

2024 South Texas STAGS LC Championship Meet Information

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Meet: 2024 South Texas STAGS Long Course Championship
Hosted by AAAA - Alamo Area Aquatics Association Northside
Held under the sanction of USA Swimming

Dates: July 11-14, 2024

Venue: NISD Swim Center and Natatorium
8400 N Loop 1604 W
San Antonio, TX 78249
[2024 Long Course STAGS Website / Folder of information - HERE](#)

Eligibility / Qualifying times:

This meet is open to all South Texas Swimming athletes ages 18 & under who have achieved the "A" and faster qualifying [2021-2024 USA Swimming National Motivational](#) time standards in short course yards, short course meters, or long course meters for their respectable age group (10 & Under, 11-12, 13-14, 15-16, and 17-18). **Qualifying times must be achieved between April 1, 2023 and July 10, 2024.** If entering with a non-conforming time (SCM or SCY), the swimmer must enter with the time achieved in the non-conforming course. Entries will be accepted in SCY, SCM, and LCM. Converted entry times will not be accepted. Seeding shall be in the following order: long course meters, short course meters, short course yards, (LSY). There are no qualifying times for relay events, or time trial events, if offered. Athletes must be currently registered members of USA Swimming in good standing as of the meet dates. (Flex members are not eligible to compete at LSC championship meets, including time trials, if offered.)

Athletes with disabilities may enter any event for which they have achieved the [LSC Para Motivational Time Standards](#) as published by the U.S. Paralympic Swimming qualifying time. There is no age limit for athletes with disabilities who are entering with para motivational times.

Entry

Restrictions: An individual swimmer may enter a maximum of three individual events and 1 relay event per day and a maximum of seven individual events for the meet, including any time trial events, if offered.

Entry

Deadlines: There are two entry deadlines for this meet. The first deadline is Monday, July 1, 2024. The first entry deadline is for athletes who have achieved qualifying times from April 1, 2023 through June 30, 2024. The second (final) entry deadline is Monday, July 8, 2024 by 1:00 pm. Only swimmers who have achieved a qualifying time between July 1-7, 2024 may enter using the second entry deadline. Teams may use the second entry deadline to update swimmer times if necessary.

Daily

Schedule:

Thursday:

General Meeting	2:30 pm
Warm-up begins	3:30 pm
Positive Check-in deadline	4:00 pm
Clear Competition Pool	4:45 pm
Session Begins	5:00 pm

Preliminaries

Warm-ups begin	7:00 AM
Positive Check-in deadline	9:00 AM
Relay Cards are due	9:00 AM
Clear competition pool	8:50 AM
Sessions begin	9:00 AM

Finals (All days)

Warm-ups begin	4:00 PM
Clear competition pool	4:50 PM
Sessions begin	5:00 PM

Format:

Championship Format: preliminaries and finals. A and B finals for all individual events ages 14&Under and A, B, and C finals for all 15-18 events, unless otherwise noted. Preliminary events will be seeded by time and gender and age combined, according to the Order of Events, except as noted. Events and heats of

events in prelims, finals, timed finals, and time trials (if offered) may be combined at the discretion of the Meet Referee. All preliminary events will be contested slowest to fastest, except as noted. The preliminary heats, except for timed final events, will be championship seeded. All finals events will be contested in the specified age groups in the final sessions, swimming slowest to fastest by age group. Finals heats will swim in youngest to oldest age group order (10 & under, 11-12, 13-14, 15-18). The 15-16 and 17-18 age groups will be combined in the 15-18 year old age group for finals and will have three heats of finals except as noted.

Time final events: 10 & Under 400 Free, 11-18 800 Free, 11-18 1500 Free, and the 11-14 400 IM seeded fastest to slowest.

One heat of finals: 15-18 400 IM, 11-12 400 Free, 13-14 400 Free, 15-18 400 Free will have one heat of 8 swimmers advancing to finals and prelims will be seeded fastest to slowest.

Positive check-in is required for all distance events (400 IM, 400 Free, 800 Free and 1500 Free). Positive check-in for distance events is by 4:00 PM on Thursday or 9:00 AM on the morning of the event. Swimmers must provide their own two timers and one counter for the 800 Free, and 1500 Free events. Swimmers in the 400 Free and 400 IM events must provide their own two timers for prelims.

The meet host has the option to run chase starts with the Odd Heats finishing at the South end and the Even Heats finishing at the North end. All 50's will finish at the South end. The meet host also has the option to split the meet as needed and have either some age groups or a gender swim inside for prelims. All Final sessions will be swum outside in the Swim Center. Any changes will be communicated to the coaches and posted online by Wednesday, July 10th.

Age up Date: The age of the swimmer will be his / her age on July 11, 2024.

