

2023 SNAKE RIVER WINTER CHAMPIONSHIP MEET

Harward Recreation Center

February 17-19, 2023

HOST: Nampa Swim Team

SANCTION: This meet is held under sanction of USA Swimming and Snake River Swimming, Inc., **Sanction #23-04**. In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event.

“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 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 the presence of the disease. Therefore, if you chose 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 THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SNAKE RIVER SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM AN LIABILITY OR CLAIMS INCLUDING FOR

PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, 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, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

You acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that your family, including child(ren), may be exposed to or infected by COVID-19 while on site at the pool or facility and that such exposure or infection may result in the personal injury, illness, permanent disability, and death. You understand that the risk of becoming exposed to or infected by COVID-19 at the pool or facility may result from the actions, omissions, or negligence of myself and others, including, but not limited to, the Nampa Swim Team and other swim teams participating in the meet and pool management company's employees, volunteers, and program participants and their families.

LOCATION: Harward Recreation Center
131 Constitution Way
Nampa ID 83686

FACILITIES: 8 lanes, 25-yard indoor pool. The minimum water depth, measured in accordance with Article 103.2.3 is 5.9' at the start end and 4.7' at the turn end. Equipped with eight starting blocks, backstroke flags, anti-wave lane lines, and electronic timing by Colorado Timing Systems.
The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4).

TIMING: Electronic Timing System by Colorado Timing System

MEET FORMAT: This meet is a combination of timed finals and preliminary/finals events. Fly over starts will be used at the discretion of the meet referee(s).

TIMED FINALS: All 8 & Under events, all relays, all events 400 yards and longer, 11–12-year-old 200 butterfly, 200 breaststroke, and 200 backstroke, and all events Friday evening will be swum as timed finals.

PRELIMS/FINALS: All events not covered under timed finals. The top 8 qualifiers in the prelims will advance to finals.

MEET DIRECTOR: Amy Moulton: All prior meet information.
(208) 484-9130
Email:
Bruce Singkhaophet: Will be director during the meet itself. Please refer to Bruce for anything during the meet. (208) 794-5753

MEET REFEREES: **Chad Schaffer**
Email: chad@tokcommercial.com

Protests will be handled in the manner described in Section 102.11 of the USA Swimming Rules and Regulations

OFFICIALS: We appreciate the help of certified officials from other clubs. If you know of an official attending the meet, please have them contact the meet referee in advance.

SCHEDULE:

Friday Timed Finals:

Warm-ups: **3:15 p.m. – 3:55 p.m. 13-19**
 3:55 p.m. – 4:20 p.m. 12 & under

Finals Begin: **4:30 p.m.**

Saturday and Sunday Prelim Warm-Up

Saturday & Sunday:

Prelim Warm-ups:**7:15 a.m. – 7:55 a.m. 13-19**
 7:55 a.m. – 8:20 a.m. 12 & under

Prelims Begin: **8:30 a.m.**

9 & Over Finals

Saturday:

Finals Warm-ups: **3:15 – 4:15 p.m.**
Finals Start: **4:30 p.m.**

Sunday:

Finals Warm-ups: **3:30 – 4:15 p.m.**
Finals Start: **4:30 p.m.**

MEETINGS: Coaches: There will be a mandatory coaches meeting 15 minutes prior to the start of morning warm-ups on Friday and Saturday only.

Officials: There will be an officials meeting at least 45 minutes prior to the start of the meet each day. (3:30 p.m. for Friday; 7:30 a.m. Saturday and Sunday preliminary sessions; 3:45 p.m. Saturday's final session; and 3:45 p.m. for Sunday's Final session.)

ELIGIBILITY: ALL SWIMMERS MUST BE USA SWIMMING AND SNAKE RIVER SWIMMING REGISTERED for the 2023 registration year. **"Flex athletes are not allowed to compete in Championship Meets. Those athletes currently registered as Flex members must upgrade to Premium Year-Round Athletes prior to the team's entries being sent to the host team."** Swimmers must have a valid time to swim event. NT are NOT allowed. Must have qualifying time for events 200 yards or longer.

Swimmers age on February 19, 2023, will be determined by age group for the entire meet.

Athletes with disabilities may enter any age-appropriate event with a valid time. Please provide advance notice to the Meet Referee of any necessary accommodations your disabled swimmer may need.

