



2023 SPRING SPEEDO SECTIONALS
AUSTIN, TX
MARCH 23-26, 2023

Co-hosted By
Longhorn Aquatics & Colorado Swimming

Texas Swim Center on the campus of The University of Texas
1900 Red River Street, Austin, TX 78712
Facility Phone: (512) 471-7703

**All entries must be submitted online through USA Swimming's Online Meet Entry system
between February 1, 2023 and 11:59 PM CDT, March 15, 2023.**

(If OME is not available, alternative entry methods will be announced prior to the entry deadline.)

Held Under the Sanction of South Texas Swimming and USA Swimming, Inc.

Websites:

www.txlameetresults.com * www.westernzoneswimming.org * www.usaswimming.org

IMPORTANT: All meet format details contained in this meet announcement are tentative and based on the current COVID-19 guidelines as of the date of sanctioning. Final details will be confirmed after the close of regular entries on March 15, 2023 and will be reviewed at the General Meeting.

Sanction

This meet has been sanctioned by South Texas Swimming, Inc. and current USA Swimming rules and South Texas Swimming Policies & Procedures Manual will apply. All athletes must be currently registered as Premium or Outreach members for 2023 with USA Swimming. South Texas Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability

In granting this sanction and by any person's participation in the meet, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that South Texas Swimming, Inc., all meet officials, The University of Texas, Lee & Joe Jamail Texas Swim Center, Longhorn Aquatics, Colorado Swimming and the Western Region Section shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proven, will cause the offending athlete, if unattached, or the offending athlete's team, if attached, to be held accountable for repairs.

Meet Referee

Derigan Silver
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Admin Referee

Marc Digby
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Meet Director

Bridgette Laitala
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Facility

The Lee and Joe Jamail Texas Swimming Center has an indoor 8 lane 50-meter competition pool. The pool is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate and lane width.

Pool Certification

The meet competition course has not been certified in accordance with 104.2.2C(4).

MEET SCHEDULE SUMMARY

Information provided below is ESTIMATED. Additional details will be provided following the close of entries. Final schedule will be determined after the entry deadline.

MEETING SCHEDULE		
General Meeting	Wednesday, March 22 7:30 pm CDT via Zoom	
Officials Meetings	One hour before the start of each session	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Thursday – Sunday March 23 – March 26	Warm-Up: 7:00 AM Competition: 9:00 AM	Warm-Up: 3:30 pm Competition: 5:00 pm

Supervised Warm-Ups

The facility will be available for supervised warm-ups on Wednesday, March 23rd between Noon – 5:00 pm.

Meet Format

- **Meet format** will be SCY Prelims (16 lanes) and SCY Finals (8 lanes). Prelim events will be swum ODDS heats in the SOUTH course and EVEN heats in the NORTH course. One championship heat and three consolation heats will compete in Finals, except as noted in the Order of Events, p.3 of this Announcement. The “D” Final will be conducted as an 18&U Only heat.
- **Order of seeding** will be Short Course Yards (SCY), Short Course Meters (SCM), Long Course Meters (LCM). **Bonus events** will be seeded after the above, in the same order: BSCY-BSCM-BLCM.
- **Preliminary Heats of Individual Events and Timed Finals Events will be seeded and swum FASTEST to SLOWEST**, except as noted in the Order of Events, p.3 of this Announcement.
- **Circle-Seeding:** Top 3 heats of **preliminary** individual events 200Y or less, and top 2 heats of **preliminary** individual events of 400Y or more, will be circle-seeded, with the **fastest athlete in heat 1**.
- **Finals Heats of Individual Events will be swum SLOWEST to FASTEST:** Bonus D, Bonus C, Consolation, Championship.
- **There will be NO Finals Ready Room** at this event. Athletes will not be paraded to the blocks. Athletes are to report to their lane and will be announced in the water. Championship heat will be announced behind the blocks.
- Athletes may qualify for and enter the 1000 and/or 1650 Freestyles using any of the 1000Y/800M or 1650Y/1500M time standards. Alternate distance qualifying entries will be seeded after competition distance qualifying entries. Alternate distance bonus entries will be seeded after competition distance bonus entries.
- Swimmers entered in the 1650 Freestyle wishing to swim in preliminary heats rather than the finals heat need to declare this intention by the stated scratch deadline for that day’s events.