Time Trials: Time trials may be conducted on Friday and Saturday, time permitting, starting 15 minutes after the conclusion of the prelims session. If offered, time trial entries will be open from 9:00 am to 10:30 am. After the final meet entry deadline has passed, a notice will be sent out to the teams confirming the availability of time trials each day.

Time trial entrants must be entered in the meet to participate. Swimmers may enter up to two (2) time trial events per day and are subject to the same entry limitations for the meet. The meet host will schedule time trials in the most efficient way possible, which might include combining events by stroke, distance, and/or gender. For this reason, swimmers are not guaranteed rest between time trial events.

Participation in a time trial event counts as one of the daily event limit (3) and meet entry limit (7). A qualifying time earned during time trials will NOT qualify a swimmer to swim that event at this meet. Time trial event results will be published with the final meet results. Time trial entry fee for individual events is \$25.00 and this includes the \$1.25 per event STSI splash fee.

Relay

Entries: All relays are timed finals and will be contested only in the prelims sessions. There are no qualifying times for relays. Relay entry times may be determined by the sum of the individual team member's times for the like strokes/distances or the actual time of that relay team achieved in sanctioned competition. Relay team members must be eligible to swim in the same age group. Swimmers cannot "age up" for relay events. Teams may enter up to three relay teams per event, but only two relays per event per club will score. Relay cards must be turned in with final relay swimmers by **9:00 AM** of the session in which the event is scheduled. If a relay card is not turned in, the relay will be scratched. The order of swimmers on the relay team will be strictly enforced in accordance with 102.3.7 of the 2024 USA-S Rules and Regulations.

Relay-only swimmers are not permitted. All relay swimmers must be entered in at least one individual event to be eligible to swim on any relay. Time trial events, if offered, cannot count as individual events for the purposes of swimming on a relay.

Entry

Requirements: Any team submitting entries under the LSC Para Motivational Time Standards qualifying times may send an email to the entry chair with the team abbreviation, the swimmer's full name (as registered with USA Swimming), the swimmer's USA Swimming ID number, and swimmer's events by number, description, and entry time. Proof of time must be submitted with the entries.

Teams with exceptions will be e-mailed notice of same. Teams and entrants are responsible to check the exception report and correct any errors prior to the deadline given to them by the meet host.

Meet Management:

Entries Chair: Brandon Allenstein	210-397-7516	Brandon.allenstein@nisd.net
Meet Director: Brandon Allenstein	210-397-7516	Brandon.allenstein@nisd.net
Meet Referee: Steve Mandacina	210-722-7859	smandacina@sbcglobal.net
Admin Official: Rick Allenstein		rallenstein@hotmail.com

Entry Procedures:

All entries must contain the following information: the name, email address, and phone number of the person preparing the entries in case clarification is needed; an attachment of the Hy-Tek Team Manager or TeamUnify export file; an attached document listing the entries (by swimmer) with proofs of time; and an attached document of the meet entry fees report.

\$15.00 per individual event and \$30.00 for relays – includes the STSI splash fee of \$1.25 per event.

\$15.00 per swimmer facility surcharge

Athlete surcharges will be assessed separate from the meet entry fees.

Make event entry checks payable to NISD Aquatics

Make swimmer facility surcharge checks payable to AAAA NS Boosters

Mail Checks to:

NISD Aquatics % Brandon Allenstein 8400 N Loop 1604 W San Antonio, TX 78249

Entry fees must be received or arranged for payment by July 11, 2024.

Deck Entries: Deck entries will be accepted at \$30.00 per individual event and \$60.00 per relay event. Swimmers not already in the meet will also need to pay the \$15.00 athlete surcharge. Swimmers may deck enter for the current session beginning at the start of warm-ups. Deck entries will close 60 minutes prior to the start of each session. Swimmers may deck enter for subsequent sessions after deck entries close for the current session. At the discretion of meet administration, a Heat “Zero” may be added for late entries, if needed. Swimmers *not previously entered in the meet* must present their USA Swimming proof of membership using the USA Swimming app (or a coach may present the club’s official roster from the USA Swimming app) to the Clerk of Course to deck enter. In addition, the swimmer must present proof of time before a deck entry will be accepted.

Scratch

Rules:

There is no penalty for failing to scratch from a pre-seeded, preliminary event. Swimmers who fail to compete in the 400 IM, 400 Free, 800 Free, or 1500 Free events after positive check-in will be barred from all further individual and relay events of that day, and then must positively check in for the remainder of the meet with meet administration, per USA Swimming rule 207.11.6.C. Illness and injury may be excused by the Meet Referee.

