



**MEET OF CHAMPS**  
**DECEMBER 5-7, 2014**  
**Hosted by Excel Aquatics**  
**Sponsored by SPEEDO® & All-American Swim Supply**

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming. USA technical rules and regulations will be followed with the exception of items specifically addressed in the meet information sanctioned by Southeastern Swimming, Inc.

Held under the sanction of USA Swimming and Southeastern Swimming, Inc.

**SANCTION NUMBER: Sanction No.: 14SEXCEL12-5**  
**TIME TRIAL SANCTION – 14SEXCEL12-5**

**HOST:** Excel Aquatics  
920 Heritage Way  
Brentwood, TN 37027  
615-370-3471, ext. 23

**LOCATION:** Williamson County Indoor Sports Complex  
920 Heritage Way  
Brentwood, TN 37027

**FACILITY:** POOL - Two Indoor 10-lane, 25-yard competition pools. Non-turbulent lane lines. 7 foot minimum, 10-foot maximum pool depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls. Paddock racing blocks for all events of 50 yards or longer. Warm-ups lanes available at all times. Spectator seating for approximately 750 people. No outside food or coolers are allowed inside the pool area.

The competition course has been certified in accordance with USA Swimming Rules 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.

Overflow seating will be available in the tennis court area.

**TIMING:** Fully automatic Daktronics electronic timing system and two

scoreboards with lane, time, place display. 1-button backup with manual watch time.

**MEET DIRECTOR:** **Lori Biller**  
[tlbiller@comcast.net](mailto:tlbiller@comcast.net)

**MEET REFEREE:** **Clay Minatra**  
[clayminatra@gmail.com](mailto:clayminatra@gmail.com)

**ADMINISTRATIVE OFFICIAL:** **Adam Engle**  
[auengle@yahoo.com](mailto:auengle@yahoo.com)

Visiting officials are welcome and encouraged to participate. All officials must wear current USA Swimming membership credentials while on deck and must present current Officials certification card to the Meet Referee at check-in. Please contact **Clay Minatra** at [clayminatra@gmail.com](mailto:clayminatra@gmail.com) with level of certification and sessions desired. Southeastern Swimming, Inc. Officials dress code for all preliminary and 10 & under sessions is white polo shirt, khaki pants/shorts/skirt, and white shoes. Officials' dress code for all Finals sessions is light blue polo shirt, khaki pants/shorts/skirt, and white shoes. Officials' briefings take place 45 minutes prior to the start of each session in the hospitality room.

**ENTRY CHAIRPERSON:** MOC Entry Chair  
Andy Selph  
c/o Excel Aquatics  
920 Heritage Way  
Brentwood, TN 37027  
[xcelmeetentries@gmail.com](mailto:xcelmeetentries@gmail.com)

**FORMAT:** Each session is limited to the first 550 athletes entered. The meet will be preliminaries and finals for all individual events (11-12, 13 & Over) except the 13-14/Senior 400 IM, 500 Free, 1650 Free, 11-12 500 Free, and 11-12 1000 Free. The 1650 free will be scored 13-14 and Senior. Timed Final events (11-12, 13-14, Senior) will swim fastest to slowest, except for the events which are swum with finals. The B heat will swim prior to the A heat.

All 10 & Under events will be timed-final events. Please check

the Order of Events page for the correct Session order. Visiting teams may enter 8 & Under athletes. Positive check-in for the 500 free.

The Top 16 (after positive check-in) of the 13-14 & Senior 500 free and 400 IM will swim in the finals session.

All heats of the 1650 free will be swum at the conclusion of the preliminary session of Day 3 (Sunday) swimming fastest to slowest in each course.

All preliminaries will be swum in two 8-lane courses (separate courses determined after meet entry deadline). Finals will swim in one 8-lane course. Consolation Finals will be swum in the 11-12, 13-14/Senior classification only. The host club reserves the right to swim the 10 & Under sessions in one or two pools, based on accepted entries.

