

Alamo Area Aquatic Association Meet Information



www.aaaa-sa.org

Competition conducted under Sanction of USA Swimming
Sanction Number: STA-18-47cm Posted: 5/2/18

Meet: •2018 ST AAAA-NS George Block Invitational
•CLOSED National "B" and faster LCM competition

Dates: •June 21, 22, 23, and 24, 2018

Invitees:

- Alamo Area Aquatic Association
- COR
- Highlands Ranch
- Lakeside Aquatic Club (LAC)
- Schroeder YMCA (Wisconsin)

- American Energy
- Dayton Raiders
- KATY
- LIAC
- Texas Terrapins

- COM (Midland)
- FAST (Ft. Worth)
- Jenks Swim Club
- SHAC
- Tualatin Hills Swim Club

Primary Venue

- Northside ISD Aquatic Complex (NISD)
- 8400 North Loop 1604 West
- San Antonio, TX 78249
- 210-397-7525
- Eight (8)-lane OUTDOOR, 50-meter competition course
- Eight (8)-lane INDOOR, 50-meter competition course
- Colorado automatic starting and timing
- Spectrum Backstroke Start Devices may be used
- Both pools has been certified in accordance with USA Swimming Rule 104.2.2 (C) and a copy is on file with USA Swimming
- Outdoor diving well lanes will be available for warm-up and cool-down

Water Depth:

- The water depth at both the start and turn ends of BOTH pools is six (6) feet seven (7) inches
- Each was measured at one and five meters from the end walls
- Both courses have been certified IAW Article 103.2.3 and are on file with USA Swimming

Weather Backup Venue:

- George Block Aquatics Center (GBAC)
- 7100 Culebra Road
- San Antonio, TX 78238
- 210-397-7522
- Six-lane 50-meter racing course with two-lane for warm-up and warm-down
- The course has been professionally certified IAW 104.2.2(C) and data are on file with USA Swimming
- COLORADO automatic starting and timing.
- The water depth measured from the start end is 12 feet and from the turn end is five feet both measured at one and five-meters from either end wall in accordance with Article 103.2.3.
- Will be utilized **only** in the case of inclement weather making the NISD OUTDOOR pool unavailable
- Should this become necessary, 12 and unders will compete in the GBAC INDOOR pool and 13 and overs in the NISD INDOOR pool
- Finals will be conducted at the NISD in whichever pool the weather may permit
- Coaches meeting on Wednesday, June 20, 2018 at 1830

Daily Schedule:

•Preliminaries:		•Finals:	
•Coaches meeting	0630 <u>Thursday only</u>	•Warm-ups begin	1530
•Warm-ups begin	0700	•Officials meet	1600
•Officials meet	0730	•Sprint lanes open	1630
•Sprint lanes open	0800	•Clear pool	1650
•Events check-ins by	0800	•National Anthem	1655
•Clear pools	0820	•Competition begins	1700
•Competition begins	0830	•Scratches due by	1830