ORDER OF EVENTS

Women's Event #	Thursday * March 23, 2023	Men's Event #
1	200 Medley Relay (A)	2
3	100 Freestyle	4
5	1000 Freestyle (B)	6
7	200 Breaststroke	8
9	200 Butterfly	10
11	200 Freestyle Relay (C)	12
Women's Event #	Friday * March 24, 2023	Men's Event #
13	100 Backstroke	14
15	200 Freestyle	16
17	400 Individual Medley	18
19	400 Freestyle Relay (C)	20
Women's Event #	Saturday * March 25, 2023	Men's Event #
21	200 Backstroke	22
23	500 Freestyle	24
25	100 Breaststroke	26
27	100 Butterfly	28
29	800 Freestyle Relay (C)	30
Women's Event #	Sunday * March 26, 2023	Men's Event #
31	200 Individual Medley	32
33	1650 Freestyle (D)	34
35	50 Freestyle	36
37	400 Medley Relay (C)	38

A: The 200 Medley Relays will be conducted as timed finals, **swum FASTEST TO SLOWEST**, all heats in event order at the **beginning of PRELIMS, Thursday, March 23.**

There will be an approximately 10-min break following the conclusion of Event 2, prior to the start of the Prelims of Event 3.

B: The 1000 Freestyles will be conducted as timed finals, with the **fastest heat of women and the fastest heat of men swimming in Finals in event order.**

ALL other heats will be swum in prelims, alternating women and men, **fastest to slowest**, following the conclusion of Event 10. Depending on timelines, there may be a break between the end of Event 10 and the start of heats of 1000 freestyle.

C: The 200 Free Relay, 400 Free Relay, 800 Free Relay, and 400 Medley Relay will be conducted as timed finals swum in **FINALS, swum slowest to fastest.** To manage finals timeline, relays may be swum in both pools.

There will be an approximately 10-min break following the conclusion of Finals individual events, prior to the start of these relays.

D: The 1650 Freestyles will be conducted as timed finals, following the National Championship format, with the **fastest heat of women and the fastest heat of men swimming in FINALS in event order.**

All other heats will be swum **slowest to fastest**, alternating women and men beginning at a predetermined time, so the second fastest heat of the men's event is concluded 90 minutes before the evening Finals session is scheduled to begin.



2023 USA Swimming Speedo Championship Series Four Corners Spring Sectional Time Standards						
March 23-26, 2023 * Austin, TX						
Women				Men		
SCY	SCM	LCM	EVENTS	SCY	SCM	LCM
24.99	27.76	28.44	50 Free	22.41	24.72	25.79
53.71	59.04	1:01.26	100 Free	48.46	53.27	55.89
1:56.22	2:07.92	2:12.75	200 Free	1:45.84	1:56.48	2:02.20
5:13.17	4:29.34	4:43.21	400/500 Free	4:49.98	4:10.18	4:23.21
10:52.09	9:27.35	9:48.19	800/1000 Free	10:10.58	8:53.74	9:19.51
18:19.78	18:07.11	18:54.49	1500/1650 Free	17:13.16	16:53.43	17:45.59
59.50	1:06.33	1:09.54	100 Back	54.42	1:00.66	1:04.26
2:07.80	2:22.78	2:29.20	200 Back	1:58.45	2:12.65	2:20.40
1:08.46	1:15.15	1:20.46	100 Breast	1:01.53	1:07.35	1:13.70
2:29.07	2:43.68	2:54.86	200 Breast	2:15.19	2:27.80	2:40.88
58.86	1:04.55	1:06.87	100 Fly	53.46	59.43	1:00.97
2:12.26	2:26.43	2:32.74	200 Fly	2:00.94	2:14.37	2:20.25
2:11.81	2:25.85	2:32.19	200 Ind. Medley	1:59.85	2:12.30	2:19.28
4:39.34	5:07.75	5:21.68	400 Ind. Medley	4:18.37	4:45.76	5:00.19
1:44.69	1:56.89	1:59.29	200 Free Relay	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 Free Relay	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 Free Relay	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 Medley Relay	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 Medley Relay	3:47.49	4:15.75	4:23.39

Qualifying Time Period: December 1, 2021 through entry deadline, March 15, 2023.