Friday & Saturday:

#1 Warm-up 7:15-8:00 am

#2 Warm-up 8:00-8:45 am

Preliminary Competition 9:00 am

10 & Under Timed Finals Session  
Warm-up 12:30pm / Start 1:30pm

Finals Warm-up 5:00-5:45 pm  
Finals Competition 6:00 pm

Sunday:

#1 Warm-up 7:15-8:00 am

#2 Warm-up 8:00-8:45 am

Preliminary Competition 9:00 am

10 & Under Timed Finals Session  
Warm-up 12:30pm / Start 1:30pm

Finals Warm-up 4:00-4:45 pm  
Finals Competition 5:00 pm

Teams will be assigned either first or second warm-up each day. Assignments will be posted on the host web site the Monday prior to the start of the meet. Please see warm-up guidelines on the last page of this packet.

**A coaches' meeting will be held Friday, December 5, 2014 in the Hospitality room. No swimmers will be allowed in the pool during this time.**

**POSITIVE CHECK-IN EVENTS:**

Swimmers must positive check-in with the Clerk of Course for all deck-seeded individual events and relays. All deck-seeded events will swim fastest to slowest, except those swimming with finals which will swim B heat first and A heat second. Positive check-in deadlines are as follows:

DAY OF EVENT	EVENT	DEADLINE
FRIDAY	13-14, Senior 400 IM 11-12 1000 Free	9:00 AM – POSITIVE CHECK-IN
SATURDAY	11-12, 13-14, Senior 500 Free	9:00 AM – POSITIVE CHECK-IN
	10 & Under 500 Free,	1:00 PM – POSITIVE CHECK-IN
SUNDAY	13-14, Senior 1650 Free	9:00 AM – POSITIVE CHECK-IN

**PROCEDURE FOR POSITIVE CHECK-IN OR**

**SCRATCHING:** Only the swimmer or his/her coach may check-in or scratch a swimmer. If swimming an event, the swimmer or his/her coach shall circle the name of the swimmer and place their initials next to the swimmer's name and place their initials next to the swimmer's name.

**RELAYS:** Relays will be deck seeded Timed Finals and will swim slowest to fastest during Prelims (11-12) and Finals (13& Over). All 10 & Under relays will be swum during the 10 & Under Session. Relay cards will be distributed in coaches' packets (available Friday morning). Cards must be completely and properly filled out and submitted to Clerk of Course by 10:00am (11-12), 1:00pm (10 & Under), or 5:00pm (13 & Over) on the day for the event. Each card must contain the first and last names for all swimmers eligible to compete (there is no limit to the number of eligible swimmers). The competing swimmers must be listed in the order in which they will swim. Any changes in the names of the competing swimmers or their order of swimming must be declared to the lane timer prior to the start of the heat in which the relay is entered.

**SCRATCHES:** The current Southeastern Championship Scratch Rules will be used during the meet. Swimmers qualifying for finals or consolation finals must notify the referee within 30 minutes of the announcement of the qualifiers for that final that they may not intend to compete. They must further declare their final intention to scratch at Clerk of Course table within 30 minutes following the posting of the last preliminary event of the session. For a copy of these Rules, please visit [www.seswim.org](http://www.seswim.org)

**PENALTIES:** Deck-Seeded Events: Failing to swim an event after a positive check-in will result in the swimmer being barred from his/her next event. Failure to swim Finals: Any swimmer failing to properly scratch and failing to compete in the consolation finals and finals shall be barred from the remainder of the meet unless relieved for good cause by the Referee.

**ENTRIES:** Athletes (11-12, 13-14, Senior) may enter up to three (3) individual events per day. Time Trial events count as one of the three events allowed on a given day. 10 & Under athletes may enter up to five (5) individual events per day. Visiting teams may enter 8 & Under athletes. No 8 & under athletes from the host club, Excel Aquatics, will be entered except those 8 year olds who turn 9 before December 15, 2014. Entry times should be in Short Course Yards (SCY). The required method of entry is email. Teams must submit their entry in a zipped file via email. A printed report including full name, USA number, event numbers, and entry times of all swimmers must be included with the entry. This report will serve as the official entry form. Individual entries and a signed release with fee summary must be mailed within 72 hours of the meet entry deadline.

**EVENTS ENTERED WITH "NT" WILL NOT BE ACCEPTED.**

**EMAIL ENTRIES:** The following guidelines must be followed for email entries:

1. Official entry forms and all entry fees and swimmer surcharges are due within 72 hours or receipt of entry.
2. Email entries must be zipped so that it arrives to the entry chair intact.
3. The club's entire entry must be sent in one email. Please do not flood the entry chair with several emails which compose one single team entry.

