

# GULF 13 & OVER CHAMPIONSHIPS

February 27 – March 1, 2026

A Short Course Yards Prelims / Finals Meet

HOSTED BY

Your Team Name Here

Your Team Logo Here

Sanction Number # Your Sanction Number Here

**ENTRIES DUE TO THE TPC CHAIR AT ( [tpc@gulfswimming.org](mailto:tpc@gulfswimming.org) ) BY 11:59 PM, MONDAY, FEBRUARY 9, 2026**

**LOCATION:** Your Facility  
Your Street  
Your City, TX Zip

**DIRECTIONS:** Directions to Your Facility

**SPECIAL INSTRUCTIONS:** Special Instructions about Your Facility (parking, seating, tents, chairs, food on deck...)

**MEET STAFF:**

<b>MEET REFEREE:</b>	Name, Email
<b>ADMIN OFFICIAL:</b>	Name , Email
<b>MEET DIRECTOR(S):</b>	Name, Email, Phone
<b>SAFETY MARSHAL:</b>	Name
<b>COACH(ES):</b>	Name(s)

**POOL:** Two eight-lane, 25-yard indoor pools with non-turbulent lane lines will be used for warm-up and competition. A separate warm-up / warm-down area will be made available during the competition.

**TIME AND DATE:** This is five session, 2 ½ day prelims/finals meet with a timed final session on Friday and AM prelims/PM finals sessions on Saturday and Sunday.

Friday, February 27, 2026	Timed Finals:	Warm-up: 4:00 pm / Start: 5:30 pm
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Saturday, February 28, 2026	Prelims:	*Warm-up: 7:30 am / Start: 9:00 am
	Finals:	Warm-up: 4:30 pm / Start: 5:30 pm

Sunday, March 1, 2026	Prelims:	*Warm-up: 7:30 am / Start: 9:00 am
	Finals:	Warm-up: 4:30 pm / Start: 5:30 pm

\*Split warm-ups will be in effect. Lane assignments for warm-ups and timing will be designated in the psych sheet and posted on the Gulf website by Monday, February 23, 2026. Open warm-ups will be in effect for the Friday PM and Saturday / Sunday Finals sessions. Warm-ups for finals will begin approximately 3 hours after the conclusion of



the last relay of the morning session, but not before 4:30pm. Finals are to start approximately 1 hour after the start of warm-ups.

**MEET TYPE:** This meet will be run utilizing the “Flyover Starts” procedures unless a waiver is received from the Technical Planning Committee Chair. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the “Flyover Start” procedures.

**SAFETY GUIDELINES AND WARM-UP PROCEDURES:**

See attached Safety Guidelines and Warm-up Procedures

**SEEDING:** All events, with the exception of the 400 IM, 500 Free, 1000 Free and 1650 Free will be pre-seeded.

All timed-final events will be seeded fastest to slowest. All preliminary heats will be seeded fastest to slowest, with the fastest 3 heats circle seeded.

**Seeding for all events shall be in the following order: Conforming short course yards entries in time order, followed by non-conforming long course entries in time order, followed by non-conforming short course meters entries in time order (YLS).**

**ORDER OF HEATS:** At Prelims, events will be swum with heats in the order of fastest to slowest, including relay and distance events. At Finals, events will be swum with heats in the order of slowest to fastest.

For Friday’s timed final events, Girls will compete in the [NORTH, SOUTH, EAST, WEST] pool and boys will compete in the [NORTH, SOUTH, EAST, WEST] pool.

For individual events during preliminary sessions excluding the 1000 and 1650 free events, odd heats will compete in the [NORTH, SOUTH, EAST, WEST] pool and even heats will compete in the [NORTH, SOUTH, EAST, WEST] pool.

For the preliminary heats of the 1000 and 1650 free events, Girls will compete in the [NORTH, SOUTH, EAST, WEST] pool and boys will compete in the [NORTH, SOUTH, EAST, WEST] pool.

All relays will compete in the [Same as Odd - NORTH, SOUTH, EAST, WEST] pool.

