

# *Platinum*

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# *Aquatics*

## **GULF October Open Meet**

October 13-14, 2018

A Short Course Yards Timed Finals Meet

HOSTED BY

# **PLAT**

Sanction Number # **GU-SC-19-017 (R1)**

**ENTRIES DUE TO GULF TPC CHAIR (TPC@GULFSWIMMING.ORG) BY 11:59 PM, FRIDAY, SEPTEMBER 21, 2018**

**LOCATION:** Lamar Consolidated ISD Natatorium \*(NEW NATATORIUM, next to Lamar High School)  
1011 Horace Mann Ave, Rosenberg, TX 77471

**DIRECTIONS:** From Houston: Take Hwy 69/59 South to Richmond/Rosenberg. Exit FM 2218, turn Right and go approximately 1 mile. Turn Left onto Reading Road for approximately 0.8 mile. Turn Left onto Ave I (also known as FM 1640). Sunoco gas station on right corner of this intersection. Go approximately 0.2 mile on Ave I to Horace Mann Ave. Turn right and parking lot and Natatorium will be on the Right.

**SPECIAL INSTRUCTIONS:** **FACILITY WILL NOT OPEN UNTIL 7:00AM**  
**DO NOT PARK ON THE SIDE OF HORACE MANN Dr. OR YOU WILL BE TOWED. DO NOT PARK ON THE DRIVE/STREET DIRECTLY BEHIND THE FACILITY OR YOU WILL BE TOWED.**  
There is parking directly in front of the facility. There is additional parking directly across from the facility parking lot next to the LCISD Field house as well as parking next to the Traylor stadium.

Spectator Seating is on a first come first serve basis. **NO SAVING SEATS.** Spectators are asked to watch your swimmers and then return to the outside of the facility. Spectators are not permitted to stand next to the glass railing to view the pool deck. We must keep all walk ways free and clear. If anyone does not follow these instructions, you may be asked to leave the facility and your swimmer may be banned from competition and disqualified from the meet at the Meet Referees or Facility Managers' discretion. FOOD is permitted in the bleacher area ONLY but is preferred outside of the facility.  
**ABSOLUTELY NO FOOD ON DECK.**

**MEET STAFF:**  
**MEET REFEREE:** Kyle Stewart [kyle.stewart63@gmail.com](mailto:kyle.stewart63@gmail.com)  
**ADMIN OFFICIAL:** Mary Spano [mekspano@gmail.com](mailto:mekspano@gmail.com)  
Linda Brenneke [entries4meets@yahoo.com](mailto:entries4meets@yahoo.com)

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**MEET DIRECTOR(S):** Shannon Woodruff [s.woodruff01@yahoo.com](mailto:s.woodruff01@yahoo.com) 832-283-9096  
**SAFETY MARSHAL:** Wes Woodruff  
**COACH(ES):** Greg Spano Head Coach [platcoachspano@gmail.com](mailto:platcoachspano@gmail.com)  
Elizabeth Holzhutter Asst. Coach

**POOL:** One eight lane, 25 yard indoor pool with non-turbulent lane lines will be used for warm-up and competition. A separate warm-up / warm-down area will be made available during the competition.

**TIME AND DATE:** This is four session, 2 day, timed-finals meet with AM/PM sessions on Saturday and Sunday.

**Session 1:** Saturday AM – October 13, 2018

Age Groups: 11-12 girls, 13-14 girls, 15&Over girls, 13-14 boys, 15&Over boys

Warm-up\*: 7:30 – 8:45 am / Meet Start: 9:00 am

**Session 2:** Saturday PM – October 13, 2018

Age Groups: 8&Under girls, 9-10 girls, 8&Under boys, 9-10 boys, 11-12 boys

Warm-up/Meet Start: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

**Session 3:** Sunday AM – October 14, 2018

Age Groups: 11-12 girls, 13-14 girls, 15&Over girls, 13-14 boys, 15&Over boys

Warm-up\*: 7:30 – 8:45 am / Meet Start: 9:00 am

**Session 4:** Sunday PM – October 14, 2018

Age Groups: 8&Under girls, 9-10 girls, 8&Under boys, 9-10 boys, 11-12 boys

Warm-up: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

\*Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. Lane assignments for warm-ups and timing will be designated in the heat sheet, and posted on the Gulf Swimming website by Monday, October 8, 2018.

