



2025 South Texas STX Championship - South Meet Information



Date posted: 12/3/24 Sanction Number: ST-25-10

Meet: 2025 South Texas STX Championship - South
Hosted by High Performance Aquatic Club
Held under the sanction of USA Swimming

Team assignments for South Texas Championship meets:

North Teams - AQTX, CAA, CCSS, COTA, FISH, GOLD, LIFE, LSAC, NTRO, PFPF, PLAT, RUSH, TEXE, TST, TXLA, WLOO, WWW, UN living in North zone

South Teams - AAAA, ASC, BAS, BEAQ, C3S, CCLR, CLAN, HILL, HOT, HPAC, MMA, MSC, MVSC, SASA, SEAL, SRG, STSA, SYS, TCA, VTAC, VTX, WAVE, WEST, WOW, WWAC, YMCA, UN living in South zone

Dates: January 31-February 2, 2025

Venue: CCISD Natatorium
3202 Cabaniss Parkway
Corpus Christi, TX 78415

**Eligibility /
Qualifying
times:**

This meet is open to all South Texas Swimming athletes ages 18 & under who are attached or unattached to the teams listed in the "South" Team Alignments section (above) and who have achieved the "BB" qualifying [2025-2028 USA Swimming National Motivational](#) time standards in short course yards, short course meters, or long course meters for their age group (10 & Under, 11-12, 13-14, 15-16, and 17-18). Swimmers may **not** enter any event in which they have achieved the 2025-2028 USA Swimming National Motivational A time standard or faster in any course. **Qualifying times must be achieved between September 1, 2023 and January 30, 2025.** If entering with a non-conforming time (SCM or LCM), the swimmer must enter with the time achieved in the non-conforming course. Entries will be accepted in SCY, SCM, and LCM. Converted entry times will not be accepted. Seeding shall be in the following order: yards, long course meters, short course meters (YLS). Athletes must be currently registered year-round members of USA Swimming in good standing. (Flex members are not eligible to compete at LSC championship meets.)

Bonus Events: Athletes may enter up to two (2) individual events with a provable "B" qualifying 2025-2028 USA Swimming National Motivational time standard for that event. The swimmer must be entered in the meet in an individual event with at least one provable "BB" time. All bonus events must have been achieved between the qualifying dates listed above.

Entry

Restrictions: An individual swimmer may enter a maximum of three (3) individual events and one (1) relay event per day and a maximum of seven (7) individual events for the meet, including any bonus events or time trial events.

Entry

Deadlines: There are two entry deadlines for this meet. The first deadline is **Monday, January 20, 2025**. The first entry deadline is for athletes who have achieved qualifying times from September 1, 2023 through January 19, 2025. The second (final) entry deadline is **Monday, January 27, 2024, at 6:00pm**. Only swimmers who have achieved a qualifying time between January 20-26, 2025 may enter using the second entry deadline. Teams may use the second entry deadline to update swimmer times if necessary. After entries close, and until January 30, 2025, any swimmer who achieves the 2025-2028 USA Swimming National Motivational A time or faster in any course in any previously entered individual event will be removed from that event.

**Daily
Schedule:**

Friday, timed finals:

Warm-ups begin	5:00 PM**
Clear competition pool	5:45 PM
Coaches meeting	5:45 PM
Sessions begin	6:00 PM

Friday events: Check-in time for the 1650 Free, the 10 & Under 500 Free, and the 400 IM is Friday by **5:30PM**.

****Subject to change depending on meet size. Any changes will be communicated to teams.**

Saturday Preliminaries:

Warm-ups begin	7:00 AM**
Clear competition pool	8:50 AM
Coaches' meeting (Sat only)	8:50 AM
Sessions begin	9:00 AM

Saturday Finals:

Warm-ups begin	4:00 PM
Clear competition pool	4:45 PM
National Anthem	4:57 PM
Sessions begin	5:00 PM

Sunday Preliminaries:

Warm-ups begin	7:00 AM**
Clear competition pool	8:50 AM
Sessions begin	9:00 AM

Sunday Finals:

Warm-ups begin	3:00 PM**
Clear competition pool	3:45 PM
National Anthem	3:57 PM
Sessions begin	4:00 PM**

Check-in time for the 11-18 500 freestyle is **9:00 AM** on the morning of the event.

If additional coach meetings are required, the Meet Referee will announce the meeting times.

