



Alamo Area Aquatic Association Meet Information



Conducted under Sanction of USA Swimming
Sanction Number: ST-23-50cm Posted: 4/24/23

- Meet Name:**
- 2023 ST AAAA-NS George Block Invitational
 - Prelim Final Competition in Long Course Meters
 - Invited teams: AAAA, SSAN, SHAC, COR, NITRO, TFA, FINS, DADS, BTA, PAC, COOGS, MAC, KATY, TWST, AQUA, BSL
- Meet Date(s):**
- June 22, 23, 24, and 25, 2023
- Entries Open:**
- Monday, June 12, 2023 at noon for AAAA
 - Tuesday, June 13, 2023 at noon for other invited teams
 - Wednesday, June 14, 2023 at noon for other teams not invited
- Entry Deadline:**
- Friday, June 16, 2023 at noon or if the meet is capped

Coach Information Google form - <https://forms.gle/eE9hEvWtFUBccAX56> (all coaches must complete)

Official Information Google form - <https://forms.gle/uNWP8VzmpwqJVrsK9> (all officials must complete)

- Venue:**
- Northside ISD Swim Center and Natatorium
 - 8400 N. Loop 1604 W
 - San Antonio, Texas 78249
 - 210-397-7525

Daily Schedules:

	Preliminaries	Finals
Coaches Meeting (Thursday am only)	6:45 am	
Warm-up begin:	7:00 am	4:00 pm
Officials Meet:	7:45 am	4:15 pm
Positive Check-in closes (Thursday – Boys 400 IM)	8:00 am	
Positive Check-in closes (Friday – Girls 400 IM)	8:00 am	
Sprint lanes open:	8:00 am	4:30 pm
Clear competition pools:	8:20 am	4:50 pm
Competition begins:	8:30 am	5:00 pm
Positive Check-in closes (Thursday – Girls 1500 Free)	8:30 am	
Positive Check-in closes (Friday – Boys 1500 Free)	8:30 am	
Positive Check-in closes (Saturday – Girls 400 Free)	8:30 am	
Positive Check-in closes (Sunday – Boys 400 Free)	8:30 am	

Format: Championship, i.e., Preliminaries and Finals

Preliminaries:

- Preliminaries will be conducted in two eight lane 50 meter pools
 - 12 & Under athletes in the indoor Natatorium
 - 13 & Over athletes in the outdoor Swim Center
- Circle seeding, fastest to slowest for preliminaries
- Chase starts: Should the meet host elect to use chase starts for prelims the format will be:
 - Odd-numbered heats 100 meters and greater will start at the South end (street side)
 - Even-numbered heats 100 meters and greater will start at the North end (stadium side)
 - All 50's will start at the North end (stadium side)
- If chase starts are not used, Flyover starts may be used during prelims except for backstroke.
- The 400 Individual Medley requires positive check-in on Thursday or Friday by 8:00 am.
- The 400 Individual Medley will be swum as the first event in the preliminaries session and will be swum as the last event in the finals session on Thursday and Friday. (see order of events)
- The 400 Freestyle requires a positive check-in on Saturday by 8:30 am for the girls and Sunday by 8:30 am for the boys.
- All events 200 and less will be pre-seeded, there is no penalty for scratching (No Show) from a pre-seeded preliminary event.
- Entry times will be seeded: LCM, SCM, SCY

Finals:

- Finals will be conducted in one eight lane 50 meter pool (OUTDOOR Swim Center, weather permitting)
- Two heats (top 16) will advance to the finals sessions for the 13-14 and 15 & Over age groups in events 50, 100, or 200 meters.
- One heat (top 8) will advance to the finals session for the 13-14 and 15 & Over age groups in the 400 Individual Medley

and 400 Freestyle.