**MEET TYPE:** This meet will be run utilizing the “Flyover Starts” procedures unless a waiver is received from the Technical Planning Committee Chair. At the conclusion of each heat, the swimmers shall remain in the water until after the next heat is started. Coaches, please remind your swimmers of the “Flyover Start” procedures.

The 400 I.M. and 500 Freestyle will be swum fastest to slowest, alternating girl’s and boy’s heats.



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## **SAFETY GUIDELINES AND WARM-UP PROCEDURES:**

See attached Safety Guidelines and Warm-up Procedures

## **SEEDING:**

The meet will be pre-seeded, with the exception of the 400 IM and the 500 Free, which will be deck seeded events. Coaches please inform your swimmers of pre-seeded and deck seeded rules. All events will be seeded with heats in the order of fastest to slowest. As a courtesy to the host, coaches should inform the clerk of course of swimmers not attending the meet. Empty lanes will be used for deck entries.

## **POSITIVE CHECK-IN FOR THE 400 IM and 500 FREE:**

All swimmers must circle in on sheets that will be available at the start of warm-up for the session, and due 45 minutes before the start of the session in which the event is scheduled to swim. After the events are officially closed, no one may check-in or scratch. After checking-in, failure to appear at the starting blocks will result in the swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chair, Charlie Fry, for each event in which he/she fails to appear.

## **ON-DECK ENTRIES:**

Late entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the 11:59 pm, Friday, September 21, 2018 deadline may enter the meet on-deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry. Swimmers not already entered in the meet must also pay the swimmer surcharge fee.
2. Swimmers must supply completed entry forms. The swimmers will be seeded into open lanes in the pre-seeded events and according to their best times in deck seeded events.
3. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
4. Swimmers must be qualified to swim the event entered.
5. Swimmers must not exceed the allotted number of events allowed each day.
6. Swimmers that on-deck enter to change their entry time in a deck seeded event,
  - a. must circle-in on the posted circle-in sheets,
  - b. the on-deck entry time will be used for seeding, and
  - c. the on-deck entry fees still apply to these swimmers.
7. Heats will be added, if necessary and if the timeline permits.

## **ENTRY INFORMATION:**

**Entry Times:** Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). Do not convert meter (yard) times to yard (meter) times. If entries are made by paper (not using Hy-Tek), swimmers should indicate on their entry the course at which the entry time was made (i.e., Y, S, or L). If swimmers have



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never competed in a USA Swimming meet before, put NT where a seed time is requested. Times must be from USA Swimming meets.

**Cut-off Times:** None

**Qualifying Times:** Athlete must have a "B" time in the next shortest distance (IMX event) in order to enter the following events:

10 & U – 500 Free

11-12 – 200 Fly/Back/Breast; 400 IM; 800 Free or longer

13-14 – 800 Free or longer

**Times Eligibility:** Times must be achieved between Feb 1, 2017 and the entry deadline.

**Age:** As of October 13, 2018

**Number of Events:** Swimmers may compete in up to four (4) individual events per day but no more than seven (7) for the entire meet.

**Entries:** All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.

**Deadline:** Entries must be in the hands of the designee of the Technical Planning Chair no later than **11:59 PM, FRIDAY, SEPTEMBER 21, 2018**. No late entries will be accepted.

Email entries to the designee of the Technical Planning Chair at:

**EMAIL: [TPC@GULFSWIMMING.ORG](mailto:TPC@GULFSWIMMING.ORG)**

**Eligible Teams:** Venues will be balanced by team numbers. The team lists will be posted on the Gulf website. Only swimmers attached to a registered Gulf Swimming team, swimmers in the documented process of transferring to a Gulf Swimming team may participate in this invitational meet.