- Meet Format:**
- Championship, i.e., Preliminaries and Finals
 - 12 and unders will compete in the INDOOR pool.
 - 13 and overs will compete in the OUTDOOR pool.
 - Finals will be conducted in the OUTDOOR pool.
 - "A" and "B" finals (except where noted).
 - Preliminary events will be pre-seeded after scratches, championship seeding fastest to slowest.
 - Fly-over Starts may be used.
 - Preliminary events *may* be swum using chase starts.
 - Should the Meet Host elect to use chase starts for preliminaries the format will be:
 - Odd numbered heats will finish at the South end (Street side)
 - Even numbered heats will finish at the North end (Scoreboard side).
 - All 50-meter events will finish at the South end (Street side) for both pools
 - The meet will be seeded LCM, SCM, and SCY
 - Scratches for all events except 800/1500 Freestyle will be accepted by 1830 the night before the event is scheduled to compete.
 - After scratches, the events will be seeded championship format, fastest to slowest regardless of age with the exception of the 800 and 1500 Freestyle.
 - Events 800/1500 Freestyle
 - **OUTSIDE pool** - Open
 - Limited to the fastest 40 females for the 800 Freestyle and fastest 40 males for the 1500 Freestyle after the check-in deadline at 1900 on Wednesday, June 20, 2018
 - The fastest eight (8) entered swimmers in the 800 and 1500 freestyle who elect NOT to swim in the preliminary session will compete in the finals session, all others will compete in the morning session.
 - Those swimmers that **DO NOT** make the top 40 after check-in will have the opportunity to enter a different event. Swimmers that are in the top 40 after check-in and scratch or are no show for the event, will not receive a refund and will count against the total # of events (7) for the entire meet.
 - **INDOOR pool** – 11&12 Timed final
 - Limited to the fastest 24 females for the 800 Freestyle and fastest 24 males for the 1500 Freestyle after the check in deadline at 1900 on Wednesday, June 20, 2018
 - Those swimmers that **DO NOT** make the top 24 after check-in will have the opportunity to enter a different event. Swimmers that are in the top 24 after check-in and scratch or are no show for the event, will not receive a refund and will count against the total # of events (7) for the entire meet.
 - The 800 and 1500 freestyle (Events 37/137 and 40/140) will swim as the last events in the Sunday preliminary session alternating between a heat of 800 and 1500.
 - The final heat of the 800 freestyle will swim after event #36 in the Sunday finals session.
 - The final heat of the 1500 freestyle will swim after event #37 in the Sunday finals session.
 - Entering swimmers must enter with a time - No Time (NT's) will not be accepted.
 - Final events will be seeded, slowest to fastest (B final then A final) and youngest to oldest.
 - Relays will swim as timed final events in prelims session.
 - Relay cards are due to clerk of course by 1830 the preceding evening.
 - Relay teams for cards not returned to clerk of course will be scratched.
 - All final events will swim in the OUTDOOR pool.
 - All final events will finish at the south end (street side)
 - Time trails may be offered on June 21 and June 23, 2018. Time permitting.
 - The age groups will be 10 and under / 11 and 12 / 13 and 14 / 15 and over
 - The meet will be split with the "13 and over" age events competing in the OUTDOOR pool and "12 and under" events competing in the INDOOR pool.
 - The estimated time lines and meet format will be posted by 1200, Monday, June 18, 2018

- Scratch Rules:**
- A NO SHOW for an event counts as one (1) of the seven (7) individual events.
 - For finals qualifiers, the USA Swimming Championship Scratch Rule will prevail and the 30 minute rule will be observed
 - After the official announcement and/or posting of any given preliminary event, have occurred; individual competitors who have qualified for finals must scratch with the Administrative Official within 30 minutes of that announcement/posting or they must compete in the finals session under penalty of disqualification from the swimmers next event
 - Cases of injury or illness and qualified alternates may be exempted from penalty
 - Previous performances will NOT be nullified
 - Qualifiers who have no intention of participating in finals, please scratch regardless of your placing in prelims

NISDAC Facility Specifications

And Rules:

- Two-piece and tie-back swim suits are prohibited in all area of these facilities and the GBAC
- All competition swim suits must be of one-piece and constructed with no zippers or other fastening systems
- Deck changing is prohibited - violators are subject to disqualification and disbarment from the facility
- Eight (8)-lane OUTDOOR, 50-meter competition course
- Eight (8)-lane INDOOR, 50-meter competition course
- Colorado automatic starting and timing
- Spectrum Backstroke Start Devices may be used
- Both pools has been certified in accordance with USA Swimming Rule 104.2.2 (C) and a copy is on file with USA Swimming
- Outdoor diving well lanes will be available for warm-up and cool-down

Entries Open: •1200, Monday, June 4th, 2018 for all teams.

Entry Deadline: •1200, Friday, June 8th, 2018 for ALL teams

Age-up Date: •June 21, 2018

Awards:

- Medals 1ST to 3rd place
- Ribbons 4th to 8th place
- Highpoint winner by age group and gender

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. Exceptions may be granted with prior written approval by the Program and Events Committee Chair or designee and areas, spectator areas and open-ceiling locker rooms). Exceptions may be granted with prior written approval by the Program and Events Committee Chair or designee and NISD

Liability:

- In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the Northside Independent School District, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

Sanction:

- Held under the sanction of USA Swimming
- This meet is sanctioned by South Texas Swimming and the current USA Swimming rules and any relevant sections of the current South Texas Policies and Procedures Manual will apply.
- All swimmers must be registered for 2018 with USA Swimming by the meet start date.
- Athletes who register with USA Swimming after the meet entry deadline may deck enter the meet only if they can present their 2018 USA Swimming registration card or proof-of-membership via USA-S Deck Pass
- A coach may also present the club's official, water-marked roster from the USA Swimming club portal
- South Texas Swimming does not allow on-deck USA Swimming registrations.
- Conduct of these Sanctioned events shall conform in every respect to all technical and administrative rules of USA Swimming.