Please include the coach's name, phone, and address. The coach's signature will be verification that all swimmers entered are currently registered members of USA Swimming. DECK REGISTRATION WILL NOT BE ACCEPTED. If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine up to \$100 per event against the individual, member coach, or member club submitting the entry. After verification of meet entries, if any athlete is found to be not currently registered, the host club must submit a post-meet backup to the Snake River Registration Chairman. If the athlete competed in the meet and his/her registration was postmarked after the entry deadline, the athlete/Club will be fined \$100 by the Registration Chairman. Additionally, if an athlete competes in a meet as an unregistered swimmer, he/she will be disqualified from all events swum in the meet and will not be allowed to enter any other competitions until the fine is paid and the registration completed.

Please contact Snake River Registration Chairman Michelle Smith, for registration information.

ENTRIES: **Each Swimmer may enter seven (7) individual events with no more than three (3) individual events per day and two (2) relays per day. Each team may enter a maximum of 3 relays per gender per age group per event.**

Entries must include swimmer's name, age, event name and number, and the swimmer's **best short course yard time. Please do not convert.** If short course meter or long course meter times are submitted, they will be seeded after all short course yard times (SCY/SCM/LCM).

Swimmers must have obtained the qualifying time in those events that have a time standard. Swimmers must have a time to enter any event which does not have a time standard. NT's will not be accepted, with the exception of all relays.

Eight & under swimmers may swim in either 8 & U or 10 & Under events but cannot enter more events than the daily limit. 10 & U events will be scored as one age group (10 & U).

Swimmers may enter the 1650 Freestyle with an 800/1000 qualified time. Those swimmers should enter at the 1650 qualifying time and note their proof of time on their entry.

All swimmers must submit a valid qualifying time in order to swim all 200's, 400IM, the 500 freestyle and 1650 freestyle.

Entries will need to be sent as described below via email. Submit team entries via the Hy-Tek TEAM MANAGER software meet entries file using the "Export" option.

EMAIL (required): Enter in short course yard times only. Entries may be submitted as an attached file via email to Amy Moulton at nst.meetdirector@yahoo.com. Entry file must include converted times.

Entries must include the following information: swimmer's name, age, team, team code, USA Swimming registration number, event name and number, and best time in short course yards.

All swimmers must be on the team master entry form and the surcharge paid including relay only swimmers.

ENTRY FEES: \$2.50 per individual event; \$6.00 per relay event; \$22.00 Surcharge per swimmer (\$1.75 pool rental; \$2.00 timing equipment; \$4.25 lifeguard fee; \$5.00 Hospitality Fees, and \$9.00 Snake River Swimming Travel Fund & Zone Fund Fees).

Make checks payable to **Nampa Swim Team**. All fees, including late entry fees, must be received within one week of the February 7th entry deadline. One check per team, please.

DEADLINE: Entries must be received no later than 6 pm Tuesday, February 7, 2023. **Payment must be received within one week of the entry deadline!**

Send Entries to: nst.meetdirector@yahoo.com

Send Fees to: Amy Moulton
c/o NST
PO Box 753
Nampa, Idaho 83653

RULES: All events will be governed by current USA Swimming rules.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Relay cards will be given to coaches in their packets. Relay cards must have the correct first and last names of the swimmers, in order, written on the card at the start of that relay's race.

Except for deck seeded events, swimmers will swim in pre-seeded heats as designated in the heat sheets posted at the meet.

All swimmers in the 400 IM and 1650 Freestyles MUST provide their own timers and counter. Two (2) timers are required for each swimmer.

At the Meet Referee's discretion, **prelim** events may be combined by age, gender, distance, and/or stroke trying to allow for at least one empty lane between such combined events.

Check-In: Individual events 400 yards and longer will be deck seeded, after a positive check-in, combined, and swum without regard to age and /or gender. These events may be swum fastest to slowest and may alternate female and male heats.

500 freestyle swimmers must check in by 3:45pm on Friday. 400 IM swimmers must check in by 10:00am on Saturday. 1650 freestyle swimmers must check in by 10:00am on Sunday.

Please Note: Swimmers who do not check in by the designated deadline shall not be seeded.

Scratching from Finals:

A swimmer, who qualifies for a final race based upon the results of a preliminary race, has until 30 minutes after the announcement of the qualifiers for that race to notify the Clerk of Course they may not swim in finals. Said swimmer must then return to the Clerk of Course within 30 minutes following their last individual event to declare his/her final intention to swim/scratch the event.

A swimmer who fails to compete in the final of a prelim/final race, from which they have not properly scratched, shall be barred from competing in their next individual event.

Additionally, said swimmer will not be allowed to swim any individual events on succeeding days unless they declare their intent to swim with the Meet Referee prior to the beginning of warm-ups on each succeeding day.