**ENTRY FEES:** \$ 5.00 per individual event  
(\$6.00 per individual event deck entry)  
\$10.00 per relay (\$12.00 per relay deck entry & Time Trial)  
\$ 3.00 SES surcharge per registered athlete residing inside the SE LSC  
\$ 5.00 non-SE surcharge per registered athlete residing outside the SE LSC  
\$ 5.00 per athlete facility surcharge  
\$12.00 per Time Trial event

Make checks payable to EXCEL Aquatics

NOTE: Deck/Late entries will be accepted on a lane available, first-come, first-served basis until 9:00am on Sunday, December 7, 2014. Deck/Late entered individual events and relays will be given a "No Time" seeding. Accepted deck/late entries will be charged \$6.50 per individual event and \$12.00 per relay. No new heats will be formed. All entry fees are non-refundable.

**ENTRY DEADLINE:** The meet is limited to the first 550 athletes per session. All entries must be sent to the Entry Chair. Entries will not be accepted prior to Friday, October 24, 2014, at 8:00am CST and will not be accepted after 11:59pm CST Tuesday, November 18, 2014.

**USA SWIMMING  
MEMBERSHIP,**

**RULES & SAFETY:** All current USA Swimming and Southeastern Swimming rules will govern this meet. USA Swimming Rules 202.3.2 – At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of an USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

Insurance regulations require that all swimmers, coaches, judges, starters, and referees be a current member of USA Swimming, Inc. It is each club's responsibility to register their swimmers, coaches and officials. Swimmers, coaches, and officials who are not current members of USA Swimming, Inc. may not participate in the meet nor be on the pool deck. Coaches **MUST** constantly display their current USA Swimming coach credentials to gain deck access. The Meet Referee reserves the right to ask for coach credential display and/or deny deck access if the coach does not comply or card is no longer valid/current.

**ELIGIBILITY:** Swimmer's age as of December 5, 2014 will determine his or her age for the entire meet. Only USA Swimming registered athletes are eligible. All swimmers must be registered prior to competing. Entries listed as "registration applied for" will not be accepted. On deck registration will be available for open

lanes only until 9:00am each morning of the meet. No new heats will be formed.

In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in 205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

#### **SWIMMERS WITH**

**DISABILITIES:** In accordance with USA Swimming Rules, Articles 105 and 202.1.13, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee with specific requests.

#### **SCORING:**

Individual Events: 9-7-6-5-4-3-2-1

Relay Events: 18-14-12-10-8-6-4-2

There will be no scoring for Consolation Finals. Team scoring will be tabulated in Men, Women, and Combined categories.

#### **AWARDS:**

Medals will be given for 1<sup>st</sup>-3<sup>rd</sup> place for individual events and relays. Ribbons will be given for 4<sup>th</sup>-8<sup>th</sup> for individual and relays. There will be awards for the individual high point and runner-up in each age group. The top six (6) scoring events for each swimmer will be used to tabulate individual high point scores.

#### **TIME TRIALS:**

Time Trials will be held at the conclusion of any preliminary or final session at the coach's request. Time Trials are intended only for swimmers attempting to qualify for Championship Meets. Athletes whose entry times do not closely approach these time standards may be denied entry into time trials. Athletes may enter as many time trial events as desired as long as they do not exceed the 3 events per day limit. Fees: \$6.50 per individual event; \$12.00 per relay. Sign-up deadlines will be announced during the meet.

**STARTS:** At the Meet Referee's discretion, fly-over starts may be implemented in order to ensure each session is completed in a timely manner.

**LIMITATIONS:** The host club reserves the right to limit events, heats or distance in order to ensure completion of the session with the 4-hour time rule guideline. Any entries which are cut by the host club will be refunded.

**CONCESSIONS:** Food and beverage will be available. No smoking is allowed anywhere on the site.

**ADMISSION:** Free

**PSYCH SHEETS:** Psych sheets will be available online at [www.excelaquatics.org](http://www.excelaquatics.org) on Monday prior to the meet.

**HEAT SHEETS:** Heat sheets will be available at the door for each session. Finals heat sheets will be available 30 minutes prior to the start of the Finals sessions.

**PARKING:** There are two parking lots available for the meet. Participants may park in either the main parking lot or the overflow lot. Please enter the pool through the main entrance to the Indoor Sports Complex. Pool fire exit doors will not be used for entrance.

