

2011 Short Course Texas Age Group Swimming Championships

Hosted By
City of Plano Swimmers
March 10-13, 2011

Sanction # NT006-11 (TAGS Meet)
Sanction # NT007-11 (Time Trails)

Entry deadline - 11:59 PM, Tuesday, March 1, 2011

LOCATION: Alfred J. Loos Swimming Center, 3815 Spring Valley Road, Addison, Texas 75244.

DIRECTIONS: The natatorium is located east of I-35 East between Marsh and Midway on Spring Valley. Plenty of free parking is available at the facility.

LIABILITY: USA Swimming, North Texas Swimming, Inc., Dallas Independent School District, City of Plano Swimmers and all meet officials accept no responsibility for injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. In granting this sanction it is understood that the above named parties shall be free from any and all liabilities or claims for any damages even if such liabilities or claims are due to the negligence of such organizations, arising by reason of injuries to anyone during the conduct of the meet. 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.

COACHES: Steve Mateer Head Coach
Ted Carson Head Age Group Coach

MEET REFEREE: Mike Eubanks mike.eubanks@tx.rr.com

OFFICIALS: Help from visiting officials is always welcome. Visiting officials are asked to email the Meet Referee with their certification level and availability so he can plan accordingly. 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 blue polo shirt over khaki pants/skirt (NO shorts), as appropriate. Application will be made for this meet to be designated a National Qualifying Meet for Officials. Applications for evaluation can be obtained from the Southern Zone website.

MEET DIRECTORS: Beth Bell tervenfamilytree@yahoo.com
Sammie Krepp

SAFETY MARSHAL: Mehran Mobasseri

SAFETY GUIDELINES AND WARM-UP PROCEDURES: See attached Safety Guidelines and Warm-up procedures.

GENERAL MEETING: All swimmers must be represented at a pre-meet general meeting that will be held on Thursday. The meeting will be held immediately after the conclusion of Thursday's events (location within the Loos Natatorium to be announced). 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.

OPEN CEREMONIES: There will be a short opening ceremony on Friday, March 11, 2011 at 9:00 AM before the start of the preliminaries session to introduce and recognize each team. Team representatives may carry team banners or flags. The opening ceremony will be followed promptly by the meet events. Team pep rallies and demonstrations may be held BEFORE the playing of the National Anthem and AFTER the start of the first event at each session, but not between the two.

ELIGIBILITY: All swimmers, age 14 and younger, must be registered as athletes for 2011 with USA Swimming by the entry deadline and must be registered as a member of one of the five Texas Local Swimming Committees (LSC's). All swimmers must also meet the time standards established for each event he or she enters and must have achieved those times between January 1, 2010 and March 1, 2011. Swimmers who achieve a qualifying standard for the first time from Wednesday, March 2, 2011 through Sunday, March 6, 2011 may submit entries by email (see ENTRIES section). Swimmers with a Senior National cut may not swim that event or a relay leg of that stroke. Typographical and transcription errors with regards to achieved qualification times will fall under the current USA Swimming Rules and Regulations Paragraph 207.10.5. Competitors must indicate their USA Swimming number and their age, as of March 10, 2011. Entries with "applied for" or "pending" registration will not be accepted. There will NOT be an opportunity to obtain a valid USA Swimming number or registration at the competition.

Swimmers may compete with a team that is registered with any of the five Texas LSC's. The team must be a member of the Texas Swimming Association (TSA) to compete for team points and awards. A swimmer may swim "unattached" if he/she is a member of an unregistered team or is ineligible to represent a team with whom they swim. Unattached swimmers may not earn team points. All teams must comply with all TSA entry requirements. Should a team be delinquent with TSA dues and/or fines at the start of the meet, all team members will swim unattached for the duration of the meet.

TECHNICAL SUIT RESTRICTION: Swimsuits must conform to USA Swimming rule 102.9.

RULES AND SANCTIONS: The meet will be held under the sanction of USA Swimming and North Texas Swimming. The 2010-2011 USA Swimming Rules and Regulations will govern this meet. TSA rules will apply where allowed. TSA rules prevail over any inconsistencies between TAGS Meet Information and current TSA rules.