- One heat (top 8) will advance to the finals sessions for the 10 & Under and 11-12 age groups in all events 50, 100, 200, and 400 meters.
- Finals events will be seeded slowest to fastest (B then A) youngest to oldest (order is listed in Order of events)
- All finals events will finish on the South end (street side)
 - All 50's will start from the North end of the pool (stadium side)
- The 400 Individual Medley will be swum as the first event in the preliminaries session and will be swum as the last event in the finals session on Thursday and Friday. (see order of events)
- The 1500 Freestyle will be swum as timed final events during prelims only.
- The 1500 Freestyle requires a positive check-in on Thursday by 8:30 am for the girls and Friday by 8:30 am for the boys.
 - Swimmers who check-in for a deck seeded event and subsequently fail to appear for competition will be disqualified from their next scheduled event.
- Check-in is required for all distance events 400 and longer (see schedule of events above).
 - Swimmers who check-in for a deck seeded event and subsequently fail to appear for competition will be disqualified from their next scheduled event.
- Diving well will be used for warm-up/cool-down during the meet.
- No time trials.
- The age groups will be 10 & Under, 11-12, 13-14, 15 & Over

Facilities:

- Two eight (8) lane 50-meter competition courses – INDOOR and OUTDOOR
- Colorado automatic starting and timing
- Each of the courses have been certified in accordance with USA Swimming Rule 104.2.2 (C) and copies are on file with USA Swimming
- Additional lanes will be available for constant warm-ups and cool downs in the diving well.
- Any and all two-piece swim suits are prohibited everywhere within the Northside ISD Aquatic Complex

Water Depths

- The indoor pool depths, measured from the start end and turn end, is seven feet seven inches both measured at one and five-meters from either end wall in accordance with Article 103.2.3.
- The outdoor pool depths, measured from the start end and turn end, is seven feet seven inches both measured at one and five-meters from either end wall in accordance with Article 103.2.3.

Deck

Changing:

- Deck changing is prohibited
- Violators are subject to disqualification from the meet and disbarment from the facility

Age up Date:

- June 22, 2023

Scoring and

Awards:

- Medals for 1-3, Ribbons 4-8
- Ages 10 & Under, 11-12, 13-14, and 15 & Over

Entry

Restrictions:

- This Meet is open to all 2023 Registered USA Swimming athletes registered to invited teams or any team admitted after the priority registration.
- Invited teams are listed above
- Maximum of three (3) events per day and seven (7) events for the entire meet
- All entries must include a seed time
- Entries received without a seed time (NT) or times slower than those specified will not be accepted and no refunds will be made
- Entries will be processed in the order received
- Swimmers entering with a “non-conforming” time (SCY or SCM) should enter the event using the nonconforming time, which will allow for proof-of-time.
- The meet will be seeded LCM, SCM, SCY
- Swimmers must have achieved the USA Swimming National Motivational Time Standard B time for 13 & Over Events 200 M and longer.
- Entries will be closed when any session reaches an estimated four (4) hours in length

Entry Fees

Splash Fees:

- \$15.00 per individual event (this includes the \$1.25 STSI Splash fee and \$.75 AAAA Splash fee) / No refunds
- No Personal Checks accepted
- Team Checks payable to: San Antonio Sports
 - Mail to: Brandon Allenstein
c/o Northside ISD Aquatics
8400 N Loop 1604 W
San Antonio, TX 78249

Late / Deck

Entries:

- No late entries

Qualifying

- Times:**
- 12 & Under Swimmers - No qualifying times.
 - 13-14 and 15 & Over Swimmers must have achieved the USA Swimming National Motivational Time Standard B time for events 200 M and longer.
- Drones:**
- Per USA Swimming Rule 103.13 and NISD district policy, the operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
 - Exceptions may be granted with prior written approval by the Program and Events Committee Chair or designee and NISD.
- 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), the Northside Independent School District, 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. 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.
- Sanction:**
- Held under the sanction of USA Swimming
 - This meet is sanctioned by South Texas Swimming and the current USA Swimming rules, including Minor Athlete Abuse Prevention Policy ("MAAPP"), and any relevant sections of the current South Texas Policies and Procedures Manual will govern this meet.
 - All swimmers must be registered for 2023 with USA Swimming by the meet start date.
 - South Texas Swimming does not allow on-deck USA Swimming registrations.
 - Conduct of these sanctioned events shall conform in every respect to all Technical and Administrative Rules of USA Swimming.