Meet documents will be posted on the [HPAC](#) and [STX websites](#)

Format:

Championship Format: preliminaries and finals. A and B finals (10&Under, 11-12, and 13-14 age groups) or A, B, and C Finals (15-18 age group) for all individual events, unless otherwise noted. Preliminary events will be seeded by time and gender, age combined, according to the Order of Events, except as noted. Events may be combined at the discretion of the Meet Referee.

All preliminary events will swim slowest to fastest, except as noted. The three fastest heats of each preliminary event will be circle seeded. All finals events will be contested in the specified age groups in the finals sessions, swimming slowest to fastest by age group and gender. Finals heats will swim in order from youngest to oldest by age group (10 & Under, 11-12, 13-14, 15-18).

On Friday, the 1650 Free, 400 IM, and 10 & Under 500 Free events will be contested as timed finals only, age combined, and will swim fastest to slowest. The 1650 Free, 400 IM, and 10 & Under 500 Free will be seeded on deck. Check-in for these events is required on **Friday by 5:30 PM**.

On Saturday and Sunday, the 11-18 500 Free events will swim fastest to slowest, age combined, and contested as timed finals as the last event of the prelims sessions, with girls on Saturday and boys on Sunday. Positive check-in is required **by 9:00 AM** on the morning of the event.

Swimmers must provide their own backup timers for the 500 Free, 1650 Free, and 400 IM events, and provide their own lap counters for the 500 and 1650 Free events.

All relay events will be timed finals and will swim in the preliminary sessions only. There will be a ten-minute break after the relays.

Meet management reserves the right to alter meet operations based on the number of participants.

Age up Date: The age of the swimmer will be his / her age on January 31, 2025.

Time Trials: Time trials will be conducted on Saturday and Sunday, time permitting, starting 15 minutes after the conclusion of the prelims session. Time trial entries will be open from 9:00 am to 10:30 am. After the final meet entry deadline has passed, a notice will be sent out to the teams confirming the availability of time trials each day.

Time trial entrants who are not already entered in the meet must present their current USA Swimming membership card using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app) to enter events. Swimmers may enter up to three (3) time trial events per day if they

are not already entered into the meet. The meet host will schedule time trials in the most efficient way possible, which might include combining events by stroke, distance, and/or gender. For this reason, swimmers are not guaranteed rest between time trial events.

Athletes do not need to be entered in the meet to participate in time trials, but they must provide proof that they are a current member in good standing with USA Swimming. Swimmers must be registered with South Texas Swimming to participate in time trials. Participation in a time trial event counts as one of the daily and total events allowed for swimmers already entered in the meet. A qualifying time earned during time trials will NOT qualify a swimmer to swim that event at this meet.

Time trial event results will be published with the final meet results.

Time trial entry fee for individual events is \$15.00. If not already entered in the meet, the swimmer will also be subject to a \$10.00 per swimmer facility surcharge.

Relay Entries:

All relays are timed finals and will be contested only in the preliminary sessions. There are no qualifying times for relay events. Relay cards are due to the Meet Director or designee on the day of the event by **9:00 AM**. Relay team entry times may be determined by the sum of the individual team member's times for the like strokes/distances, or the actual time of that relay team achieved in sanctioned competition.

Relay team members must be eligible to swim in the same age group. Swimmers cannot "age up" for relay events. Teams may enter up to three relay teams per event, but only two relays per event per club will score. It is recommended that relay swimmer names be included with entries to help enter the relays efficiently at the start of the session.

Relay cards must be turned in with final relay swimmers by **9:00 AM** of the session in which the event is scheduled. If a relay card is not turned in, the relay will be scratched. The order of swimmers on the relay team will be strictly enforced in accordance with 102.3.7 of the 2024 USA-S Rules and Regulations.

Relay-only swimmers are not permitted. All relay swimmers must be entered in at least one individual "BB" event to be eligible to swim on any relay. There are no time standards for relay events or for swimmers participating on relay teams.

Entry

Requirements: All entries must contain the following information: the name, email address, and phone number of the person preparing the entries in case clarification is needed; an attachment of the Hy-Tek Team Manager or Team Unify export file; an attached document listing the entries (by swimmer) with proofs of time and USA Swimming ID number; and an attached document of the meet entry fees report.

Teams with exceptions will be e-mailed details. Teams and entrants are responsible to check the exception report and correct any errors prior to the deadline given to them by the meet host.