CREDENTIAL TAGS AND REGISTRATION: Credential tags must be presented to enter the pool deck area. All meet personnel and USA Swimming registered coaches, officials and participating swimmers will be issued credential tags. Registration cards must be presented to receive credential tags. No team photographers will receive credential tags. Credential tags for media personnel must be arranged with the meet director. Credential tags must be picked up at the registration desk. Replacement of a lost credential tag will cost \$10.

POOL DECK RESTRICTIONS: Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all North Texas Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA registration card; however, due to limited deck space if you are not working at the meet, you will be asked to leave the deck area. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

SWIMMERS WITH DISABILITIES: Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve proper equipment.

MEET FORMAT: This is a prelim-finals meet for all age groups with the exception of relays, 1000/1650 Freestyle events, and the 500 Free for 12 & Under which will be timed finals. Preliminaries will swim in two pools. Finals will swim in one pool.

SCRATCH RULE: Scratching for all final events is required as outlined in the current USA Swimming rules 207.12.6D and 207.12.6E. **Scratching for ALL PRELIMINARIES is required prior to the deadline stated below.** Failure to scratch an event counts as one of your seven events for the meet.

CHECK IN / SCRATCH DEADLINES:

Day/Event	Deadline
1000 Freestyle – Positive Check-in 500 Freestyle 12& U – Positive Check-in 800 Freestyle Relay – Relay Cards Due	Thursday by 4:00 PM
Friday's Relay Events – Relay Cards Due / Declare AM or PM Friday's Individual Events - Scratch From Prelims	Thursday by 6:00 PM
Saturday's Relay Events - Relay Cards Due / Declare AM or PM Saturday's Individual Events – Scratch From Prelims	Friday by 6:00 PM
1650 Freestyle – Positive Check-in / Declare AM or PM Sunday's Relay Events – Relay Cards Due / Declare AM or PM Sunday's Individual Events – Scratch From Prelims	Saturday by 6:00 PM

RELAYS: Relays will be swum as timed final events. The 800 Freestyle relays will be swum fastest to slowest. All other relays will have the fastest heat swim in finals, with slower heats swum in preliminaries. Relay cards are due to the Clerk of Course according to the schedule above under "Check-in." Relay cards not turned in on time will be considered scratched. Each team must indicate whether their relays are available for an evening swim. Teams seeded in finals must swim or scratch. The order of swimmers on relay teams will be strictly enforced in accordance with 102.4.7 USA Swimming Rules and Regulations. Relay only swimmers must be pre-entered in the meet to be eligible to swim relays or time trials according to TSA rules. The four (4) swimmers being used to prove the time for a relay, whether the proof is done by team or by aggregate, must be eligible to swim that event for this meet.

DISTANCE EVENTS: The 1000 Freestyle, 1650 Freestyle, and all relays are Timed Finals events.

The 1650 Freestyle check-in will include the option to swim during either prelims or finals. The fastest 8 girls and fastest 8 boys who check-in to swim during finals will swim during Sunday's finals. All other heats will be swum fastest to slowest as the final event in Sunday's preliminary session. There will be a 10 minute break between the last relay event and the first 1650 Freestyle heat. See ENTRIES section regarding the option to swim the 1650 Freestyle if qualified in the 1000 Free.

The 1000 Freestyle will be swum fastest to slowest as a Timed Final, seeded by qualification times. See ENTRIES section regarding the option to swim the 1000 Free if qualified in the 1650 Free.

ENTRIES: Swimmers may enter as many qualified events as desired but may only compete in a total of seven (7) individual events during the entire meet with no more than three (3) individual events during any one day, plus one (1) relay per day, except on Saturday when two are offered. Swimmers may participate in more than one (1) relay on that day.

Time trial events will count as one of the three events allowed per day, but not for one of the seven (7) meet events. Please note that you must scratch the events you don't want to swim by the deadline specified in the check-in section. Failure to scratch an event counts as one of your seven allowed events for the meet. Penalty for no-show after check-in counts as a disqualification and one of the seven (7) allowable swims.