The top 16 (10 & Under, 11-12, 13-14 year olds) or top 24 (15-18 year olds) qualifiers in each preliminary event will be announced and posted shortly after the final heat. **Swimmers who qualify for finals and elect NOT to compete in finals must scratch or declare an INTENT to scratch with the Administrative Official within 30 minutes of the announcement.** Swimmers who declare an intent to scratch will then have 15 minutes after the completion of their last individual event of the session to confirm the scratch.

Following the 15-minute deadline, if scratch confirmation is not received it will be assumed the swimmer will compete in the finals event.

Per USA Swimming rule 207.11.6.D, any swimmer who qualifies for a final (by being a “top 16” qualifier for ages 14 & Under or a “top 24” qualifier for ages 15-18) and fails to compete in said final shall be barred from further competition in the remainder of the meet. Illness and injury may be excused by the Meet Referee and this policy does not apply to alternates or athletes seeded in or below 17th place (for ages 14 & Under) or in or below 25th place (for ages 15-18). Athletes may not declare a false start (“DFS”) to avoid competing in a finals event and will be subject to the scratch rule penalties, if applicable.

Proof of Time: Proof of time must be submitted with the entries. All entry times must be verifiable using the USA-S SWIMS database for sanctioned, approved, or observed meets. (Times in the SWIMS database earned at unsanctioned meets may not be used as proof of time.) All proof of times are the responsibility of the entering teams, not the meet host. Entries without an acceptable proof of time will not be accepted.

Timers: Each participating team is required to provide back-up timers in proportion to the number of swimmers entered in the meet. Swimmers competing in the 400, 800, and 1500 Free and 400 individual medley events must provide their own back-up timers. Swimmers competing in the 800 and 1500 Free must provide their own lap counters.

Awards: Awards will be given by gender in the following age groups: 10 & under, 11-12, 13-14, and 15-18
 Individual events: first through third place: Medals
 Individual events: fourth through eighth place Ribbons
 Relay events: first through third place: Ribbons
 Team Awards: first through third place Banners

Note: Banners will be provided **upon request by the club** (please email the meet director if you would like your banner and it will be shipped to your club).

There will be no awards presentation. Clubs must pick-up awards during the meet from the awards desk area.

Scoring:

A Finals Place =>	1	2	3	4	5	6	7	8
Individual event points	20	17	16	15	14	13	12	11
B Finals Place =>	9	10	11	12	13	14	15	16
Individual event points	9	7	6	5	4	3	2	1
Relay Place =>	1	2	3	4	5	6	7	8
Relay event points	40	34	32	30	28	26	24	22
Relay Place =>	9	10	11	12	13	14	15	16
Relay event points	18	14	12	10	8	6	4	2
Points for places 9-16 will be awarded based on preliminary results after scratches if only A Final swum in finals. Only two relay teams per event per club will score.								

Facility: 2 - 8 x 50 meter lanes outdoor and indoor pools with the option of using all lanes inside and outside for preliminary competition. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet 7 inches at the start end and the turn end is 6 feet 7 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls. The host will ensure the required course dimensions. Ten lanes in a separate 25 yard diving well will be available for warm ups and warm downs. All automatic Colorado starting and timing systems. Meet Manager 8.0 will be used.

Special Needs: Please notify the Meet Director (Brandon Allenstein brandon.allenstein@nisd.net) in advance of this event with the name and age of any member on your team who needs assistance to enter the facility. The host staff will make reasonable accommodations for swimmers, coaches, or spectators who wish to enter and use our facility. In any meet sanctioned or approved by South Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. Coaches and/or athletes must notify the Meet Referee before the event begins if they are to be judged under Article 105. Adaptive swimmers who would like their events to be seeded in the lane next to the starter should notify the entry chair by the entry deadline.

Cell Phone

Restrictions: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

Deck

Changing: Deck changes are prohibited.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently registered members of USA Swimming in good standing as of the meet dates. (Flex members are not eligible to compete at LSC championship meets, including time trials, if offered.) No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All should also be prepared to present their USA Swimming ID Card as proof of their registration to the Meet Director or designee at any time. Swimmers who 1) late enter when possible; 2) need to be late-entered because of clerical errors by the entering team or the Meet Host; or 3) are not entered in this meet and choose to enter time trials, if offered, will be required to present their USA Swimming ID card or proof of membership using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app). Current national and LSC regulations do not allow for exceptions to these policies.

Unaccompanied

Swimmers: Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. All unaccompanied swimmers will be temporarily assigned to a registered USA Swimming coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.3. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make sure arrangements prior to the start of the meet.

Medical

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

Drones: Per USA Swimming rule 103.13, 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 Programs and Events Committee Chair or designee.

Swimmer

Photographs and Videos:

There may be one or more photographers and/or videographers on deck at this meet. In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made are required to contact the Meet Director prior to the beginning of warm-ups. Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.

Warm-up

Procedures: Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement. Athletes must always be directly supervised by a USA Swimming certified coach. Lanes will be available for warm-ups throughout the meet.