USA Swimming

- Registration:**
- All swimmers, coaches, and officials participating in this competition must be currently (2023) registered with USA Swimming
 - 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 Application
 - A coach may also present the club's official roster from the USA Swimming club portal
 - Current national and LSC regulations do not allow for exceptions to these policies

Cell Phone

- Restrictions:**
- The presence and / or use of cell phones, smart phones, or any other devices capable of producing audio recordings and / or photographic or video images in locker rooms, rest rooms, or changing areas is strictly and specifically prohibited at all times.
 - There are no exceptions to this prohibition.
 - Violators are subject to disqualification from the meet, disbarment from the facility and arrest.

Photographs

- And Videos:**
- No team or parent photographers will be allowed on deck.
 - In the event such Media 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 prohibited from the area immediately behind the starting blocks, and are specifically prohibited from making shots during the start phase of any race

Entry

- Procedures:**
- The **only** acceptable mode of entry is via Hy-Tek Commlink File
 - Hard copy (PDF) **MUST** accompany
 - Entries received without a seed time will not be entered into the meet and fees will not be refunded
 - Please e-mail entries to the Entry Chair noted below
 - An HYV File for importing events and time standards into Team Manager is available from the Club Calendar and Results
- Page of the AAAA Web Site: www.aaaa-sa.org.

Coach Information Google form - <https://forms.gle/eE9hEvWtFUBccAX56> (all coaches must complete)

E-Mail

- Entries:**
- Entries in Commlink Format only, MUST be sent or delivered to:
 - NISD Entries Chair:**
 - northsideaquaticsentries@gmail.com
 - E-mail submissions to any other address cannot be accepted.
 - The Commlink File must be renamed to clearly identify the entering team, the shorter the better
 - Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet

and any entry fees will not be refunded

•Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (PDF) is received as an attachment to the e-mail, or hand-delivered.

Meet

Management:

Meet Manager 8.0

•Meet Director	Brandon Allenstein	210-397-7516	brandon.allenstein@nisd.net
•Meet Referee	Larry Benson	210-687-2513	l-benson@sbcglobal.net
•Admin Official	Rick Allenstein	210-602-6418	rallenstein@hotmail.com
•Entries Chair	Brandon Allenstein	210-397-7516	northsideaquaticsentries@gmail.com

Unaccompanied

Swimmers:

- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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

Rules:

- The 2023 USA Swimming Technical Rules and any relevant sections of the STSI Policies and Procedures Manual will apply to this competition

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page nine (9)
- Continuous warm-up and warm-down will be available in the diving well.
- Please also review the daily schedules below.
- Warm-up lanes may be assigned based on entries. Information will be posted on the Northside Aquatics website by June 19.

Scratch Rules:

- There is no penalty for scratching from a pre-seeded event.
- For finals qualifiers, after the official announcement and or posting of the results of any given preliminary event have been made, individual competitors who qualify for finals must scratch with the Admin Official within 30 minutes of that announcement / posting or they must compete in the finals session under the penalty of disqualification from the swimmers next individual event.
- Failure to compete by reason of illness or injury are exempted, as are alternates
- Swimmers who check-in for a positive check-in event and subsequently fails to appear for competition, they will be disqualified from their next scheduled event.
- Distance events will be deck seeded after positive check-in closes.

Medical

Supervision:

- During the meet, lifeguards and appropriate equipment will be present to provide any necessary medical supervision and treatment for athletes participating in the meet.

Special Needs:

- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
- Please notify the Northside Aquatic Complex (210-397-8985) in advance of this meet with the name and age of any member on your team who may need assistance to enter the building.
- The Aquatics Staff will make reasonable accommodations for swimmers, coaches, or spectators who wish to enter and use our facility.
- In any meet sanctioned or approved by South Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105.
- Coaches and/or athletes must notify the Meet Host and the Meet Referee before the competition begins, and preferable at the time entries are submitted, if any specialized equipment is required and / or if they are to be considered for judging under Article 105.

USA Swimming COVID-19:

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 AND [THE LSC] AND EACH OF THEIR OFFICERS, 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 THEREWITH.