**MEET EVALUATIONS:**

Please send any comments, suggestions, or evaluations concerning the meet to:

Matt Webber, General Chairman, SES  
P. O. Box 1102  
Huntsville, AL 35807-0102  
256-885-0226  
[cutiger276@yahoo.com](mailto:cutiger276@yahoo.com)





# MEET OF CHAMPS

## Friday

### Morning Preliminary Session

#### Order of Events

**WARM-UP: 7:15am & 8:00am**

**COMPETITION: 9:00am**

WOMEN	EVENT	MEN
1	11-12 100 Free	2
3	13-14 200 Free	4
5	Senior 200 Free	6
7	11-12 50 Breast	8
9	13-14 100 Breast	10
11	Senior 100 Breast	12
13	11-12 100 Fly	14
15	13-14 100 Fly	16
17	Senior 100Fly	18
19	11-12 200IM	20
21@	13-14 400 IM	22@
23@	Senior 400 IM	24@
	<b>10 Minute Break</b>	
25#	11-12 1000 Free	26#
27**	13-14 400 Free Relay	28**
29**	Senior 400 Free Relay	30**

@Timed Final event; positive check-in at the Clerk of Course by 9:00am. (Reminder: Top 16 will swim with Finals).

# Timed Final event swimming in the Preliminary Session; positive check-in at the Clerk of Course by 9:00am. Event will swim fastest to slowest, alternating women and men if in the same pool.

\*\*13 -14, Senior relays swum during Finals.  
Relay cards due to Clerk of Course by 5:00pm.

#### Order of Events

##### 10 & Under Timed Final Session

**WARM-UP: 12:30 pm**

**COMPETITION: 1:30 pm**

WOMEN	EVENT	MEN
31	10 & Under 100 Free	32
33	10 & Under 50 Breast	34
35	10 & Under 100 Fly	36
	<b>10 Minute Break</b>	
37	10 & Under 200 IM	38



**MEET OF CHAMPS**  
**Saturday**  
**Morning Preliminary Session**  
**Order of Events**

**WARM-UP: 7:15am & 8:00am**

**COMPETITION: 9:00am**

<b>WOMEN</b>	<b>EVENTS</b>	<b>MEN</b>
39*	11-12 200 Medley Relay	40*
41	Senior 200 IM	42
43	13-14 200 IM	44
45	11-12 100 IM	46
47	Senior 100 Free	48
49	13-14 100 Free	50
51	11-12 50 Free	52
53	Senior 200 Back	54
55	13-14 200 Back	56
57	11-12 100 Back	58
59@	Senior 500 Free	60@
61@	13-14 500 Free	62@
63#	11-12 500 Free	64#
65**	Senior 400 Medley Relay	66**
67**	13-14 400 Medley Relay	68**

\*11-12 relays will swim during Prelims. Relay cards are due to Clerk of Course by 8:00am.

@ Timed Final event; positive check-in at the Clerk of Course by 9:00am. Event will swim fastest to slowest. (Reminder: Top 16 swim with Finals)

#Timed Finals event swimming in the Preliminary Session; positive check-in at the Clerk of Course by 9:00am. Event will swim fastest to slowest, alternating women and men if in the same pool.

\*\*13 & over relays will swim during Finals. Relay cards due to Clerk of Course by 5:00pm.

**Order of Events**

**10 & Under Timed Final Session**

**WARM-UP: 12:30 pm**

**COMPETITION: 1:30 pm**

<b>WOMEN</b>	<b>EVENTS</b>	<b>MEN</b>
69	10 & Under 200 Medley Relay	70
	<b>10 Minute Break</b>	
71	10 & Under 100 IM	72
73	10 & Under 50 Free	74
75	10 & Under 100 Back	76
	<b>10 Minute Break</b>	
77	10 & Under 500 Free	78



**MEET OF CHAMPS**  
**Sunday**  
**Morning Preliminary Session**

**Order of Events**

**WARM-UP: 7:15am & 8:00am**

**COMPETITION: 9:00am**

<b>WOMEN</b>	<b>EVENTS</b>	<b>MEN</b>
79	11-12 200 Free	80
81	13-14 50 Free	82
83	Senior 50 Free	84
85	11-12 50 Fly	86
87	13-14 200 Fly	88
89	Senior 200 Fly	90
91	11-12 100 Breast	92
93	13-14 200 Breast	94
95	Senior 200 Breast	96
97	11-12 50 Back	98
99	13-14 100 Back	100
101	Senior 100 Back	102
103*	11-12 200 Free Relay	104*
	<b>10 Minute break</b>	
105#	Senior 1650 Free	106#

\*11-12 relays will swim during Prelims. Relay cards are due at Clerk of Course by 10:00am.