USA Swimming

Registration:

- All swimmers, coaches, and officials participating in this competition must be currently (2018) registered with USA Swimming
- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302
- All should also be prepared to present their USA Swimming ID Card as proof of their registration to the Meet Director or designee at any time
- Swimmers who **1)** late enter when possible; **2)** need to be late-entered because of clerical errors by the entering team or the Meet Host; or **3)** are not entered in this meet and choose to enter time trials, if offered, will be required to present their USA Swimming ID card or proof of membership using the USA Swimming Deck Pass Application
- A coach may also present the club's official, watermarked roster from the USA Swimming club portal
- Current national and LSC regulations do not allow for exceptions to these policies

Cell Phone

Restrictions:

- The presence and / or use of cell phones, smart phones, or any other devices capable of producing audio recordings and / or photographic or video images in locker rooms, rest rooms, or changing areas is strictly and specifically prohibited at all times.
- There are no exceptions to this prohibition.
- Violators are subject to disqualification from the meet, disbarment from the facility and arrest.

Photographs

And Videos:

- No team or parent photographers will be allowed on deck.
- In the event such media personnel are present, 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 beginning of warm-ups
- Photographers and videographers are prohibited from the area immediately behind the starting blocks

Entry

Restrictions:

- This meet is open to all 2018 Registered USA Swimming athletes
- Age as of June 21, 2018 determines the age for the entire meet.
- Swimmers may enter a maximum of three (3) individual events per day (including time trials), and seven (7) individual events for the entire meet (excluding relays).
- All entries must include a seed time and those received without will not be accepted and no entry fee refunds will be made
- Entries will be processed in the order received
- Entries will be closed after splitting the meet, when any session exceeds and estimated four (4) hours in length
- Times *converted* from non-conforming course lengths (SCY or (SCM) will not be accepted
 - Please enter those swimmers with their non-conforming times

Entry Fees:

- \$15.00 per individual event – includes the STSI \$1.25 Splash Fee
- \$30.00 per late individual event – includes the STSI \$1.25 Splash Fee
- \$30.00 per Relay team – includes the STSI \$1.25 Splash Fee
- \$60.00 per Late Relay team – includes the STSI \$1.25 Splash Fee
- Checks payable to: **AAAA-NS**
- Personal checks cannot be accepted
- Please mail to the Entries Chair at the address noted below or hand deliver

Time Trials:

- Time trails may be offered on June 21 and June 23, 2018. Time permitting.
- Time trial entries will be accepted until 10:00 AM for that day's time trials only.
- The entry fee is \$20.00 per event.
- Time Trial swims count towards a swimmers daily total of three (3) events and seven (7) for the meet.

Entry

Procedures:

- The **only** acceptable mode of entry is via Hy-Tek Commlink File
- Hard copy (PDF) **MUST** accompany
- Entries received without a seed time will not be entered into the meet and fees will not be refunded
- Please e-mail entries to the Entry Chair noted below
- An HYV File for importing events and time standards into Team Manager is available from the Club Calendar and Results Page of the AAAA Web Site: www.aaaa-sa.org.

E-Mail

Entries:

- Entries in Commlink Format only, MUST be sent or hand delivered to: **•NISD Entries Chair:**
 - Nabil Kebbab
 - 210-397-7524
 - nabil.kebbab@nisd.net
- E-mail submissions to any other address cannot be accepted.
- The Commlink File must be renamed to clearly identify the entering team, the shorter the better
 - Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded
 - Athletes WILL NOT be entered into the Meet Manager Database until the Meet Entry Report (PDF) is received as an attachment to the e-mail, or hand-delivered

Late/Deck

Entries:

- Late / Deck Entries will be accepted to fill empty lanes only – no new heats will be created

Qualifying

Times:

- Entrants must at some time (lifetime best) achieved at least the 2017 – 2020 National Motivational “B” Time for one event entered. Times are listed on pages 6, 7 and 8.