**POSITIVE CHECK-IN FOR DISTANCE EVENTS**

Swimmers competing in the 400 IM, 500 Free, 1000 Free and 1650 Free events must circle in on sheets that will be available at the start of warm-up for the session. After the events are officially closed, no one may check-in or scratch. After checking-in, failure to appear at the starting blocks will result in the swimmer being assessed a \$5.00 fine, payable to Gulf Swimming, for each event in which he/she fails to appear.

**RELAY CARDS:** Relay cards must be turned in to the Clerk of Course 45 minutes before the start of the



session in which the event is scheduled to swim or the entry will be considered scratched.

#### **FINALS AND SCRATCHING:**

The administrative rules for the conduct of Gulf Swimming meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rule 207.11.6D and 207.11.6E, as modified below.

Any finalist who fails to compete in finals or consolation finals, or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the *USA Swimming Rules and Regulations* and will be assessed a fine of \$50.00. A Club, which has not paid the fine, will not be allowed to register for membership in the Gulf LSC until the fine is paid.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals or consolation finals if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet and a fine of \$50.00. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals. The alternates, after the existing scratches are tabulated, will not be penalized if they are unavailable to compete in finals.

The USA Swimming National Championships Meets "reserve the right to scratch" rule is not applicable to any Gulf Swimming meet. The "intent to scratch" rule is not applicable to any Gulf Swimming meet.

#### **400 IM / 500 FREE EVENTS:**

At prelims the 400 IM and 500 Free will be swum fastest to slowest. Swimmers must provide their own timers and lap counters.

#### **RELAY EVENTS:**

Relays will be swum in prelims as timed finals events.

#### **1000/1650 FREE EVENTS:**

The 1000 and 1650 freestyle events will be swum as timed finals events. The fastest 8 girls and the fastest 8 boys who check-in and do not elect to swim in prelims, will swim during finals. All other heats will be swum in prelims. If an election is not made on the check-in sheet, the swimmer will be seeded as if they are available to swim during the finals session. Swimmers must provide their own timers and lap counters.

#### **ENTRY INFORMATION:**

**Entry Times:** Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). Do not convert meter (yard) times to yard (meter)



times. If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested. Times must be from USA Swimming meets.

**Age:** February 27, 2026. swimmers aged 13 and older may enter this meet.

**Number of Events:** Swimmers may compete in up to three (3) individual events per day and one (1) relay event per day.

**Eligible Teams:** Venues will be balanced by team numbers. The team lists will be posted on the Gulf website. All Gulf Swimming teams in addition to TST-ST and PLAT-ST are eligible to participate.

**Eligible Swimmers:** Swimmers attached to a registered Gulf Swimming team, TST-ST, and PLAT-ST or swimmers in the documented process of transferring to a Gulf Swimming team, TST-ST or PLAT-ST may participate in this invitational meet.

**Unattached Swimmers:** An unattached swimmer not affiliated with a USA Swimming Club must follow the same entry procedures as those swimmers affiliated with a team. In order to be seeded in a Gulf Open meet, an unattached swimmer not affiliated with a USA Swimming Club, must enter by the entry deadline, following the entry procedures in the Meet Announcement, and provide proof of a registered coach responsible for their supervision on deck during the meet. All unattached athletes will be assigned a meet location by the TPC Chair upon assignments being announced.

**Entries:** All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.

**Deadline:** Entries must be in the hands of the Gulf TPC Chair no later than 11:59 pm, Monday, February 9, 2026. Email entries to the Gulf TPC Chair at: [tpc@gulfswimming.org](mailto:tpc@gulfswimming.org)

**Individual Event Entry Fee (per event):** \$15.25  
**Relay Entry Fee (per relay event):** \$27.25  
**Facility Surcharge Fee (per swimmer):** See table below - \$2 may be added if free heat sheets are made available (if so include: Free heat sheets will be available through Meet Mobile (or pdf, or other method) )