# Timed Final event; positive check-in at the Clerk of Course by 9:00am. Event will swim fastest to slowest. 13-14 & Senior will swim together; scored separately. All heats of the 1650 free will swim during the morning preliminary session.

**Order of Events**

**10 & Under Timed Final Session**

**WARM-UP: 12:30 pm**

**COMPETITION: 1:30 pm**

<b>WOMEN</b>	<b>EVENTS</b>	<b>MEN</b>
107	10 & Under 200 Free Relay	108
	<b>10 Minute Break</b>	
109	10 & Under 50 Fly	110
111	10 & Under 100 Breast	112
113	10 & Under 50 Back	114
	<b>10 Minute Break</b>	
115	10 & Under 200 Free	116



**SOUTHEASTERN SWIMMING, INC.**  
**INFORMATION FORM FOR SWIMMERS WITH A DISABILITY**  
**This non-mandatory form is for accommodation purposes.**

Name \_\_\_\_\_

Address \_\_\_\_\_

Team \_\_\_\_\_ USA Registration # \_\_\_\_\_

Age and DOB: \_\_\_\_\_ Events to be swum: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ /  
\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ /

Type of Disability Blind \_\_\_ Cognitive/Intellectual \_\_\_ Deaf \_\_\_ Physical \_\_\_ Other \_\_\_

Extent of Disability: Be specific e.g. totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

\_\_\_\_\_

The following person(s) will accompany the swimmer for any needed assistance:

\_\_\_\_\_

Accommodations requested, Examples: Lane #, inside lane, starter side preference, assistance to the blocks, water start, hand signals, etc.

\_\_\_\_\_

Information gathered on this form will only be used for swimmers accommodation during Meet, and forwarded to the SE LSC Disability chair for purposes of evaluation and tracking Swimmers attendance and performance. The Disability Chair welcomes any feedback and or comments concerning your Meet experience.

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Meet Director Email: [tlbiller@comcast.net](mailto:tlbiller@comcast.net)

Meet Referee Email: [clayminatra@gmail.com](mailto:clayminatra@gmail.com)

Disability Chair Email: [robin@seastarsaquatics.org](mailto:robin@seastarsaquatics.org)



**WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE:**

**Meet of Champs**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming and in compliance with required certifications. I also acknowledge that I am familiar with the rules of USA Swimming and Southeastern Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. EXCEL AQUATICS, Williamson County Parks and Recreation, Indoor Sports Complex, City of Brentwood, Southeastern Swimming, Inc. and USA Swimming, Inc., their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

I further acknowledge my understanding of the following USA Swimming rule regarding registration:

501.7

.1 All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(s) are members of their LSC and USA Swimming.

.2 All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

302.4 False Registration – A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is not properly registered.

<b>SIGNATURE OF COACH OR CLUB OFFICIAL:</b>	
<b>CLUB:</b>	
<b>TITLE:</b>	<b>DATE:</b>

### TEAM INFORMATION

<b>CLUB NAME:</b>		<b>INITIALS:</b>	
<b>ADDRESS:</b>			
<b>LSC:</b>		<b>HEAD COACH:</b>	
<b>CONTACT PERSON:</b>			<b>PHONE NUMBER:</b>
<b>FAX NUMBER:</b>		<b>CELL PHONE:</b>	<b>EMAIL:</b>
<b>COACHES ATTENDING:</b>	1.		
	2.		
	3.		
	4.		
<b>CERTIFIED OFFICIALS WHO MAY WISH TO WORK:</b>	1.		
	2.		
	3.		
	4.		
<b>NUMBER OF SWIMMERS ENTERED:</b>	<b>ATTACHED:</b>		
	<b>UNATTACHED:</b>		
	<b>TOTAL:</b>		