Meet

- Management:**
- HY-TEK Meet Manager 7.0
- | | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">•Meet Director:•Terry Veters•210-397-8985•terry.veters@nisd.net | <ul style="list-style-type: none">•Meet Referee:•Larry Benson•210-687-2513•l-benson@sbcglobal.net | <ul style="list-style-type: none">•Entries Chair:•Nabil Kebbab•210-397-7524•nabil.kebbab@nisd.net | <ul style="list-style-type: none">•Administrative Official:•Rick Allenstein•210-602-6418•rallenstein@gmail.com |
|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
- Meet Director:**
 - Kenny Gonzales
 - 210-397-7522
 - kenneth.gonzales@nisd.net

Unaccompanied

- Swimmers:**
- Any swimmer entered in the meet, who is 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.
 - When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement

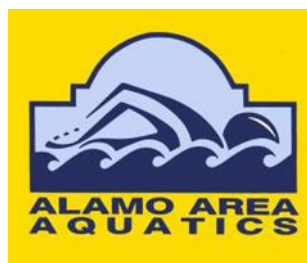
- Rules:**
- The 2018 USA Swimming Rules and any relevant sections of the current STSI Policies and Procedures Manual will apply to the conduct of this meet

- Warm-ups:**
- Warm-ups will be conducted in accordance with the current SOUTH TEXAS SWIMMING, Inc. Safety Guidelines and Warm-up Procedures found on page nine (9)
 - All 10 and under will have a dedicated warm-up and cool down lanes during competition

- Special Needs:**
- A disability is defined as a PERMANENT physical or mental impairment, which substantially limits one or more major life activities.
 - Please notify the NISDAC (210-397-8985) in advance of this meet with the name and age of any member on your team who needs assistance to enter the building.
 - The Aquatics Staff will make reasonable accommodations for swimmers, coaches, or spectators who wish to enter and use our facility.
 - In any meet sanctioned or approved by South Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105.
 - Coaches and/or athletes must notify the Meet Host and the Meet Referee before the competition begins, and preferable at the time entries are submitted, if any specialized equipment is required and/or if they are to be considered for judging under Article 105.

- Timers:**
- The host will attempt to provide backup timers, but additional help will be needed and volunteers will be welcome and appreciated.

- Officials:**
- All 2018 STSI certified and in training USA Swimming registered officials are cordially invited to participate
 - The required uniforms:
 - For preliminaries:
 - White collared shirts / blouses over khaki trousers, Bermuda-length shorts, skirts or capris
 - For finals:
 - Navy blue collared shirts, blouses over khaki trousers, Bermuda-length shorts, skirts or capris
 - PLEASE: No short shorts, jeans cut-offs or flip flops
 - Please report to the Meet Referee as per the Daily Schedule on Page One (1) to be briefed and receive assignments
 - The wearing of name tags is strongly encouraged



Order of Events and Minimum Qualifying Times

Distances are in Meters

Thursday, June 21st / Prelims @ 0830 / Finals @ 1700					
Girl's Ev. #	Faster Than:	Age Group	Stroke & Distance	Faster Than:	Boy's Ev #
101	1:42.39	10 & U	100 Free	1:40.69	102
	1:24.49	11 & 12		1:21.49	
103	3:24.79	11& 12	200 Back	3:20.79	104
105	54.89	10 & U	50 Breast	59.69	106
	44.29	11 & 12		49.29	
107	3:24.89	11 & 12	200 Fly	3:07.69	108

Thursday, June 21nd / Prelims @ 0830 / Finals @ 1700					
1	---	13 & 14	400 Med Rly	---	2
3	---	15 & O	400 Med Rly	---	4
5	1:21.19	13 & 14	100 Free	1:15.39	6
	1:19.29	15 & O		1:12.29	
7	3:13.19	13 & 14	200 Back	3:02.69	8
	3:09.09	15 & O		2:53.79	
9	---	13 & 14	50 Breast	---	10
	---	15 & O		---	
11	3:13.29	13 & 14	200 Fly	3:02.19	12
	3:08.19	15 & O		2:52.69	