SCORING:	Individual Events:	9-7-6-5-4-3-2-1
	Relay Events:	18-14-12-10-8-6-4-2

AWARDS:	Individual Events:	1 st – 8th SRS Champs Medals
	Relay Events:	1 st – 8th Ribbons
	High Point Awards:	1 st Place Trophy each Age Group Female and Male
	Team Awards:	1 st Place Plaque Total Points
	Team Awards:	1 st Place Banner Percentage of Best Times
	Team Award:	Spirit Banner (voted on by committee of 1 coach, 1 parent, 2 athletes from each team, 3 officials to be identified at the beginning of the meet. To be submitted by the close of Prelims on Sunday.)

TIME TRIALS: Will be offered, based on available time as determined by the Referee. **The normal schedule of warm-ups and events will not be altered or delayed for time trials.** Each trial swim will count as one (1) toward the daily event limit with the combination of time trials and meet events not to exceed three (3) events per day, and seven (7) total individual events. Entries

must be turned into the computer table with a \$3.00 fee one-half hour before the projected end of the day's preliminary events, which will be announced during the preliminary session.

HEAT SHEETS: Heat Sheets for prelim sessions will be available for \$6.00. Heat sheets will also be posted. Meet results will not be mailed out. Results will be available on the Snake River Swimming website in PDF and HTML formats.

Heat Sheets for Final session will be available for \$2.00 each.

RESULTS: Complete Meet Results, Meet Results File, and meet backup will be available at the Snake River Swimming website: www.snakeriverswimming.org after the conclusion of the meet. Real time Results will be available on Meet Mobile.

MISC: **ALL TEAMS WILL BE ASSIGNED LANES TO STAFF FOR TIMING DURING THE MEET. It will be their responsibility to rotate their own timers. A schedule of assigned lanes will be posted and listed in the heat sheet.**

DECK CHANGING: Changing into or out of swimsuits outside designated locker room areas by athletes at any level of competition is prohibited. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

Please limit your activities to the locker room and pool area only. The use of other Recreation Center facilities is available for a daily fee.

Uses of audio or visual recording devices, including cell phones, are not permitted in changing areas, rest rooms or locker rooms.

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.

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

Snake River Swimming safety guidelines and warm-up procedures will apply. NO DIVING into the competition or warm up/warm down courses. Racing starts will be allowed when all teams assigned to a warm-up lane agree to do so and notify the teams on either side of them that they will be doing starts. The warm-up/warm down course will be available for warm-up/warm down during the entire course of the meet.

CONCESSIONS: Concessions will be available.

VENDORS: Northwest Design, Custom Event Apparel

HOSPITALITY: A Hospitality area will be provided for coaches and officials.

2023 SNAKE RIVER WINTER SWIMMING CHAMPIONSHIPS
HARWARD RECREATION CENTER

SCHEDULE OF EVENTS

FRIDAY, FEBRUARY 17, 2023 – Evening Timed Finals Session

Warm up: 3:15 – 4:20 p.m. Meet Starts: 4:30 p.m.

Female Event #	QT- SCY	Prelim/Timed Final	Event	Prelim/Timed Final	QT-SCY	Male Event #
1	--	Timed Final	8 & U 100 IM	Timed Final	--	2
3	3:58. 49	Timed Final	10 & U 200 IM	Timed Final	3:55.49	4
5	3:20. 19	Timed Final	11-12 200 IM	Timed Final	3:17.29	6
7	3:09. 79	Timed Final	13-14 200 IM	Timed Final	2:57.99	8
9	3:06. 79	Time Final	15-19 200 IM	Timed Final	2:47.69	10
11	--	Timed Final	8 & U 100 Freestyle	Timed Final	--	12
13	3:38. 99	Timed Final	9-10 200 Freestyle	Timed Final	3:26.69	14
12 & Over 500 Freestyle Combined and Swum Without Regard to Age and Gender						
15	7:38. 79	Timed Final	11-12 Time Standard	Timed Final	7:27.29	15
15	7:17. 79	Timed Final	13-14 Time Standard	Timed Final	6:56.59	15
15	7:10. 59	Timed Final	15-19 Time Standard	Timed Final	6:40.59	15
			10 Minute Break			
21	--	Time Final	11-19 800 Freestyle Relay	Timed Final	--	21

2023 SNAKE RIVER WINTER SWIMMING CHAMPIONSHIPS

SCHEDULE OF EVENTS

SATURDAY, FEBRUARY 18, 2023– Preliminary Session

13 & Over Warm up: 7:15 a.m. – 7:55 a.m. 12 & under Warm up: 7:55 a.m. – 8:20 a.m.

Meet Starts: 8:30 a.m.