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Rules

- Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy ("MAAPP 2.0").
- **The age of the athlete will be his/her age as of March 23, 2023, the first day of competition.**
- All athletes entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any athlete without a coach in attendance must report to the Meet Director or Meet Referee who may assist an athlete in making supervision arrangements, but it is the athlete's responsibility to make these arrangements prior to the start of the meet and to so notify the Meet Referee.
- Any athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start, including both a Forward Start and a Backstroke 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 athlete or the athlete's legal guardian to ensure compliance with this requirement and to bring proof of such certification to the meet.
- It shall be the athletes' and coaches' responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting.
- Athletes and coaches are responsible for being familiar with this meet's scratch rules.
- Deck changes are prohibited.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- Photography is not allowed behind the blocks during the start of a race or relay exchange.
- 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.
- All athletes entered in the competition must comply with current USA Swimming rules regarding swimwear.
- **All athletes (or parent/guardian if under 18) are required to complete any necessary paperwork and email to Meet Host as a condition of meet entry.**
- **Restrictions**
 - **This is a CLOSED-DECK meet. Only athletes, coaches, officials, and assigned meet volunteers will be permitted on the competition deck.**
 - Tobacco products of any kind, vaping, alcoholic beverages, and glass containers are not allowed in the swimming venue.
 - Shaving is not permitted anywhere in the facility.
 - **Concealed Carry 30.06:** Concealed Carry 30.06: (Campus Carry) Pursuant to Section 30.06, Penal Code (trespass by license holder with a concealed handgun), a person licensed under Subchapter H, Chapter 411, Government Code (handgun licensing law), may **NOT** enter this property with a concealed handgun. For more information visit <http://campuscarry.utexas.edu/>
 - **Pets/Service Animals:** Trained service animals or service animals in training with identifiable vests will be allowed. Service animals must remain on leash or in a harness at all times.

Broadcast Statement

Photographs, videotape, audio, and/or other visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use and may not be broadcast, published, disseminated, or used for any commercial purpose without the prior consent of USA Swimming.

Photography and Videos

Photographers and/or videographers may be present on deck at this meet. 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 start of warm-ups on Thursday morning. 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.*



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Eligibility

1. Athletes must be Premium or Outreach members of USA Swimming. **There will be no on-deck USA Swimming registration.**
2. This is a closed meet and open only to athletes currently registered within the Four Corners and Region 12 LSCs of the Western Zone as of the day entries close, who have previously reserved a space with the meet host.
3. A limited number of athletes outside of the Four Corners and Region 12 LSCs of the Western Zone may be invited, if space permits, at the discretion of the meet host.
4. **On-deck transfer into an eligible LSC is not allowed.**
5. Athletes must have met the appropriate 2023 qualifying times in competition between December 1, 2021, and the entry deadline, March 15, 2023.
6. Athletes must have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions.
Entry times not in the SWIMS database must be proven to the Administrative Referee or designated representative prior to the scratch deadline for the event. Failure to provide such proof of time prior to that deadline will result in the athlete being removed from the event. It is the responsibility of the entering club, or individual if entering unattached, to verify that entry times are in SWIMS.
Proof of relay entry times is not required.
7. Relay only athletes will be permitted.
8. Athletes with a disability who have achieved USA Swimming Sectional Para qualifying time standards during the qualifying period for this meet may enter up to four (4) individual events for which the USA Swimming Sectional Para time standard has been achieved. Each athlete has the option of swimming a half distance for any event entered. Athletes swimming half distance must notify the Admin Referee no later than the beginning of the session. Athletes with disabilities may also participate in SCY Time Trials on the same basis. See the last page of this meet announcement for more information.