Friday, June 22nd / Prelims @ 0830 / Finals @ 1700					
109	---	10 & U	200 Med Rly	---	110
111	---	11 & 12	200 Med Rly	---	112
113	3:52.69	11 & 12	200 Breast	3:44.69	114
115	53.59	10 & U	50 Fly	51.79	116
	41.29	11 & 12		41.99	
117	3:45.79	10 & U	200 Free	3:33.49	118
	3:03.49	11 & 12		2:57.89	
119	7:19.69	11 & 12	400 I-M	7:10.19	120



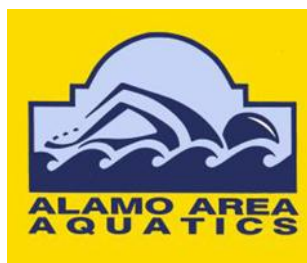
Order of Events and Minimum Qualifying Times

Distances are in Meters

Friday, June 22nd / Prelims @ 0830 / Finals @ 1700					
Girl's Ev. #	Faster Than:	Age Group	Stroke & Distance	Faster Than:	Boy's Ev #
13	3:41.39	13 & 14	200 Breast	3:26.29	14
	3:26.29	15 & O		3:16.49	
15	---	13 & 14	50 Fly	---	16
	---	15 & O		---	
17	2:55.09	13 & 14	200 Free	2:44.09	18
	2:50.89	15 & O		2:37.39	
19	6:57.39	13 & 14	400 I-M	6:32.69	20
	6:47.89	15 & O		6:14.09	

Saturday, June 23rd / Prelims @ 0830 / Finals @ 1700					
121	7:36.79	10 & U	400 Free	7:29.49	122
	6:23.89	11 & 12		6:15.49	
123	54.89	10 & U	50 Back	55.29	124
	44.29	11 & 12		44.19	
125	2:16.69	10 & U	100 Breast	2:11.29	126
	1:49.49	11 & 12		1:46.69	
127	2:09.99	10 & U	100 Fly	2:07.79	128
	1:36.19	11 & 12		1:33.99	

Saturday, June 23rd / Prelims @ 0830 / Finals @ 1700					
21	---	13 & 14	400 Free Rly	---	22
23	---	15 & O	400 Free Rly	---	24
25	6:07.19	13 & 14	400 Free	5:49.09	26
	5:58.49	15 & O		5:33.69	
27	---	13 & 14	50 Back	---	28
	---	15 & O		---	
29	1:42.29	13 & 14	100 Breast	1:34.89	30
	1:39.59	15 & O		1:29.89	
31	1:27.29	13 & 14	100 Fly	1:21.29	32
	1:25.59	15 & O		1:17.39	



Order of Events and Minimum Qualifying Times

Distances are in Meters

Sunday, June 24th / Prelims @ 0830 / Finals @ 1700					
Girl's Ev. #	Faster Than:	Age Group	Stroke & Distance	Faster Than:	Boy's Ev
129	---	10 & U	200 Free Rly	---	130
131	---	11 & 12	200 Free Rly	---	132
133	4:09.39	10 & U	200 I-M	4:06.19	134
	3:26.29	11 & 12		3:24.69	
135	1:59.19	10 & U	100 Back	1:55.69	136
	1:38.89	11 & 12		1:36.79	
137	13:26.79	11 & 12	800 Free	---	138
139	---	11 & 12	1500 Free	25:13.59	140
141	44.09	10 & U	50 Free	43.59	142
	38.49	11 & 12		37.39	

Sunday, June 24rd / Prelims @ 0830 / Finals @ 1700					
33	3:17.39	13 & 14	200 I-M	3:05.29	34
	3:13.49	15 & O		2:56.59	
35	1:29.99	13 & 14	100 Back	1:24.39	36
	1:28.99	15 & O		1:20.39	
37	12:35.99	13 & 14	800 Free	---	38
	12:21.29	15 & O		---	
39	---	13 & 14	1500 Free	23:06.49	40
	---	15 & O		22:08.99	
41	37.29	13 & 14	50 Free	34.39	42
	36.39	15 & O		32.59	

- The 800 and 1500-meter Freestyles require a positive check-in by 1900 Wednesday, June 20, 2018
- Swimmers in the 800 and 1500-meter Freestyles must provide their own backup timers and lap counters.
- Swimmers in the 400-meter Individual Medley and 400 Freestyle must provide their own backup timers.



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.