Meet Management:

Entries Chair: Dean Kondo	361-673-6593	highperformanceaquaticclub@gmail.com
Meet Director: Dean Kondo	361-673-6593	highperformanceaquaticclub@gmail.com
Meet Referee: Rick Russell	210-834-7409	rd.russ@yahoo.com
Admin Official: Sarah McCloy	361-207-1208	highperformanceaquaticclub@gmail.com

Entry

Procedures: \$12.00 per individual event and \$20.00 for relays.
\$10.00 per swimmer facility surcharge

Please send entries to Dean Kondo, Entries Chair

Make checks payable to High Performance Aquatic Club and mail to: High Performance Aquatic Club, Attn: Dean Kondziolka 3105 Briarhurst St, Corpus Christi, Texas, 78414

Entry fees must be received or arrangements made by January 31, 2025. If payment is not received on time the affected swimmers will be scratched from the meet. Please include the meet entry fee report with your check. Once the entry fees are accepted, they will not be refunded for any reason, even if a swimmer should fail to compete. No paper, phone, or fax entries will be accepted. If you do not receive an e-mail confirmation, your entries were not received.

Deck (late)

Entries:

Deck entries will be accepted at \$15.00 per individual event, plus the \$10.00 facility surcharge for athletes not already entered in the meet, and \$25.00 per relay event. Swimmers may deck enter for the current session beginning at the start of warm-ups. Deck entries will close 45 minutes prior to the start of each session. Swimmers may deck enter for subsequent sessions after deck entries close for the current session. At the discretion of meet administration, a Heat "Zero" may be added for late entries, if needed. Swimmers *not previously entered in the meet* must present their USA Swimming membership card using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app) to the Clerk of Course to deck enter. In addition, the swimmer must present proof of time before a deck entry will be accepted.

Scratch

Rules:

There is no penalty for failing to scratch from a pre-seeded, preliminary event. Swimmers who fail to compete in the 400 IM, 500 Free, or 1650 Free events after positive check-in will be barred from all further individual and relay events of that day, and then must positively check in for the remainder of the meet with meet administration, per USA Swimming rule 207.11.6.C. Illness and injury may be excused by the Meet Referee.

The top 16 (10 & Under, 11-12, 13-14 year olds) or top 24 (15-18 year olds) qualifiers in each preliminary event will be announced and posted shortly after the final heat. ***Swimmers who qualify for finals and elect NOT to compete in finals must scratch or declare an INTENT to scratch with the Administrative Official within 30 minutes of the announcement.*** Swimmers who declare an intent to scratch will then have 15 minutes after the completion of their last individual event of the session to confirm the scratch. Following the 15-minute deadline, if scratch confirmation is not received it will be assumed the swimmer will compete in the finals event.

Per USA Swimming rule 207.11.6.D, any swimmer who qualifies for a final (by being a "top 16" qualifier for ages 14 & Under or a "top 24" qualifier for ages 15-18) and fails to compete in said final shall be barred from further competition in the remainder of the meet. Illness and injury may be excused by the Meet Referee and this policy does not apply to alternates or athletes seeded in 17th place and below (for ages 14 & Under) or 25th place and below (for ages 15-18).

Proof of Time: Proof of time must be submitted with the entries. All entry times must be verifiable using the USA-S SWIMS database for sanctioned, approved, or observed meets. (Times in the SWIMS database earned at unsanctioned meets may not be used as proof of time.) All proof of times are the responsibility of the entering teams, not the meet host. Entries without an acceptable proof of time will not be accepted.

Scoring:

A Finals Place	1	2	3	4	5	6	7	8
Ind. event points	20	17	16	15	14	13	12	11
B Finals Place	9	10	11	12	13	14	15	16
Ind. event points	9	7	6	5	4	3	2	1

All individual events for 14 & Under events will have A & B finals and for 15-18 events will have A, B, & C finals, with the following exceptions. The 400 IM, 500 Free, and 1650 Free are timed finals only.

Relay Place	1	2	3	4	5	6	7	8
Relay points	40	34	32	30	28	26	24	22
Relay Place	9	10	11	12	13	14	15	16
Relay points	18	14	12	10	8	6	4	2

All relay events will swim in the prelims sessions only and will be conducted as timed finals. Only two relay teams per event per club will score.