For informational and planning purposes, an initial psych sheet and unofficial preliminary timeline will be sent out ASAP following the close of regular entries.

The psych sheet will contain markings to indicate times requiring proof as noted under #6, above. The initial psych sheet and unofficial preliminary timeline will be posted on the websites listed on p.1 of this Meet Announcement and will be emailed to the primary coach of record listed in the OME entries.

Entries

All entries must be submitted online through USA Swimming's Online Meet Entry system – www.usaswimming.org/ome between February 1, 2023, and 11:59 PM CDT, March 15, 2023. If OME is not available for technical reasons, alternative entry procedures will be announced prior to the entry deadline.

- **Qualifying Time Period: December 1, 2023 through the entry deadline, March 15, 2023.**
- With the submission of entries, the coach/team representative attests that all athletes entered are registered with USA Swimming.
- **You must choose the OME option to pay by credit card.**
- Once you complete your online entry, you will be sent a confirmation email. Bring it and all communications with you to the meet in case of any entry problems. When entering an individual time not yet in SWIMS, please try to ensure that the missing data is downloaded into SWIMS as soon as possible.
- Please note that OME will not update entry times as new results are entered into SWIMS. You can return to your entry after you have checked out to modify entry times should they improve during the entry period or to add events to your entry, but you cannot delete events after you have paid for them. **All entry modifications must be made before the entry deadline.**
- Check all entries before paying for them! Enter each one with an accurate time achieved in the proper course; converted times will not be accepted.
- If you have **trouble using OME**, please contact **Macie McNichols** at USA Swimming: mmcnichols@usaswimming.org

Individual Event Limits

Each entered athlete may participate in up to six (6) individual events total for the meet (not including SCY Time Trials), and up to five (5) relays, but no more than three (3) individual events per day including SCY Time Trials. All athletes are limited to three (3) SCY Time Trials during the course of the meet. See SCY Time Trials, p.9, for additional information.

Relay Event Limits

There is no limit to the number of relays a club may enter, but only the top two (2) relay teams per club can score in each event and will appear in the top 24 results in each relay event.



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Bonus Events

Athletes entered in the meet with at least one qualified individual event may enter up to two bonus events, not to exceed six (6) individual events total for the meet (not including SCY Time Trials). **There are no qualifying times for bonus events, but bonus times must appear in SWIMS within the qualifying time period: December 1, 2021 through the entry deadline, March 15, 2023.** NT entries will not be accepted.

Meet Surcharge \$40.00 surcharge per athlete, including Relay Only athletes

Meet Entry Fees \$20.00 per individual event entry
\$40.00 per relay entry

Entry Deadline **Entries for qualifying swims must be received by 11:59 PM CDT, March 15, 2023.**
After March 15, 2023, updating times for existing entries is not permitted.

Late Entries **Late entries for athletes who had qualifying times prior to the entry deadline will ONLY be accepted if space is available, as determined by meet management on a case-by-case basis.** Athletes will be required to pay the regular athlete surcharge. Entry fees for Late Entries will be double that of the regular entries.

Requests for late entries may be submitted via OME until 11:59 PM CDT, Sunday, March 19, 2023, and if accepted, are subject to the late entry fees listed below:

- **Late Entry Surcharge** \$40.00 surcharge per swimmer
- **Late Entry Fees** \$40.00 per individual event - late entry
\$80.00 per relay - late entry

First-Time Individual Event Qualifiers

Athletes who achieve a **first-time individual qualifying standard** from Thursday, March 16, 2023, through Sunday, March 19, 2023, may enter the meet via OME.