MAAPP:

- 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.

Officials:

- All 2023 STSI certified and in training USA Swimming registered officials are cordially invited to participate
- The required uniform is:
 - Prelims:
 - White collared shirts / blouses over khaki trousers, Bermuda-length shorts, skirts or capris
 - PLEASE: **NO** jeans, cut-offs or flip flops
 - Finals:
 - Navy Blue collared shirts / blouses over khaki trousers or skirts
- Please report to the Meet Referee in accordance with the Daily Schedule on page one (1) to be briefed and receive assignments
- The wearing of name tags is strongly encouraged

Officials – Please complete the Google form at <https://forms.gle/uNWp8VzmpwqJVrsK9>

Timers:

- Volunteer timers will be needed to conduct the meet
- Competitors in the 400 Freestyle and 1500 Freestyle must provide their own backup timers and counters.
- A Signup Genius will be posted on the Northside Aquatics website.

Thursday, June 22 - Prelims Order of Events - INSIDE POOL

Girls Event Number	Age Group	Distance	Stroke	Boys Event Number
	11-12	400	Individual Medley	2*
3	12 & Under	100	Freestyle	4
5	12 & Under	50	Butterfly	6
7	11-12	200	Backstroke	8
9**	11-12	1500	Freestyle	
* Positive Check-in by 8:00 am (400 Individual Medley)				
** Positive Check-in by 8:30 am (1500 Freestyle)				

Thursday, June 22 - Prelims Order of Events - OUTSIDE POOL

Girls Event Number	Age Group	Distance	Stroke	Boys Event Number
	13 & Over	400	Individual Medley	102*+
103	13 & Over	100	Freestyle	104
105	13 & Over	50	Butterfly	106
107+	13 & Over	200	Backstroke	108+
109**+	13 & Over	1500	Freestyle	
* Positive Check-in by 8:00 am (400 Individual Medley)				
** Positive Check-in by 8:30 am (1500 Freestyle)				
+Athletes must have a USA National Motivational B Time				

Thursday, June 22 - Finals Order of Events - OUTSIDE POOL ONLY

Girls Event Number	Age Group	Distance	Stroke	Boys Event Number
3	12 & Under	100	Freestyle	
103	13 & Over	100	Freestyle	
	12 & Under	100	Freestyle	4
	13 & Over	100	Freestyle	104
5	12 & Under	50	Butterfly	
105	13 & Over	50	Butterfly	
	12 & Under	50	Butterfly	6
	13 & Over	50	Butterfly	106
7	11-12	200	Backstroke	
107	13 & Over	200	Backstroke	
	11-12	200	Backstroke	8
	13 & Over	200	Backstroke	108
	11-12	400	Individual Medley	2
	13 & Over	400	Individual Medley	102

Friday, June 23 - Prelims Order of Events - INSIDE POOL

Girls Event Number	Age Group	Distance	Stroke	Boys Event Number
11*	11-12	400	Individual Medley	
13	12 & Under	100	Butterfly	14
15	12 & Under	50	Backstroke	16
17	11-12	200	Breaststroke	18
	11-12	1500	Freestyle	20**
* Positive Check-in by 8:00 am (400 Individual Medley)				
** Positive Check-in by 8:30 am (1500 Freestyle)				

Friday, June 23 - Prelims Order of Events - OUTSIDE POOL

Girls Event Number	Age Group	Distance	Stroke	Boys Event Number
111*+	13 & Over	400	Individual Medley	
113	13 & Over	100	Butterfly	114
115	13 & Over	50	Backstroke	116
117+	13 & Over	200	Breaststroke	118+
	13 & Over	1500	Freestyle	120**+
* Positive Check-in by 8:00 am (400 Individual Medley)				
** Positive Check-in by 8:30 am (1500 Freestyle)				
+Athletes must have a USA National Motivational B Time				

