

IASI CHAMPIONSHIP WARM-UP PROCEDURE

Established by the Technical Planning Committee (May 9, 2023)

I. **Application of IASI Policy & Procedures - Section I**

The IASI Mandatory Warm-Up (Section I.III.M) Procedure shall continue to govern all warm-up periods at all IASI Championship meets. In addition, the following procedure outlines specific requirements regarding lane assignments at IASI Championship meets.

II. **Sessions Including Senior/Open Events.** Any session including senior or open events will utilize an open warm-up, without any team lane assignments.

III. **Exclusively Age-Group Sessions and Regional Championships.** All sessions featuring exclusively age-group events and all sessions at the Regional Championship meets will utilize assigned team warm-up lanes, as approved by the Meet Referee.

A. Host clubs will assign team warm-up lanes based on the entries at the initial entry deadline and provide notice of specific lane assignments to participating clubs by Tuesday at Noon immediately preceding the meet.

B. When assigning lanes, host clubs must create an equitable warm-up situation for all clubs, to the best extent possible. As needed, assignment rotations are encouraged.

C. Considerations for equitable warm-up assignments include, but are not limited to, the following:

1. Access or similarity to the main competition course
2. Number of athletes per lane
3. Lane distance, lane width, water depth, lane orientation
4. Access to starting blocks, backstroke ledges
5. Pool water temperature, air temperature
6. Solid wall, bulkhead, use of touchpads
7. Pool markings
8. Meet sessions, warm-up sessions, time of day

D. As an exception to this procedure, host clubs may assign themselves to an objectively inferior warm-up situation to assist in meeting the assignment requirements and recommendations.