Female Event #	QT-SCY	Prelim/Time d Final	Event	Prelim/Timed Final	QT-SCY	Male Event #
23	--	Timed Final	8 & U 25 Freestyle	Timed Final	--	24
25	--	Prelim/Final	9-10 50 Freestyle	Prelim/Final	--	26
27	--	Prelim/Final	11-12 50 Freestyle	Prelim/Final	--	28
29	--	Prelim/Final	13-14 50 Freestyle	Prelim/Final	--	30
31	--	Prelim/Final	15-19 50 Freestyle	Prelim/Final	--	32
33	--	Timed Final	8 & U 100 Medley Relay	Timed Final	--	34
35	--	Timed Final	10 & U 200 Medley Relay	Timed Final	--	36
37	--	Timed Final	12 & U 200 Medley Relay	Timed Final	--	38
39	--	Timed Final	14 & U 200 Medley Relay	Timed Final	--	40
41	--	Timed Final	19 & U 200 Medley Relay	Timed Final	--	42
43	--	Timed Final	8 & U 50 Breaststroke	Timed Final	--	44
45	--	Prelim/Final	10 & U 100 Breaststroke	Prelim/Final	--	46
47	--	Prelim/Final	11-12 100 Breaststroke	Prelim/Final	--	48
49	3:30.89	Prelim/Final	13-14 200 Breaststroke	Prelim/Final	3:16.59	50
51	3:25.99	Prelim/Final	15-19 200 Breaststroke	Prelim/Final	3:03.19	52
53	3:00.39	Prelim/Final	11-12 200 Freestyle	Prelim/Final	2:54.59	54
55	2:52.09	Prelim/Final	13-14 200 Freestyle	Prelim/Final	2:42.99	56
57	2:49.39	Prelim/Final	15-19 200 Freestyle	Prelim/Final	2:26.79	58
59	--	Timed Final	8 & U 50 Backstroke	Timed Final	--	60
61	--	Prelim/Final	10 & U 100 Backstroke	Prelim/Final	--	62
63	--	Prelim/Final	11-12 100 Backstroke	Prelim/Final	--	64
65	3:06.79	Prelim/Final	13-14 200 Backstroke	Prelim/Final	2:56.39	66
67	3:02.99	Prelim/Final	15-19 200 Backstroke	Prelim/Final	2:47.99	68
69	--	Timed Final	8 & U 25 Butterfly	Timed Final	--	70
71	--	Prelim/Final	9-10 50 Butterfly	Prelim/Final	--	72
73	--	Prelim/Final	11-12 50 Butterfly	Prelim/Final	--	74
75	3:29.99	Timed Final	11-12 200 Butterfly	Timed Final	3:13.19	76
77	--	Prelim/Final	13-14 100 Butterfly	Prelim/Final	--	78
79	--	Prelim/Final	15-19 100 Butterfly	Prelim/Final	--	80
81	--	Timed Final	12 & U 400 Freestyle Relay	Timed Final	--	82
83	--	Timed Final	14 & U 400 Freestyle Relay	Timed Final	--	84
85	--	Timed Final	19 & U 400 Freestyle Relay	Timed Final	--	86
87	--	Prelim/Final	9-10 100 IM	Prelim/Final	--	88
89	--	Prelim/Final	11-12 100 IM	Prelim/Final	--	90
11 & Over 400 IM Combined and Swum Without Regard to Age and Gender						
91	6:54.19	Timed Final	11-12 Time Standard	Timed Final	6:43.09	91
91	6:33.59	Timed Final	13-14 Time Standard	Timed Final	6:11.49	91
91	6:26.89	Timed Final	15-19 Time Standard	Timed Final	5:56.99	91

2023 SNAKE RIVER WINTER SWIMMING CHAMPIONSHIPS

SCHEDULE OF EVENTS

SUNDAY, FEBRUARY 19, 2023 - Preliminary Session

13 & Over Warm up: 7:15 a.m. – 7:55 a.m. 11-12 Warm up: 7:55 a.m. – 8:20 a.m.

Meet Starts: 8:30 a.m.