- New qualifying individual entries will be accepted via OME Entry Platform, until 11:59 PM CDT, Sunday, March 19, 2023 and may not be used to improve the seed time of a previously submitted entry.
- Updating bonus swim seed times after the March 15th deadline will not be permitted. However, an athlete who achieves a first-time qualifying time in an event previously entered as a bonus swim may treat the bonus swim as a qualifying swim in order to allow for an additional bonus swim.
- Questions regarding bonus events for new qualifying swims should be directed to the [Meet Director](#).

Registration & Team Check-In

- **All athletes, coaches, and officials participating in this competition must be currently registered for 2023 with USA Swimming.**
- Teams will receive a packet with their athletes and coach credentials in it. Relay cards will also be in the packet.
- Packet pick-up will be done at the front desk of the Texas Swim Center (first level lobby), Wednesday, March 22 from noon-5PM.
- All athletes, coaches, and officials will receive a meet-specific credential, which will serve as a deck pass, and is to be displayed in order to access the competition deck and team areas.

General Meeting

A General Meeting will be held via Zoom on Wednesday, March 22, 2023 at 7:30 pm CDT. Link will be sent following close of regular entries.

Teams must have a coach or team representative in attendance. Coaches/representatives not in attendance are responsible for obtaining the information covered in the General Meeting.

Scratch Procedures

The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet. These rules are described in the current USA Swimming Rule 207.11.6 in the current Rulebook.

- Scratches for Thursday will close at 5:30 pm on Wednesday, March 22. Scratches for all other preliminary and timed-final events (individual and relay) will close 30 minutes after the start of finals on the day prior to the event.
- Athletes and relay teams are considered checked-in for all events unless scratched.
- Scratches may be submitted on scratch cards to the scratch box or may be submitted via email to txlameetentries@gmail.com.
- Scratches or declarations of intent to scratch for finals are due 30 minutes after announcement of preliminary results qualifiers.
- Relay cards for the 200 Medley Relay are due by 8:00 am on Thursday, March 23. All other relay cards are due by 4:00 pm each day for that day's relay events. Relay order may be changed up to the time of the start of the event at Administration Computer.



Meet Time Line

If the projected length of any session exceeds 4½ hours, the Meet Referee, in consultation with the meet host and the Western Region Section Officers, reserves the right to adjust. All adjustments will be announced at the General Meeting.

Warm-Ups

South Texas Swimming Safety Guidelines and Warm-Up Procedures will be in effect for this meet. A copy of these guidelines is posted on page 10. The Meet Referee reserves the right to modify warm-ups as determined to be in the best interest of the safety of the athletes and the conduct of the meet.

Scoring

Scoring will be on a twenty-four (24) place basis.

Achieved times swum in individual Finals/Timed Finals events must meet the event's time standard to score.

- **Individual events:** 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
- **Relays:** 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.

Awards

- Medals: top eight (8) individual and top three (3) relay places.
- Trophies/Plaques for team awards: First through Third places for Women, Men, and Combined. Team scoring will include both individual and relay events to 24 places each. Both women and men must score for a team to be eligible for a combined scoring team award.
- Individual High Point Awards: Top-scoring Woman and Top-scoring Man (individual events only)
- **Individual & relay awards will not be presented at this event.** Team awards and High Point will be presented immediately following the conclusion of Sunday finals. Teams should pick up individual & relay medals prior to leaving the pool on Sunday.

SCY Time Trials - Summary

Confirmed details will be sent out ASAP after the close of regular entries on March 15th.

- SCY Time Trials will be held under a separate sanction of South Texas Swimming.
- SCY Time Trials will be conducted on a time-available basis and day available basis and will be limited to approximately one hour. The days that time trials are offered will be determined after the close of regular entries and reviewing of the initial timeline. The order of time trials will be rotating meet event order, starting with that day's events.
- Entries for SCY Time Trials will be conducted only through OME – there will be NO deck entries.
- Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials. Relay only athletes will be allowed to compete in Time Trials.
- Each SCY time trial swum will count toward the daily event limit with a combination of time trials and individual meet events not to exceed three (3) per day. Athletes are limited to three (3) time trials total during the course of the meet.
- **SCY Time Trial Entry Fees: \$20.00 per individual event \$40.00 per relay event**

Timers & Counters

Timers will be provided for all regular events. Athletes must provide their own timer and counter for the 1000 Freestyle and 1650 Freestyle, unless swimming during finals. Athletes must provide their own counter for the 500 Freestyle during prelims. Athletes must provide their own timer for time trials.