**Individual Event Entry Fee (per event):**  
**Swimmer Surcharge Fee (per swimmer):** *\*Coaches please remember to include Athlete Surcharge Fees with your entry fees.*

\$5.75

\$6.50 per swimmer. Meet host will have heat sheet available through Meet Mobile and will forward a PDF copy of non-deck seeded events to each attending team by Thursday the week of the meet. Heat and Lane assignments for On-Deck entries and Deck seeded events will be posted in front lobby of facility.

**Make entry fee checks payable to:**

**Platinum Aquatics**



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Mail entry fees (**POSTMARKED BY FRIDAY, October 5, 2018**) to the address below:

**Platinum Aquatics/Attn: Greg Spano  
14211 Windy Ridge Lane  
Rosharon, TX. 77583**

281-638-0235  
platcoachspano@gmail.com

**AWARDS:** Individual events: Ribbons 1<sup>st</sup>-8<sup>th</sup> place (**AWARDS WILL BE DISTRIBUTED TO EACH TEAM AFTER THE MEET AT A LATER DATE.**)

**SCORING:** Individual Events: 9-7-6-5-4-3-2-1  
All 13&Over events will be swum combined but scored separately as 13-14 and 15&Over.  
All 11&Over events will be swum combined but scored separately as 11-12, 13-14 and 15&Over.  
All 12&Under events will be swum combined but scored separately as 6&Under, 7, 8, 9-10 and 11-12.  
All 10&Under events will be swum combined but scored separately as 6&Under, 7, 8, 9-10.  
All 8 & Under events will be swum combined but scored separately as 6&Under, 7, 8.  
All 9-12 events will be swum combined but scored separately as 9-10 and 11-12.

**RULES AND SANCTIONS:**

The current USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On deck USA Swimming membership registration will not be permitted. Gulf Swimming teams assigned by the Technical Planning Chair may only participate in this invitational meet.

The Gulf Swimming three (3) event rule and up/down rule do not apply.

**POOL MEASUREMENT:**



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The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

The depth of the competition course is 5 feet measured from 1 meter to 5 meters on the starting end of the course, and 5 feet measured from 1 meter to 5 meters on the turning end of the course.

**TIMING SYSTEM:** Daktronics Model 2000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the psych sheet. Swimmers in the 500/1650 Free and 400 IM must provide 2 timers and a lap counter where applicable.

**POOL DECK RESTRICTION:**

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive complimentary Heat Sheets and for admission to the Hospitality Room. Coaches must supervise their swimmers.

**ONLY AUTHORIZED OFFICIALS, COACHES, SWIMMERS AND MEET PERSONEL ARE ALLOWED ON DECK. USA SWIMMING CREDENTIALS MUST BE VALID UPON REQUEST.**

**DECK CHANGES:** Deck Changes are prohibited. Deck Change definition – “changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes”.

**AUDIO/VIDEO RECORDING DEVICES:**

Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.



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**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 Vice President of Program Operations.

**UNACCOMPANIED SWIMMERS:**

Any swimmers entered in the meet 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.

**SWIMMERS WITH DISABILITIES:**

Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

**HOSPITALITY:** A hospitality room will be available.

**MEET RESULTS:** Meet results will be posted on the Gulf Swimming Web Page ([www.gulfswimming.org](http://www.gulfswimming.org)), within three days after the conclusion of the meet. **UNOFFICIAL** real time results will be available on MEET MOBILE.

**CONCESSIONS:** **Concessions will be available**

**MERCHANDISE:** **Swim Shops Southwest** 9430 Broadway St. Pearland TX. 77578 will be on-site with suits and swim gear.

**FACILITY RULES:** Seating is limited to 600 occupants in the spectator area of the Natatorium. **There will be a designated area for spectator viewing ONLY. Once the swimmers have completed their event/race, spectators must leave this area. NO SET UP WILL BE PERMITTED IN THE "SPECTATOR VIEWING AREA ONLY. THIS AREA WILL BE ROPED OFF AND MARKED ACCORDINGLY. NO RESERVING OF SEATS IS PERMITTED as seating in the set up area of the bleachers will be on a first come basis only.** No Lawn chairs or portable seating are allowed.

