

 MINNESOTA SWIMMING	POLICY & PROCEDURE	POLICY NUMBER: <p style="text-align: center;">250</p>
	Subject: Meets Warm-Ups	EFFECTIVE DATE: <p style="text-align: center;">5-01-1999</p> <p>Approved: 4-20-1996</p> <p>Retired:</p>

APPROVED 4-20-1996 CORRECTION 10-15-2013

Violation of the slip-in procedure will result in the offending swimmer being barred from his/her next individual event in the meet.

APPROVED 4-16-1996

Slip-in Entry

Splash and ripple action of the water should be kept to a minimum. Enter by sitting down on the edge of the pool facing the water. Keep your eyes on the water, gently slide into the water with your hand on the deck.

HISTORICAL NOTES:

On 10-15-13 it was noted by the Minnesota Swimming Inc. Board of Directors that the policy was not transcribed verbatim according to previous action of the Board. It is now published in correct form.