All seed times should be submitted in 100ths.

Swimmers qualifying with a “non-conforming” time (short course meters or long course meters) shall enter such event using the qualifying time for that event. For all such entries, each team’s entry person must supply by email the proof time by the entry deadline (email: jim@planoswimming.org). The email must contain the swimmer’s name, USAS number, the event, non-conforming time to be proven, the meet where the swim was done, and the date of the meet.

A swimmer that has the qualifying time for the 1650 Freestyle also qualifies for the 1000 Freestyle. Conversely, a swimmer who qualifies for the 1000 Free qualifies for the 1650 Free. If entering the 1000 Freestyle with the 1650 Freestyle qualification, the swimmer must enter at the 1000 Freestyle qualifying time and must provide proof of time for the 1650 Freestyle qualifying time. If entering the 1650 Freestyle with the 1000 Freestyle qualification, the swimmer must enter at the 1650 Freestyle qualifying time and must provide proof of time for the 1000 Freestyle qualifying time.

A 13-14 Medley Relay that has a qualifying time for the 400 Medley Relay also qualifies for the 200 Medley Relay. If entering the 200 Medley Relay with the 400 Medley Relay qualification, the relay must be entered at the 200 Medley Relay qualifying time.

ENTRY FEES: Individual events \$10.00 per event and relays \$20.00 per relay event.
Time trials are \$15.00 per event
Late entries individual/relay events are \$25.00

ENTRY PROCESS: Teams shall enter using the USA Swimming On-Line Meet Entry (OME) system. This is the only accepted process for pre-entering the meet. Entries are due NO LATER than 11:59 PM, Tuesday, March 1, 2011. Register for the meet online at www.usaswimming.org/OME . Payment must be made by credit card through the OME system.

Relays will be entered and paid for using the OME system. In addition, each team must populate their relays in a hy-tek file and email the file to jim@planoswimming.org no later than 11:59 PM, Tuesday, March 1, 2011. The hy-tek file template will be available on the North Texas website (www.ntswim.org) and the TSA website (www.tsaswim.org).

Entries for newly achieved times established after the entry deadline will be accepted up to 11:59 PM, Sunday, March 6, 2011. Only email entries will be accepted. Payment (\$25/event) will be due by the beginning of the meet and will be paid at the coaches’ check-in. Email entries to: jim@planoswimming.org. Entries sent to any other email will not be accepted. Improved times of already entered events will not be accepted.

ON DECK ENTRIES: On-deck entries will be accepted no later than 30 minutes prior to the scheduled start of each session. Swimmers who on-deck enter must pre-prove their time with the Clerk of Course, be entered at the cut off time, and swim in the open lanes in the first heat. A zero heat will be added if necessary, but there will be no standbys for open lanes. The late entry fee is \$25.00 per event. On-deck entries will be required to present a copy of their current USA Swimming ID and a current best times report from USA Swimming SWIMS database. NO DECK REGISTRATIONS WILL BE ACCEPTED.

TIME TRIALS: Time Trials will be held, time permitting, for TAGS participants (name must appear on master entry sheet) between preliminaries and finals on Friday, March 11 and Saturday, March 12. Time Trials entries will be accepted from 10:00 – 11:30 AM on Friday and Saturday. There will be no time trials on Thursday or Sunday. The fee is \$15 per event. A swimmer may swim a maximum of one time trial per day. The 1000 yard Freestyle will only be offered for Time Trial on Friday and the 1650 Freestyle will only be offered for Time Trial on Saturday. Time trial events count toward a swimmers

total number of events as outlined in the Entries section. Time Trial results will be published with the Final results: however, these times cannot be considered for state records. Event order will be determined by the Time Trial Referee.

PROOF OF TIME: For all rules and explanations pertaining to TAGS Proof of Times, swimmers and coaches are requested to refer to the TSA handbook. This is a pre-prove meet: all times will be verified through the SWIMS database. As always, it is the coach's responsibility to submit accurate, provable times. Otherwise, the individual swimmer or relay will not be entered in the meet. Any times not in the SWIMS database, including aggregate relay times, must be proven, with supporting documentation supplied with the entry packet.