Facility Surcharge Fees for Gulf Swimming sponsored meets	
One 8x25 Yard pool with 1 or less warm-up/warm-down lanes	\$4.00 / swimmer
One 8x25 Yard pool with 2 or more warm-up/warm-down lanes	\$6.00 / swimmer
Two 8x25 yard pools with 2 or more warm-up/warm-down lanes	\$10.00 / swimmer

**Make entry fee checks payable to:** Enter Your Team Name Here

Mail entry fees **(POSTMARKED BY FRIDAY, FEBRUARY 20, 2026)** to the address below:



Enter Your Team Name Here  
Enter Street Address Here  
Enter City, TX Zip Code Here

**Late Entries:** Any team missing the entry deadline will be permitted to enter late, subject to the following requirements:

1. Late entries must be submitted electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.
2. These entries must be received no later than 11:59 pm, Wednesday, February 11, 2026. Email entries to the Gulf TPC Chair at: [tpc@gulfswimming.org](mailto:tpc@gulfswimming.org)
3. The team must pay the normal meet entry fees to the host and a penalty fee of \$200, payable to Gulf Swimming.

**ON-DECK ENTRIES:** On-deck entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the 11:59 pm, Wednesday, February 11, 2026 deadline may enter the meet on-deck in the following manner:

1. On deck entries are open to those athletes assigned to the meet location by the TPC Chair through the meet entry procedures.
  2. Swimmers must pay double the entry fee at the time of entry. Swimmers not already entered in the meet must also pay the swimmer surcharge fee.
  3. Swimmers must supply completed entry forms. The swimmers will be seeded into open lanes in the pre-seeded events and according to their best times in deck seeded events.
  4. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
  5. Swimmers must be qualified to swim the event entered.
  6. Swimmers must not exceed the allotted number of events allowed each day.
  7. Swimmers that on-deck enter to change their entry time in a deck seeded event,
    - a. must circle-in on the posted circle-in sheets,
    - b. the on-deck entry time will be used for seeding, and
    - c. the on-deck entry fees still apply to these swimmers.
- Heats will be added, if necessary and if the timeline permits.

**FINALISTS:** All finalists should report directly to the starting blocks. Names of the top 8 finalists will be announced before the start the heat.

**AWARDS:** Individual events: Custom Gulf Medals for 1st - 3rd places & Ribbons for 4th - 8th places  
Relay events: Custom Gulf Medals for 1st place & Ribbons for 2nd - 3rd places  
Combined team: Custom Gulf Awards for 1st -3rd places  
Individual high point: Girls / Boys 13-14, 15 & Over, 1st and 2nd (highest and second highest individual points earned)

**SCORING:** Individual Events: 1st through 8th : 20-17-16-15-14-13-12-11  
9th through 16th: 9-7-6-5-4-3-2-1  
Relay Events: 1st through 8th: 40-34-32-30-28-26-24-22



13 & Over events will be swum combined but will be scored separately as 13-14 and 15 & Over.

#### **RULES AND SANCTIONS:**

The current USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On deck USA Swimming membership registration will not be permitted. Gulf Swimming teams and unattached swimmers assigned by the Technical Planning Chairman may only participate in this invitational meet.

The Gulf Swimming three (3) event rule and up/down rule do not apply.

#### **TIME TRIALS:**

Time permitting, time trials will be conducted after the completion of Saturday's and Sunday's AM sessions under sanction **GUSC XXXXX**. Rules for time trials will be:

1. Time trial events are open to any aged Gulf swimmer whose team is assigned to this meet.
2. Fees will be \$30.50 for individual and \$54.50 for relay events. Swimmers not already entered in the meet must also pay the swimmer surcharge.
3. Swimmers must supply completed entry forms entered at the swimmers' best times. All entries are due by 90 min. before the published end time of the AM session each day.
4. Swimmers may enter up to the daily maximum of three (3) events per day, including what was swum in prelims.
5. 14&Under swimmers must have the USA-S A time in the event to enter. Gulf-S up/down rule applies.
6. Events will be swum in the order of: 200 free relay, 400 free relay, 800 free relay, 200 medley relay, 400 medley relay, 50 free, 50 stroke (back, breast, fly), 100 free, 100 stroke (back, breast, fly), 100 IM, 200 free, 200 stroke (back, breast, fly), 200 IM, 400 IM, 500 free, 1000 free and 1650 free.
7. Swimmers must provide their own timers and lap counters, where needed.