Female Event #	QT-SCY	Prelim/Timed Final	Event	Prelim/Time Final	QT-SCY	Male Event #
97	--	Timed Final	8 & U 50 Freestyle	Timed Final	--	98
99	--	Prelim/Finals	9-10 100 Freestyle	Prelim/Finals	--	100
101	--	Prelim/Finals	11-12 100 Freestyle	Prelim/Finals	--	102
103	--	Prelim/Finals	13-14 100 Freestyle	Prelim/Finals	--	104
105	--	Prelim/Finals	15-19 100 Freestyle	Prelim/Finals	--	106
107	--	Timed Final	12 & U 400 Medley Relay	Timed Final	--	108
109	--	Timed Final	14 & U 400 Medley Relay	Timed Final	--	110
111	--	Timed Final	19 & U 400 Medley Relay	Timed Final	--	112
113	--	Timed Final	8 & U 25 Breaststroke	Timed Final	--	114
115	--	Prelim/Finals	9-10 50 Breaststroke	Prelim/Finals	--	116
117	--	Prelim/Finals	11-12 50 Breaststroke	Prelim/Finals	--	118
119	3:40.89	Timed Finals	11-12 200 Breaststroke	Timed Finals	3:34.09	120
121	--	Prelim/Finals	13-14 100 Breaststroke	Prelim/Finals	--	122
123	--	Prelim/Finals	15-19 100 Breaststroke	Prelim/Finals	--	124
125	--	Timed Final	8 & U 25 Backstroke	Timed Final	--	126
127	--	Prelim/Finals	9-10 50 Backstroke	Prelim/Finals	--	128
129	--	Prelim/Finals	11-12 50 Backstroke	Prelim/Finals	--	130
131	3:16.69	Timed Final	11-12 200 Backstroke	Timed Final	3:11.99	132
133	--	Prelim/Finals	13-14 100 Backstroke	Prelim/Finals	--	134
135	--	Prelim/Finals	15-19 100 Backstroke	Prelim/Finals	--	136
137	--	Timed Final	8 & U 50 Butterfly	Timed Final	--	138
139	--	Prelim/Finals	10 & U 100 Butterfly	Prelim/Finals	--	140
141	--	Prelim/Finals	11-12 100 Butterfly	Prelim/Finals	--	142
143	3:08.99	Prelim/Finals	13-14 200 Butterfly	Prelim/Finals	2:58.19	144
145	3:06.79	Prelim/Finals	15-19 200 Butterfly	Prelim/Finals	2:51.19	146
147	--	Timed Final	8 & U 100 Freestyle Relay	Timed Final	--	148
149	--	Timed Final	10 & U 200 Freestyle Relay	Timed Final	--	150
151	--	Timed Final	12 & U 200 Freestyle Relay	Timed Final	--	152
153	--	Timed Final	14 & U 200 Freestyle Relay	Timed Final	--	154
155	--	Timed Final	19 & U 200 Freestyle Relay	Timed Final	--	156
12 & Over 1650 Freestyle Combined & Swum Without Regard to Age and Gender						
157	14:48.09/2 4:53.99	Timed Final	11-12 Time Standard	Timed Final	14:32.59/2 4:21.89	157
157	14:01.99/2 3:23.49	Timed Final	13-14 Time Standard	Timed Final	13:21.19/2 2:18.89	157
157	13:49.19/2 3:05.19	Timed Final	15-19 Time Standard	Timed Final	12:52.99/2 1:35.39	157

SECTION 2- SAFETY GUIDELINES:

- A. COACHES RESPONSIBILITIES
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 - 2. Coaches shall actively supervise their swimmers throughout the warm-up sessions at meets and at all practices.
- B. HOST TEAM RESPONSIBILITIES
 - 1. Marshaling
 - a. a minimum of four (4) marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce the *Safety Guidelines and Warm-up Procedures* as outlined in Article IX
 - b. marshals shall have the authority to remove from the pool, for remainder of the warm-up session, any swimmer who is in violation of safety guidelines or warm-up procedures.
 - d. for continuous warm-up pools, lifeguards from the host facility may serve as marshals, if:
 - 1) they are currently certified by Red Cross in Advanced Lifesaving and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director
 - 2). a marshal is provided to supervise the work of the lifeguards
 - 2. Host teams shall post signs at each lane at both ends of pool which indicate the designated use during warm-up.
 - 3. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
 - 4. The following statement shall appear in the meet information: "Snake River Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in effect at this meet." In addition, a copy of SRS, Inc. Safety Guidelines and Warm-up Procedures shall be included with each invitation, either within the invitation or as a separate page.
 - 5. An announcer shall 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 the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
- C. MISCELLANEOUS
 - 1. Use of hand paddles and other training devices during warm-ups is at the Meet Referee's discretion.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step on the block if there is a backstroke waiting to start.
 - 3. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
 - 4. Warm-up procedures shall be enforced for any breaks scheduled during the meet.
 - 5. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

NOTE: Host clubs may, with the consent of the Meet Director and/or Meet Referee, 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 shall be announced, and/or posted prominently in the pool area.