

Current

USA Swimming and Maine Swimming safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:

- All swimmers shall enter feet first using the sit and slide method at the starting end of the pool.
- The warm-up sessions may be divided into periods of equal length depending on the number of swimmers entered in each session.
- Warm-up schedules will be posted on the web site prior to the meet and will be made available to coaches at the meet.
- Sprint lanes will be announced during the warm up period. No diving or backstroke starts will be permitted except in sprint lanes, when designated, except under a coach's supervision in team assigned lanes.
- Swimmers without a coach must report to the Meet Director prior to the warm-up to obtain a lane assignment.

New

WARM UP PROCEDURE: These procedures shall be followed at each and every MESI sanctioned meet. ---

-Warm up will be divided into multiple 15 - minute sessions. The host will make an effort to balance the number of swimmers between the sessions. Teams will be assigned lanes prior to meet start.

-For split-session meets, a minimum of one 15 minute warm up period per session is required.

- The meet director in conjunction with the meet referee, may adjust the warm up assignments if the entries for the meet make either warm up session disproportionately large. They shall attempt to even the number of swimmers in each session. All teams involved should be notified not less than 72 hours prior to the beginning of the first warm up session of the meet.

- The last 15 minutes of each session, warm up per lane will be at the discretion of the host pool:

POOL SIZE: 6 LANE: PUSH PACE 1 & 6, RACING STARTS 2 & 5, GENERAL WARM UP 3 & 4

POOL SIZE: 8 LANE: PUSH PACE 1 & 8, RACING STARTS 2 & 7, GENERAL WARM UP 3, 4, 5 & 6

POOL SIZE: 10 LANE: PUSH PACE 1 & 10, RACING STARTS 2 & 9, GENERAL WARM UP 3, 4, 5, 6, 7, & 8

- Push pace lanes: Push off one or two lengths from starting end. Circle swimming only. NO DIVING

- Racing starts: Sprint lanes for racing starts from blocks or for backstroke starts in specified lanes at designated times. Swim one direction only and exit the pool on the opposite end in the same specified lane.

- General warm up lanes: NO DIVING. Circle swimming only.

- Assigned Lane Warm up: Coaches must agree to alter warm up.

- The meet referee, may, at his/her discretion, open additional lanes for racing starts, should the situation dictate.

SAFETY GUIDELINES:

- 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 supervise their swimmers throughout the warm up session at meets and at all practices.

- Host Team Responsibilities for regular meet:

- A minimum of two marshals for the pool per session, who report to and receive instructions from the meet referee and / or head marshal, shall be on deck during the entire session to enforce these Safety Guidelines and Warm up Procedures.
- Lane and / or time changes and to assist with the conduct of the warm up shall be announced.

- Miscellaneous:

- There shall be one swimmer using the block at a time.
- Swimmers are required to exit the pool upon completion of their warm up to allow other swimmers adequate warm up time.
- Warm up procedures shall be enforced for any breaks scheduled during the competition. Swimmers shall enter from the ends of the pool only unless circumstances arise.
- There will be no training equipment of any kind used during warm ups.
- Penalties: Violation of these Warm up Procedures and Safety Guidelines may result in the imposition of the following penalties:
 - The swimmer may be removed from warm up.
 - The swimmer may be barred from the next event.
 - The swimmer may be barred from the meet.
 - The coach or team may be barred from the meet.
 - The penalty imposed shall be at the discretion of the meet referee.