#### **POOL MEASUREMENT:**

Enter Either Statement:

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

OR:

The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

The water depth of the competition course **##** feet measured from 1 meter to 5



is  
meters on the starting end of the course, ## feet measured from 1 meter to 5  
and  
meters on the turning end of the course.

**TIMING SYSTEM:** A Colorado Model 6000 (or Daktronics Model 2000) electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers at both prelims and finals based on their percentage of swims at the meet. Timing assignments will be published in the meet program or on the Gulf Swimming website. Swimmers in the 400 I.M. must provide their own timers. 500/1000/1650 Free swimmers must provide their own timers and lap counters.

**POOL DECK RESTRICTION:**  
Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf 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 Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive complimentary Heat Sheets and for admission to the Hospitality Room. Coaches must supervise their swimmers.

[Enter Special Pool Deck Restrictions Here](#)

**DECK CHANGES:** Deck Changes are prohibited. Deck Change definition – “changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes”.

**AUDIO/VIDEO RECORDING DEVICES:**  
Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

**MAAPP POLICY:** All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.

**DRONES:** 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 Vice President of Program Operations.





**PROOF OF TIME:** Any swimmer who cannot prove that he/she was eligible to swim an event in this meet will be fined \$20.00 for each event that he/she fails to prove. The fine or proof of time is sent to the Administrative Vice-Chair, Paige Sikkema.

**UNACCOMPANIED SWIMMERS:**

Any swimmers 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.

**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 Gulf Swimming equipment (remote strobe).

**MEDICAL  
SUPERVISION:**

During the meet an [Enter EMT or Lifeguard] will be present to provide any necessary medical supervision and treatment for athletes participating in the meet. An AED [Enter is or is not] available onsite.

**HOSPITALITY:**

A hospitality room will be available.

**OFFICIALS:**

USA Swimming Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for timed final sessions and preliminary sessions will be white golf shirts over khaki slacks/skirts/shorts and white shoes. Official attire for final sessions will be navy golf shirts over khaki slacks/skirts and white shoes. There will be an officials' briefing one (1) hour before the start of each session.

**USA / GULF  
SWIMMING  
DISCLAIMER:**

- 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., Gulf Swimming, and "YOUR TEAM NAME HERE" 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, "YOUR TEAM NAME HERE", AND (GULF SWIMMING) EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL





INJURIES, DEATH, DISEASE OR PROPERTY LOSSESS, 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, FORSEEN OR UNDFORSEEN, IN CONNECTION THEREWITH.

"YOUR TEAM NAME HERE" has taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while at the facility. An inherent risk of COVID-19 exists in any public or private 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 guests with underlying medical conditions are especially vulnerable. By participating in this event at the "YOUR TEAM NAME HERE" hosted swim meet, you voluntarily assume all risks related to exposure to COVID-19.

**COVID-19  
PROCEDURES:**

- This meet will be conducted in compliance with local, state, and USA Swimming COVID 19 restrictions.
- Enter your facility procedures here.....

**MEET RESULTS:**

Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org), within three days after the conclusion of the meet.  
Add if appropriate - Unofficial real time results will be available on MEET MOBILE.

**CONCESSIONS:**

Concessions will be available ... (fill in as appropriate)

**MERCHANDISE:**

(Vendor Name) will be at the meet selling swim apparel and swim gear. (fill in as appropriate)

**FACILITY RULES:**

Enter Special Facility Rules Here

**ATTACHMENTS:**

Meet Format, Gulf Safety Guidelines and Warm-up Procedures  
Enter Additional Attachments Here: (Maps, Facility Rules, Hotels, Restaurants, Sponsors)