Travel Fund

A portion of the meet entry fees from this meet are used to fund a travel reimbursement to eligible swimmers and coaches. Athletes who participate in this meet and also participated in the 2022 Toyota U.S. Open or the 2022 Speedo Winter Junior National Championships are eligible for a travel reimbursement. The amount of the reimbursement will be determined based upon total entry fees for this meet and the number of swimmers who qualify and attend.

*The application will be emailed to all coaches of record for the meet and posted on the Western Zone website under the event. **Final Application Deadline: April 7, 2023.***

Officials

Officials Meetings will be one hour before each day's sessions. The location of this meeting will be announced via email prior to the start of the meet. If you will be attending this meet, please complete the online Officials Application (link below).

Online Application link: <https://teamunify.com/team/wzone/page/officials/applications>

This meet has been designated as a training meet for N2 and N3 Officials Certification. **OQM # PENDING**

Officials wishing to be evaluated must apply at the application link and notify the Meet Referee upon arrival at the meet. Instructions for certification will be provided during Officials Meetings.



The uniform for officials for the meet will be a white polo shirt and Black shorts, skirt, or pants. Shorts may be worn only during Preliminary sessions; long pants or skirts for Finals, please. Black, closed toe shoes and Black socks complete the uniform.

Hospitality

A Hospitality Room will be provided by for coaches and officials only; athletes are not permitted in the Hospitality room.

Concessions

Concessions will be available at O's Café on the 2nd floor of the Texas Swim Center. Neither the host team, the host LSC, nor the Western Region Section receive any benefit.

Heat Sheets

Heat sheets will be available on deck for coaches only.

Electronic heat sheets will be emailed to coaches, will be available through Meet Mobile, and will posted on the host website.

Meet Information & Results

Meet Information and post-meet results will be posted to the websites listed on p.1 of this Announcement.

Parking at the Facility

There is NO RV or Motor Home parking available anywhere on The University of Texas campus.

Additional information on parking will be posted to the host website ASAP.

MARRIOTT IS A PROUD SPONSOR OF USA SWIMMING

**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
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 four marshals 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 backstroke 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.

STSI Safety Guidelines and Warm-up Procedures last Revised 10/9/2016

Para 1 Sectional Motivational Time Standards

P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Women				P1	Men			
	Sectional		Bonus			Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	1:18.39	1:18.39	121.59	121.59	50 FR	1:12.29	1:12.29	1:15.29	1:15.29
	2:44.39	2:44.39	1:51.19	1:51.19	100 FR	2:43.09	2:43.09	2:49.89	2:49.89
	6:33.69	6:33.69	6:50.09	6:50.09	200 FR	4:28.49	4:28.49	4:39.69	4:39.69
	1:32.69	1:32.69	1:36.59	1:36.59	50 BK	1:00.29	1:00.29	1:02.79	1:02.79
	2:50.39	2:50.39	2:57.49	2:57.49	100 BK	2:11.79	2:11.79	2:17.29	2:17.29
	1:25.79	1:25.79	1:29.39	1:29.39	50 BR	1:05.19	1:05.19	1:07.89	1:07.89
	4:04.79	4:04.79	4:14.99	4:14.99	100 BR	3:09.09	3:09.09	3:16.99	3:16.99
2:17.99	2:17.99	2:23.69	2:23.69	50 FL	2:02.29	2:02.29	2:07.29	2:07.29	
5:41.99	5:41.99	5:56.19	5:56.19	150 IM	5:27.29	5:27.29	5:40.99	5:40.99	