Swimmers qualifying with a "non-conforming" time (short course or long course meters) shall enter such event using the qualifying time for that event. For all such entries, each team's entry person must supply by email the proof of time by the entry deadline (email: jim@planoswimming.org). The email must contain the swimmer's name, USAS number, the event, non-conforming time to be proven, the meet where the swim was done, and the date of the meet.

AWARDS:

- Individual Events:** Medals 1st through 8th
- Relay Events:** Medals 1st through 3rd, Ribbons 4th through 8th
- Teams:** TAGS flags will be awarded to teams that finish in 1st through 10th places. The first place team will receive the Leo Cancellare Award, TAGS traveling trophy.
- High Point Award:** A high point plaque will be given to the outstanding boy and girl swimmer in each age group based upon the total number of points in individual events during the meet.
- Team Age Group Award:** A white flag with red printing 3' x 2' in size will be given to the first place girls' and boys' teams in the following age groups using individual and relay events only: 10 & under, 11-12, and 13-14.

SCORING: All events will be scored by age groups.

Individual Events: 1st -8th: 9-7-6-5-4-3-2-1
Relays Events: 1st -8th: 18-14-12-10-8-6-4-2

Team points will not be awarded for a performance that does not meet or better the minimum time standard for that event. However, the swimmer is entitled to the individual award if the swimmer can prove that he/she has met the qualifying time.

TIMERS: Each team entered in the meet will be responsible for providing timers. Timing Assignments will be made on a pro-rata basis. Each team will be responsible for providing 1 timer for every 10 swimmers entered in the meet. However, each team must provide at least 1 timer. Timing assignments will be printed in the heat sheet.

POOL: The facility has two indoor 25 yard eight lane pools. The minimum water depth in accordance with article 103.2.3 is 4-1/2 feet measured from 1 meter to 5 meters at the starting end of the shallow course and 8 feet measured from 1 meter to 5 meters at the turning end of the shallow course; and 10 feet measured from 1 meter to 5 meters at the starting end of the deep course and 18 feet from 1 meter to 5 meters at the turning end of the deep course.

POOL MEASUREMENT: The competition course has not been certified in accordance with Article 104.2.2C(4). The copy of such certification is not on file with USA Swimming. Course measurements will be verified each session in accordance with North Texas Swimming Rule 202.3.6.

TIMING SYSTEM: Colorado electronic timing with an 8-lane electronic scoreboard will be used. Two watches per lane will be used as back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be posted online 3 days before the meet and published in the heat sheet. Timer sign up sheets will be posted in concourse. Swimmers in the 500 & 1000 Free must provide two timers and lap counters.

SPECTATOR SEATING: The first row of seating on either side will be reserved for handicap. Please no coolers or wet swimmers in the stands.

CONCESSIONS: Food will be available in the Natatorium.

HOSPITALITY: A hospitality room and complimentary heat sheets will be provided for Coaches and Officials.

MEET RESULTS: Meet results will be posted on the North Texas Web Page www.ntswwim.org within three days after the conclusion of the meet.

MERCHANDISE: D&J Sports will be at the meet selling swim apparel and swim gear.

ATTACHMENTS: Safety Guidelines and Warm up Procedures

SCHEDULE: The following schedule will be used as a guideline for all activities.

THURSDAY, MARCH 10

3:00 to 9:00 p.m.	Pool open for warm-up.
3:30 to 4:45 p.m.	Warm-up for 1000 & 500 Freestyle
4:00 p.m.	Check-in due for 1000 & 500 Freestyle
4:00 p.m.	Relay cards due to Clerk of Course for today's session
5:00 p.m.	Timed Finals for today's events
6:00 p.m.	Positive check-in/scratches for ALL Friday events
15 minutes after end of session	Pre-TAGS General Meeting