# GULF 13 & Over CHAMPIONSHIPS

February 27 – March 1, 2026

A Short Course Yards Prelim/Finals Meet

HOSTED BY

**Your Team Name Here**

## Entry Rules:

Type of meet	Prelim/A,B,C Finals for 13-14 & 15&O
Max # individual events per day	Three (3)
Swimmers eligible	Gulf, TST-ST and PLAT-ST Only – 13 & Over swimmers
Entry times in	SCY/SCM/LCM
Qualifying times	None
Cut-off times	None
Enter with no time?	Yes
Gulf “three event rule” applies?	Does not apply
Gulf “up/down rule” applies?	Does not apply
Gulf “beyond IMX” rule applies?	Does not apply
Fees	Individual – \$15.25, Relay - \$27.25
Facility Surcharge	See table above - \$2 may be added if free heat sheets are made available (if so include: Free heat sheets will be available through Meet Mobile (or pdf, or other method))

- For Friday’s timed final events, Girls will compete in the [NORTH, SOUTH, EAST, WEST] pool and boys will compete in the [NORTH, SOUTH, EAST, WEST] pool.
- For individual events during preliminary sessions excluding the 1000 and 1650 free events, odd heats will compete in the [NORTH, SOUTH, EAST, WEST] pool and even heats will compete in the [NORTH, SOUTH, EAST, WEST] pool.
- For the preliminary heats of the 1000 and 1650 free events, Girls will compete in the [NORTH, SOUTH, EAST, WEST] pool and boys will compete in the [NORTH, SOUTH, EAST, WEST] pool.
- All relays will compete in the [Same as Odd - NORTH, SOUTH, EAST, WEST] pool. All preliminary events will be seeded fastest to slowest.
- Positive Check-in for the 400 IM, 500 Free, 1000 Free and 1650 Free events will close 45 minutes before the start of the applicable session.
- \*Swimmers in the 400IM, 500/1000/1650 Free must provide 2 timers and laps counters as applicable.
- \*The 400 IM and 500 Free will be swum fastest to slowest
- \*\*The 1000 and 1650 Free will be swum fastest to slowest. The fastest 8 girls and the fastest 8 boys who check in and do not elect to swim in prelims will swim during finals. All other heats will swim during prelims. If an election is not made on the check-in sheet, the swimmer will be seeded as if they are available to swim during the finals session.
- All relays will be swum in prelims as timed finals.
- Warmups for finals will begin approximately 3 hours after the conclusion of the last relay of the morning session, but not before 4:30pm. Finals are to start approximately 1 hour after the start of warmups.



<b>Girls Event#</b>	<b>Friday February 27, 2026</b>			<b>Boys Event#</b>
	<b>Event Name</b>			
1	13 & Over	400	IM*	2
3	13 & Over	50	Fly	4
5	13 & Over	50	Back	6
7	13 & Over	50	Breast	8
9	13 & Over	500	Free*	10

<b>Girls Event#</b>	<b>Saturday February 28, 2026</b>			<b>Boys Event#</b>
	<b>Event Name</b>			
11	13& Over	200	Fly	12
13	13 & Over	50	Free	14
15	13 & Over	200	Back	16
17	13 & Over	100	Breast	18
19	13 & Over	200	Free	20
	5-minute break (prelims only)			
21	13 - 14	400	Medley Relay	22
23	15 & Over	400	Medley Relay	24
	5-minute break (prelims only)			
25	13 & Over	1000	Free**	26

<b>Girls Event#</b>	<b>Sunday March 1, 2026</b>			<b>Boys Event#</b>
	<b>Event Name</b>			
27	13& Over	100	Back	28
29	13 & Over	200	Breast	30
31	13 & Over	100	Free	32
33	13 & Over	200	I.M.	34
35	13 & Over	100	Fly	36
	5-minute break (prelims only)			
37	13 - 14	400	Free Relay	38
39	15 & Over	400	Free Relay	40
	5-minute break (prelims only)			
41	13 & Over	1650	Free**	42



## GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES

### 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.
- 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 and registered coaches of non-Gulf teams 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 are members of USA Swimming and 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 breaststrokers 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 announcement.