Para 2 Sectional Motivational Time Standards

P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Women				P2	Men			
	Sectional		Bonus			Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	42.69	44.89	44.49	46.79	50 FR	39.29	41.39	40.89	43.09
	1:34.89	1:39.89	1:38.89	1:44.09	100 FR	1:26.59	1:31.19	1:30.19	1:34.99
	3:15.39	3:25.69	3:23.59	3:34.29	200 FR	3:03.19	3:12.79	3:10.79	3:20.89
	7:57.69	6:29.89	8:17.49	6:46.09	400/ 500 FR	7:42.39	6:17.39	8:01.59	6:33.09
	51.79	54.49	53.99	56.79	50 BK	44.39	46.79	46.29	48.69
	1:59.89	2:06.19	2:04.89	2:11.39	100 BK	1:51.19	1:56.99	1:55.79	2:01.89
	4:07.29	4:20.29	4:17.69	4:31.19	200 BK	3:28.79	3:39.69	3:37.39	3:48.79
	54.09	56.89	56.39	59.29	50 BR	50.29	52.99	52.39	55.19
	1:59.99	2:06.29	2:05.09	2:11.59	100 BR	1:51.59	1:57.49	1:56.19	2:02.39
	4:22.79	4:36.59	4:33.79	4:48.19	200 BR	4:00.79	4:13.49	4:10.79	4:23.99
	52.19	54.89	54.39	57.19	50 FL	40.69	42.79	42.39	44.59
	2:14.19	2:21.19	2:19.79	2:27.09	100 FL	2:07.49	2:14.19	2:12.79	2:19.79
	4:08.79	4:21.89	4:19.19	4:32.79	200 IM	3:49.19	3:59.19	3:56.69	4:09.19

Para 3 Sectional Motivational Time Standards

	Women					Men			
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Sectional		Bonus		P3	Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	33.09	36.69	34.39	38.19	50 FR	28.89	32.19	30.09	33.49
	1:10.39	1:18.19	1:13.39	1:21.49	100 FR	1:02.89	1:09.89	1:05.49	1:12.79
	2:53.69	3:12.89	3:00.89	3:20.99	200 FR	2:23.79	2:39.79	2:29.79	2:46.39
	6:35.19	5:47.39	6:51.69	6:01.89	400/ 500 FR	6:12.49	5:27.39	6:27.89	5:40.99
	15:10.39	12:54.79	15:44.49	13:23.79	800/ 1000 FR	14:41.29	12:29.99	15:17.89	13:01.19
	27:41.99	25:57.69	28:40.09	26:52.09	1500/ 1650 FR	27:15.29	25:32.59	28:23.49	26:36.49
	40.09	44.49	42.19	46.79	50 BK	33.19	36.89	34.59	38.39
	1:24.49	1:33.79	1:27.99	1:37.69	100 BK	1:09.89	1:17.69	1:12.79	1:20.89
	3:22.59	3:45.09	3:32.79	3:56.39	200 BK	2:47.59	3:06.19	2:54.59	3:13.99
	40.49	44.99	42.59	47.29	50 BR	36.19	40.29	37.79	41.89
	1:29.79	1:39.69	1:33.49	1:43.89	100 BR	1:20.49	1:29.39	1:23.79	1:33.09
	3:16.29	3:38.39	3:26.39	3:49.29	200 BR	2:56.09	3:15.59	3:03.39	3:23.79
	36.39	40.39	38.29	42.49	50 FL	31.49	34.99	32.79	36.39
	1:16.29	1:24.69	1:19.39	1:28.19	100 FL	1:06.09	1:13.49	1:08.89	1:16.49
	3:12.89	3:34.29	3:22.49	3:44.99	200 FL	2:47.39	3:05.89	2:44.29	3:13.69
	2:58.49	3:18.29	3:05.99	3:26.59	200 IM	2:32.49	2:49.49	2:38.89	2:56.49
	7:01.19	7:47.99	7:22.29	8:11.39	400 IM	6:06.79	6:40.09	6:56.79	6:56.79