FRIDAY, MARCH 11

7:00 to 7:30 a.m.	1 st Warm-up
7:30 to 8:00 a.m.	2 nd Warm-up
8:00 to 8:30 a.m.	3 rd Warm-up
8:30 to 8:45 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Opening Ceremonies
after the parade	Prelim Session starts
10:00 to 11:30 a.m.	Friday Time Trial entries accepted
End of Prelims	All Star Committee meeting
3:30 to 4:30 p.m.	General Warm-up
4:30 to 5:20 p.m.	Finalist Warm-up ONLY
5:30 p.m.	Finals start for today's events
6:00 p.m.	Positive check-in/scratch for ALL Saturday events

SATURDAY, MARCH 12

7:00 to 7:30 a.m.	1 st Warm-up
7:30 to 8:00 a.m.	2 nd Warm-up
8:00 to 8:30 a.m.	3 rd Warm-up
8:30 to 8:45 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Prelim Session starts
10:00 to 11:30 a.m.	Friday Time Trial entries accepted
End of Prelims	TAGS Committee meeting
3:30 to 4:30 p.m.	General Warm-up
4:30 to 5:20 p.m.	Finalist Warm-up ONLY
5:30 p.m.	Finals start for today's events
6:00 p.m.	Positive check-in/scratch for ALL Sunday events

SUNDAY, MARCH 13

7:00 to 7:30 a.m.	1 st Warm-up
7:30 to 8:00 a.m.	2 nd Warm-up
8:00 to 8:30 a.m.	3 rd Warm-up
8:30 to 8:45 a.m.	Dive/Sprint/Pace for all athletes
9:00 a.m.	Prelim Session starts
3:30 to 4:30 p.m.	General Warm-up
4:30 to 5:20 p.m.	Finalist Warm-up ONLY

5:30 p.m.

Finals start for today's events

*There will be a minimum two-hour break between the end of the Preliminary Session and the start of the Final Session. The Final Session will start no earlier than 4:30 PM but may start later, based on the end of the Preliminary Session.

WARM-UP SCHEDULE**

	<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>
7:00 to 7:30	Group 1	Group 2	Group 3
7:30 to 8:00	Group 2	Group 3	Group 1
8:00 to 8:30	Group 3	Group 1	Group 2
8:30 to 8:45	Dive/Sprint Pace for all athletes		

Group 1

West Texas
Gulf (except Woodlands)

Group 2

South Texas
The Woodlands

Group 3

North Texas
Border

**Please be advised that the Meet Director and the Meet Referee MAY adjust teams to maintain balance at all three warm-ups. Teams mandated to move will be notified by email and any changes will be posted on the TSA website by Monday, March 7, 2011.

Order of Event for Short Course TAGS

Thursday, March 10, 2011
Timed Finals

Girls Event	SCY Qual Time	Event Description	SCY Qual Time	Boys Event
1**	10:53.99	13-14 1000 Free	10:20.39	2**
3*	6:13.89	10 & Under 500 Free	6:16.39	4*
5*	5:35.99	11-12 500 Free	5:30.99	6*
7**	8:14.09	13-14 800 Free Relay	7:59.99	8**

* Timed Finals

** Timed Finals –will be swum fastest to slowest

500 Freestyle swimmers must provide their own counters

1000 Freestyle swimmers must provide two timers and a counter

Friday, March 11, 2011

Girls Event	SCY Qual Time	Event Description	SCY Qual Time	Boys Event
9	2:29.19	11-12 200 Fly	2:29.09	10
11	1:01.19	13-14 100 Fly	57.39	12
13	1:25.89	10 & Under 100 Breast	1:26.79	14
15	1:15.29	11-12 100 Breast	1:15.49	16
17	1:11.49	13-14 100 Breast	1:05.59	18
19	2:20.99	10 & Under 200 Free	2:21.99	20
21	2:06.59	11-12 200 Free	2:05.59	22
23	1:58.79	13-14 200 Free	1:51.99	24
25	35.09	10 & Under 50 Back	35.19	26
27	30.89	11-12 50 Back	30.69	28
29	1:01.99	13-14 100 Back	58.99	30
31	1:15.19	10 & Under 100 IM	1:15.69	32
33	1:07.19	11-12 100 IM	1:06.89	34
35	4:46.49	13-14 400 IM	4:29.79	36
37*	4:40.89	10 & Under 400 Free Relay	4:43.99	38*
39*	4:02.09	11-12 400 Free Relay	4:03.79	40*
41*	3:47.09	13-14 400 Free Relay	3:36.69	42*

* Timed finals –fastest heat to be swum during finals.