Children under 15 years of age must be supervised at all times.

Flash photography will not be permitted at the start of each race.

**PICTURES and VIDEOS ARE NOT PERMITTED BEHIND STARTING BLOCKS AT ANY TIME.**





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No coolers, glass or other breakable containers, hard plastic toys, tobacco, alcoholic beverages or gum are allowed in the facility.

No balloons permitted in the facility.

Animals are not allowed in the facility with the exception of service animals that are assisting disabled persons

No food or non-water beverages are allowed on pool deck. These items must be consumed outside in front of the building. You may be asked to leave the facility if you are caught eating or drinking on the pool deck.

Please respect the facility and clean up after your team and/or family at the conclusion of each session. Throw your trash in trash containers and recycle items where possible.

Only participants, coaches, event administrators and event volunteers are allowed on the pool deck.

Participants are not allowed to climb over the railings or pass by posted barriers.

Swimming is allowed only when the area is supervised.

No swimming under the bulkheads will be permitted.

No hanging or sitting on the lane lines.

Unauthorized personnel are not allowed to be on or walk across the bulkheads.

No electronics, eating, or loitering in the restrooms or locker rooms.

Blocking or restricting fire lanes or emergency exits and the use of emergency exits for non-emergencies is prohibited. Additionally, no parking on Horace Mann Ave or the street directly behind the natatorium. Park in designated parking spots at the natatorium or stadium.

All participants and spectators are expected to follow the directions of LCISD staff at all times. Questions about any decision may be directed to the Aquatics Supervisor or his/her representative.

**No standing on the glass rail, ramp, or stairs. ALL Walk ways MUST be free and clear at all times!**





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The LCISD staff has final authority on all safety matters and reserves the right to remove anyone for behavior that is deemed unsafe or inappropriate.

**ATTACHMENTS:** Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form Facility Map will be available in the heat sheet and published the week of the meet.

## GULF October Open Meet

October 13-14, 2018

A Short Course Yards Timed Finals Meet

HOSTED BY

### PLATINUM AQUATICS

#### Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Four (4) per day/seven (7) for entire meet
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	SCY, LCM, SCM
Qualifying times	None
Cut-off times	None
Enter with no time?	Yes
Gulf "three event rule" applies?	Does not apply
Gulf "up/down rule" applies?	Does not apply
Gulf "Beyond IMX" applies?	Yes
Times Eligibility	Times must be achieved between Feb 1, 2017 and the entry deadline.
Fees	<b>Individual – \$5.75</b>
*Coaches please remember to include your Athlete Surcharge in your entry fees.	<b>Athlete Surcharge- \$6.50 per swimmer.</b> Meet host will have heat sheet available through Meet Mobile and will forward a PDF copy of non-deck seeded events to each attending team by Thursday week of meet.. On-Deck entries and Deck seeded events will be posted in front lobby of facility.

All events will be seeded fastest to slowest.

\*500 Free will be swum alternating girls and boys heats. Swimmers must provide their own timers and lap counters.



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\*400 I.M. will be swum alternating girls and boys heats. Swimmers must provide their own timers.

All 13 & Over events will be swum combined but scored separately as 13-14 and 15 & Over.

All 11 & Over events will be swum combined but scored separately as 11-12, 13-14 and 15 & Over.

All 12 & Under events will be swum combined but scored separately as 6 & Under, 7, 8, 9-10 and 11-12.

All 10 & Under events will be swum combined but scored separately as 6 & Under, 7, 8, 9-10.

All 8 & Under events will be swum combined but scored separately as 6 & Under, 7, 8.

All 9-12 events will be swum combined but scored separately as 9-10 and 11-12.