Officials: All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck and administrative officials must be current members in good standing as of the meet dates with USA Swimming and their local LSC. Complete the online form here: [Stags Officials Sign Up](#) to indicate your availability to officiate. The uniform will be white polo shirts over khaki pants or skirts for events on Thursday evening and during the prelims sessions, and navy polo shirts over khaki pants or skirts for finals sessions on Friday, Saturday and Sunday. Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials' briefing and to receive your assignments. The wearing of name tags is strongly encouraged.

Officials

Certification: Application for this meet has been submitted for approval as an Officials Qualifying Meet. Officials who are interested in being evaluated need to submit their completed application [Stags Officials Sign Up](#) to the Meet Referee by July 1, 2024.

Liability:

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

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, SOUTH TEXAS SWIMMING, ALAMO AREA AQUATICS ASSOCIATION, NORTHSIDE ISD, AND SUBSIDIARIES AND EACH OF THEIR OFFICERS, PARTNERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Sanction: This meet has been sanctioned by South Texas Swimming and current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), and any relevant sections of the South Texas Policies & Procedures Manual will apply. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. All swimmers must be current athlete members in good standing with USA Swimming before the meet start date. Athletes who register with USA Swimming and/or South Texas Swimming after the meet entry deadline may deck enter the meet only if they can present their current USA Swimming registration card or proof of membership using the USA Swimming app (or a coach may present the club’s official roster from the USA Swimming app). South Texas Swimming does not allow on-deck USA Swimming registrations. Athletes who fail to meet this requirement will not be allowed to compete. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

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

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

2024 STSI Long Course STAGS Championship Order of Events

Women's Event #	Thursday - Timed Finals July 11, 2024	Men's Event #				
1	11-14 400 Individual Medley*	2	*Timed final event			
3	10 & Under 400 Freestyle*	4	*Requires Positive Check-in by 4:00 pm on Thursday			
5	11-18 800 Freestyle*	6				
7	11-18 1500 Freestyle*	8				
Women's Event #	Friday - Prelims July 12, 2024	Men's Event #	Women's Event #	Friday - Finals July 12, 2024	Men's Event #	
9	18 & Under 100 Freestyle	10	9	18 & Under 100 Freestyle	10	
11	12 & Under 50 Butterfly	12	11	12 & Under 50 Butterfly	12	
13	11-18 200 Backstroke	14	13	11-18 200 Backstroke	14	
15	18 & Under 100 Breaststroke	16	15	18 & Under 100 Breaststroke	16	
17	10 & Under 200 Free Relay +	18	25	15-18 400 Individual Medley	26	
19	11-12 200 Free Relay +	20	27	11-12 400 Freestyle	28	
21	13-14 400 Medley Relay +	22				
23	15-18 400 Medley Relay +	24				
10 minute break			+Relays are swum as timed final in prelims only			
25	15-18 400 Individual Medley **	26	**Requires Positive Check-in by 9:00am			
27	11-12 400 Freestyle**	28				
Women's Event #	Saturday - Prelims July 13, 2024	Men's Event #	Women's Event #	Saturday - Finals July 13, 2024	Men's Event #	
29	18 & Under 200 Freestyle	30	29	18 & Under 200 Freestyle	30	
31	12 & Under 50 Breaststroke	32	31	12 & Under 50 Breaststroke	32	
33	18 & Under 100 Backstroke	34	33	18 & Under 100 Backstroke	34	
35	11-18 200 Butterfly	36	35	11-18 200 Butterfly	36	
37	10 & Under 200 Medley Relay +	38	45	13-18 400 Freestyle	46	
39	11-12 200 Medley Relay +	40				
41	13-14 400 Freestyle Relay +	42				
43	15-18 400 Freestyle Relay +	44	+Relays are swum as timed final in prelims only			
10 minute break			**Requires Positive Check-in by 9:00am			
45	13-18 400 Freestyle **	46				

Women's Event #	Sunday - Prelims July 14, 2024	Men's Event #	Women's Event #	Sunday - Finals July 14, 2024	Men's Event #
47	18 & Under 200 Individual Medley	48	47	18 & Under 200 Individual Medley	48
49	18 & Under 50 Freestyle	50	49	18 & Under 50 Freestyle	50
51	18 & Under 100 Butterfly	52	51	18 & Under 100 Butterfly	52
53	12 & Under 50 Backstroke	54	53	12 & Under 50 Backstroke	54
55	11-18 200 Breaststroke	56	55	11-18 200 Breaststroke	56
57	10 & Under 400 Free Relay +	58			
59	11-12 400 Free Relay +	60	+Relays are swum as timed final in prelims only		
61	13-14 200 Free Relay +	62			
63	15-18 200 Free Relay +	64			

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.