

B. MISCELLANEOUS NOTES

1. Coaches will ensure that backstrokers 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.
2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
3. 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.
4. Warm-up procedures will be enforced for any breaks scheduled during the competition.
5. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-up unless approved by the 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.

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