<b>Girls Saturday AM – October 13, 2018</b>				<b>Boys Saturday AM – October 13, 2018</b>				<b>Girls Saturday PM – October 13, 2018</b>				<b>Boys Saturday PM – October 13, 2018</b>	
<b>Event#</b>	<b>Event Name</b>			<b>Event#</b>	<b>Event#</b>	<b>Event Name</b>			<b>Event#</b>	<b>Event Name</b>		<b>Event#</b>	
1	11-12 Girls	50	Back		17	10 & Under Girls	50	Back					
3	11 & Over Girls	200	IM			12&Under Boys	50	Back	18				
	13 &Over Boys	200	IM	4	19	9-10 Girls	200	IM					
5	11&Over Girls	100	Free			9-12 Boys	200	IM	20				
	13&Over Boys	100	Free	6	21	8 & Under Girls	25	Free					
7	11&Over Girls	200	Fly			8 & Under Boys	25	Free	22				
	13&Over Boys	200	Fly	8	23	9-10 Girls	100	Breast					
9	11&Over Girls	100	Breast			9-12 Boys	100	Breast	24				
	13&Over Boys	100	Breast	10		11-12 Boys	200	Fly	26				
11	11& Over Girls	200	Back		27	10 & Under Girls	100	Free					
	13&Over Boys	200	Back	12		12&Under Boys	100	Free	28				
13	11-12 Girls	50	Fly		29	8 & Under Girls	25	Breast					
15	11&Over Girls	500	Free*			8 & Under Boys	25	Breast	30				
	13&Over Boys	500	Free*	16		11-12 Boys	200	Back	32				
					33	10 & Under Girls	50	Fly					
						12 & Under Boys	50	Fly	34				
					35	9-10 Girls	500	Free*					
						9-12 Boys	500	Free*	36				

  

<b>Girls Sunday AM – October 14, 2018</b>				<b>Boys Sunday AM – October 14, 2018</b>				<b>Girls Sunday PM – October 14, 2018</b>				<b>Boys Sunday PM – October 14, 2018</b>	
<b>Event#</b>	<b>Event Name</b>			<b>Event#</b>	<b>Event#</b>	<b>Event Name</b>			<b>Event#</b>	<b>Event Name</b>		<b>Event#</b>	
37	11-12 Girls	50	Breast		53	10 & Under Girls	50	Breast					
39	11&Over Girls	200	Free			12 & Under Boys	50	Breast	54				
	13&Over Boys	200	Free	40	55	9-10 Girls	200	Free					
41	11 & Over Girls	100	Fly			9-12 Boys	200	Free	56				
	13 & Over Boys	100	Fly	42	57	8 & Under Girls	25	Back					
43	11&Over Girls	50	Free			8 & Under Boys	25	Back	58				
	13&Over Boys	50	Free	44	59	9-10 Girls	100	Fly					
45	11 & Over Girls	200	Breast			9-12 Boys	100	Fly	60				
	13 & Over Boys	200	Breast	46	61	10 & Under Girls	50	Free					
47	11 & Over Girls	100	Back			12 & Under Boys	50	Free	62				
	13 & Over Boys	100	Back	48	63	8&Under Girls	25	Fly					
49	11-12 Girls	100	IM			8&Under Boys	25	Fly	64				

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51	11 & Over Girls	400	IM*						
	13&Over Boys	400	I.M*	52	67	11-12 Boys	200	Breast	66
						9-10 Girls	100	Back	
						9-12 Boys	100	Back	68
					69	10 & Under Girls	100	IM	
						12 & Under Boys	100	IM	70
						11-12 Boys	400	IM	72

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## GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES

### WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
  - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
  - 2. Lanes are **ONE WAY ONLY**.

### SAFETY GUIDELINES

- A. Swimmers Responsibilities
  - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
  - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
  - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
  - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
  - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
  - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
  - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
  - 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
  - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroke is waiting to start.
  - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
  - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
  - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.

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- 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
- 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
  - 2. Glass containers are prohibited.
  - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.

## ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

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Signature

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Title

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Date