Friday, June 23 - Finals Order of Events - OUTSIDE POOL ONLY

Girls Event Number	Age Group	Distance	Stroke	Boys Event Number
13	12 & Under	100	Butterfly	
113	13 & Over	100	Butterfly	
	12 & Under	100	Butterfly	14
	13 & Over	100	Butterfly	114
15	12 & Under	50	Backstroke	
115	13 & Over	50	Backstroke	
	12 & Under	50	Backstroke	16
	13 & Over	50	Backstroke	116
17	11-12	200	Breaststroke	
117	13 & Over	200	Breaststroke	
	11-12	200	Breaststroke	18
	13 & Over	200	Breaststroke	118
11	11-12	400	Individual Medley	
111	13 & Over	400	Individual Medley	

Saturday, June 24 - Prelims Order of Events - INSIDE POOL

Girls Event Number	Age Group	Distance	Stroke	Boys Event Number
21	12 & Under	200	Freestyle	22
23	12 & Under	100	Backstroke	24
25	12 & Under	50	Breaststroke	26
27	11-12	200	Butterfly	28
29**	12 & Under	400	Freestyle	
** Positive Check-in by 8:30 am (400 Freestyle)				

Saturday, June 24 - Prelims Order of Events - OUTSIDE POOL

Girls Event Number	Age Group	Distance	Stroke	Boys Event Number
121+	13 & Over	200	Freestyle	122+
123	13 & Over	100	Backstroke	124
125	13 & Over	50	Breaststroke	126
127+	13 & Over	200	Butterfly	128+
129**+	13 & Over	400	Freestyle	
** Positive Check-in by 8:30 am (400 Freestyle)				
+Athletes must have a USA National Motivational B Time				

Saturday, June 24 - Finals Order of Events - OUTSIDE POOL ONLY

Girls Event Number	Age Group	Distance	Stroke	Boys Event Number
21	12 & Under	200	Freestyle	
121	13 & Over	200	Freestyle	
	12 & Under	200	Freestyle	22
	13 & Over	200	Freestyle	122
23	12 & Under	100	Backstroke	
123	13 & Over	100	Backstroke	
	12 & Under	100	Backstroke	24
	13 & Over	100	Backstroke	124
25	12 & Under	50	Breaststroke	
125	13 & Over	50	Breaststroke	
	12 & Under	50	Breaststroke	26
	13 & Over	50	Breaststroke	126
27	11-12	200	Butterfly	
127	13 & Over	200	Butterfly	
	11-12	200	Butterfly	28
	13 & Over	200	Butterfly	128
29	12 & Under	400	Freestyle	
129	13 & Over	400	Freestyle	

Sunday, June 25 - Prelims Order of Events - INSIDE POOL

Girls Event Number	Age Group	Distance	Stroke	Boys Event Number
31	12 & Under	200	Individual Medley	32
33	12 & Under	50	Freestyle	34
35	12 & Under	100	Breaststroke	36
	12 & Under	400	Freestyle	38**
** Positive Check-in by 8:30 am (400 Freestyle)				

Sunday, June 25 - Prelims Order of Events - OUTSIDE POOL

Girls Event Number	Age Group	Distance	Stroke	Boys Event Number
131+	13 & Over	200	Individual Medley	132+
133	13 & Over	50	Freestyle	134
135	13 & Over	100	Breaststroke	136
	13 & Over	400	Freestyle	138**+
** Positive Check-in by 8:30 am (400 Freestyle)				
+Athletes must have a USA National Motivational B Time				

Sunday, June 26 - Finals Order of Events - OUTSIDE POOL ONLY

Girls Event Number	Age Group	Distance	Stroke	Boys Event Number
31	12 & Under	200	Individual Medley	
131	13 & Over	200	Individual Medley	
	12 & Under	200	Individual Medley	32
	13 & Over	200	Individual Medley	132
33	12 & Under	50	Freestyle	
133	13 & Over	50	Freestyle	
	12 & Under	50	Freestyle	34
	13 & Over	50	Freestyle	134
35	12 & Under	100	Breaststroke	
135	13 & Over	100	Breaststroke	
	12 & Under	100	Breaststroke	36
	13 & Over	100	Breaststroke	136
	12 & Under	400	Freestyle	38
	13 & Over	400	Freestyle	138

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 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.