### SUMMARY OF FEES

<b>OF SWIMMERS:</b>	<b>NUMBER</b>		<b>X \$3.00 SES SURCHARGE =</b>	
<b>OF SWIMMERS:</b>	<b>NUMBER</b>		<b>X \$5.00 NON SES SURCHARGE =</b>	
<b>OF SWIMMERS:</b>	<b>NUMBER</b>		<b>X \$5.00 FACILITY SURCHARGE =</b>	
<b>OF IND. EVENTS:</b>	<b>NUMBER</b>		<b>X \$5.00 PER EVENT ENTRY FEE =</b>	
<b>OF RELAYS:</b>	<b>NUMBER</b>		<b>X \$10.00 PER RELAY ENTRY FEE</b>	
<b>TOTAL DUE:</b>				



## MEET WARMUP GUIDELINES GENERAL WARM-UP

### GENERAL WARM UP FIRST 30 SCHEDULED MINUTES:

- No diving allowed from blocks or edge of pool
- Swimmers must enter the pool feet first in a cautious manner
- No sprinting or pace work allowed during this general warm up
- All lanes will be used for general warm up

### SPECIFIC WARM UP LAST 15-20 SCHEDULED MINUTES:

- PUSH / PACE LANES:
  - Push off one or two lengths from the starting end
  - Circle swim only
  - NO DIVING
- DIVING LANES
  - Sprint lanes for diving from the blocks or for backstroke starts in specified lanes at designated times. ONE WAY SWIMMING ONLY.
- GENERAL WARM UP LANES
  - CIRCLE SWIM ONLY
  - NO DIVING
- AT THE CONCLUSION OF THE 15 OR 20-MINUTE SPECIFIC WARM UP PERIOD, ALL SWIMMERS **MUST** CLEAR THE POOL.
- THE FIRST EVENT WILL START NO SOONER THAN 15 MINUTES FROM THE CONCLUSION OF THE SPECIFIC WARM UP.
- LANE USE:
  - Lanes 1 and 8 Push / Pace
  - Lanes 2,3,6,7 Diving / Sprint
  - Lanes 4 and 5 General Warm Up

### COACHES RESPONSIBILITIES

- Coaches shall instruct their swimmers regarding safety guidelines and warm up procedures as they apply to conduct at meets and practices.
- Coaches shall be on the deck during the warm ups and shall actively supervise their swimmers throughout the entire warm up sessions at meets and at all practices.
- Any coaches' meetings at meets will be conducted at times other than the 30 minute general warm up and the 15 minute specific warm up.

### HOST TEAM RESPONSIBILITIES

- MARSHALING
  - A minimum of four marshals, who report to and receive instructions from the Meet Referee, and or the Meet Director, shall be on deck during the entire warm up session.
  - One Marshall, who is an ISI Official, shall act as Safety Coordinator.
  - Marshals shall be current members of United States Swimming.
  - Marshals shall remove from the pool deck for the remainder of the warm up session any swimmer or coach who is in violation of safety requirements or warm up procedures.
  - Flagrant violations of safety requirements of warm up procedures by a swimmer could result in the swimmer being barred from their next individual event.
- THE HOST TEAM SHALL PROVIDE SIGNS FOR EACH LANE AT BOTH ENDS OF THE POOL, WHICH INDICATE THE DESIGNATED USE DURING WARM UP.
- WARM UP TIMES AND LANE ASSIGNMENTS SHALL BE PUBLISHED IN THE MEET INFORMATION AND POSTED AT SEVERAL LOCATIONS AROUND THE POOL AREA.
- AN ANNOUNCER SHALL BE ON DUTY FOR THE ENTIRE WARM UP SESSION TO ANNOUNCE LANE AND TIME CHANGES AND TO ASSIST WITH THE CONDUCT OF THE WARM UP.
- HAZARDS IN THE LOCKER ROOM, ON THE POOL DECK AREA, OR IN AREAS USED BY COACHES, SWIMMER, SPECTATORS, OR OFFICIALS SHALL BE REMOVED OR CLEARLY MARKED.

### MISCELLANEOUS

- 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 BLOCKS IF THERE IS A BACKSTROKER WAITING TO START.
- SWIMMERS SHALL NOT JUMP OR DIVE INTO THE POOL TO STOP ANOTHER SWIMMER ON A RECALLED START.
- SWIMMERS ARE REQUIRED TO EXIT THE POOL UPON THE 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.  
WARM UP PROCEDURES SHALL BE ENFORCED FOR ANY BREAKS SCHEDULED DURING THE COMPETITION