Saturday, March 12, 2011

Girls Event	SCY Qual Time	Event Description	SCY Qual Time	Boys Event
43*	1:58.39	13-14 200 Medley Relay	1:50.89	44*
45*	2:04.69	11-12 200 Medley Relay	2:05.49	46*
47	1:16.09	10 & Under 100 Fly	1:16.79	48
49	2:17.89	13-14 200 Fly	2:08.99	50
51	1:05.89	11-12 100 Back	1:05.79	52
53	2:41.19	10 & Under 200 IM	2:43.39	54
55	2:23.89	11-12 200 IM	2:23.39	56
57	25.59	13-14 50 Free	23.79	58
59	29.69	10 & Under 50 Free	29.79	60
61	26.99	11-12 50 Free	26.49	62
63	2:34.29	13-14 200 Breast	2:23.19	64
65	39.79	10 & Under 50 Breast	40.59	66
67	2:44.69	11-12 200 Breast	2:44.29	68
69*	5:15.69	13-14 500 Free	5:00.49	70*
71	1:05.69	11-12 100 Fly	1:06.49	72
73*	2:05.59	10 & Under 200 Free Relay	2:07.79	74*
75*	1:44.99	13-14 200 Free Relay	1:40.09	76*
77	1:51.59	11-12 200 Free Relay	1:50.89	78*

*Timed finals- fastest heat to be swum during finals.

Sunday, March 13, 2011

Girls Event	SCY Qual Time	Event Description	SCY Qual Time	Boys Event
79*	35.39	11-12 50 Breast	34.59	80*
81**	18:23.99	13-14 1650 Free	17:38.09	82**
83	1:15.09	10 & Under 100 Back	1:15.59	84
85	2:21.49	11-12 200 Back	2:21.99	86
87	2:13.29	13-14 200 Back	2:06.09	88
89	1:05.99	10 & Under 100 Free	1:05.19	90
91	58.19	11-12 100 Free	57.59	92
93	55.39	13-14 100 Free	51.89	94
95	33.29	10 & Under 50 Fly	33.49	96
97	2:16.19	13-14 200 IM	2:07.89	98
99	29.69	11-12 50 Fly	29.49	100
101*	2:22.79	10 & Under 200 Medley Relay	2:27.99	102*
103*	4:17.09	13-14 400 Medley Relay	4:02.19	104
105*	4:35.49	11-12 400 Medley Relay	4:34.69	106

*Timed finals: Fastest heat to be swum during finals.

Timed finals. Fastest heat to be swum during finals in event order. All other heats swim **at the end of Prelims (after event 106). Counters and timers must be provided by the swimmer.

SAFETY GUIDELINES AND WARM-UP PROCEDURES
APPENDIX G

WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. Lanes are **ONE WAY ONLY**.

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
 - 2. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.

5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 2. Glass containers are prohibited.
 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.

F. POOL RULES

1. The Natatorium and school grounds is a No Smoking Facility. Smoking, or use of other tobacco products, is not allowed on the grounds of USA Swimming Meets.
2. No glass containers are allowed anywhere in the Natatorium.
3. It is expected that all persons attending the meet respect the facilities and remember that they represent themselves and their respective clubs. Damage to the facility, when proved, will cause the offending swimmer if unattached, or the offending swimmers club, if attached, to be held accountable for repairs and may result in expulsion from the meet. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation.
4. Only swimmers, coaches, officials, and timers are allowed on deck or in the locker rooms. All others must sit in the bleachers.
5. Do **NOT** park along the red fire curb in front of the Natatorium. This is a designated fire lane and **cars parking there will be ticketed and or towed** by the Police Department.
6. Lap warm-up only is allowed at any time in the shallow pool, but swimmers must follow the general warm-up procedures. No diving, enter feet first only.
7. Parents and Swimmers please help keep the Natatorium clean. As you leave please pick up the trash around you. **Thank you!**