Awards: Awards will be given by gender in the following age groups: 10 & under, 11-12, 13-14, and 15-18
Individual events: first through third place: Medals
Individual events: fourth through eighth place: Ribbons
Relay events: first through third place: Ribbons
Team Awards: first through third place: Banners
Note: Banners will be provided **upon request by the club** (please email the meet director if you would like your banner and it will be shipped to your club).
There will be no awards presentation. Clubs must pick up awards during the meet from the awards desk area.

Timers: Each participating team is required to provide back-up timers in proportion to the number of swimmers entered in the meet. Swimmers competing in the 500 & 1650 Free and 400 IM events must provide their own back-up timers. Swimmers competing in the 500 & 1650 Free must provide their own lap counters.

Facility: 8 x 25 yard lane indoor pool, grounded for competition. The minimum water depth, measured in accordance with Article 103.2.3, is 6.0 feet at the start end and the turn end is 6.0 feet measured for a distance of 1.0 meter to 5.0 meters from both end walls. The host will ensure the required course dimensions. Eight (8) lanes will be available for warm up/cool down in the opposite pool. All automatic Daktronics starting and timing system. Meet Manager 8.0 will be used.

**Athlete Necessary
Accommodations:**

Coaches entering swimmers with disabilities that require any accommodations or modifications, including the need for personal assistants and/or registered service animals, must provide advance written notice, accompanying their meet entry file, to the Entry Chair or Meet Director and Meet Referee by the entry deadline. A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities. Failure to provide advance notice may limit the meet host's ability to accommodate all requests. The suggested form can be downloaded [here](#). In any meet that may include one or more swimmers with visual, hearing, cognitive, or physical disabilities, the judging of such competitors shall be in accordance with the current USA Swimming Rules and Regulations, including Article 105.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently registered year-round members of USA Swimming in good standing. (Flex members are not eligible to compete at LSC championship meets.) 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 membership 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 membership card using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app). Current national and LSC regulations do not allow for exceptions to these policies.

Unaccompanied

Swimmers: Any swimmer 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 without the use of the backstroke ledge. 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. All unaccompanied swimmers will be temporarily assigned to a registered USA coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.3. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make sure arrangements prior to the start of the meet.

Cell Phone

Restrictions: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

Deck

Changing: Deck changing is prohibited.

Medical

Supervision: During the meet, facility personnel, lifeguards, and an AED will be present to provide any necessary medical supervision and treatment for athletes participating in the meet.

Swimmer**Photographs**

and Videos: All sessions will be live streamed on the High Performance Aquatic Club's YouTube Channel: <https://www.youtube.com/@highperformanceaquaticclub>. There may be one or more photographers and/or videographers on deck at this meet. In the event such 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 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.

Drones:

Per USA Swimming Rule 103.13, the 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 Programs and Events Committee Chair or designee.

Warm-up

Procedures: Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement. Athletes must be directly supervised by a USA Swimming certified coach at all times. Lanes will be available for warm-ups throughout the meet.

Liability:

In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), High Performance Aquatic Club, Corpus Christi ISD, and all meet officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 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:

This meet has been sanctioned by South Texas Swimming and current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), and any relevant sections of the South Texas Policies & Procedures Manual will apply. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. All swimmers must be registered as athletes in good standing with USA Swimming as of the meet date(s). Athletes who register with USA Swimming and/or South Texas Swimming after the meet entry deadline may not enter the meet only if they can present their current USA Swimming membership card using the USA Swimming app (or a coach may present the club's official roster from the USA Swimming app). Athletes who fail to meet this requirement will not be allowed to compete. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Officials:

All currently certified and in-training USA Swimming officials are cordially invited to participate. All deck and administrative officials must be current members in good standing with USA Swimming and their local LSC. If you wish to officiate, complete the online form posted [here](#). The uniform will be white polo shirts over khaki pants or skirts for events on Friday evening and during the prelims session, and navy polo shirts over khaki pants or skirts for finals sessions on Saturday and Sunday. Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials' briefing and to receive your assignments. The wearing of name tags is strongly encouraged.



2025 STX Championship – South Order of Events



Friday, January 31, 2025			
Girl's Event #	Age Group	Event Description	Boy's Event #
1	11-12	1650 Freestyle	2
	13-14	1650 Freestyle	
	15-18	1650 Freestyle	
3	10 & Under	500 Freestyle	4
5	11-12	400 Individual Medley	6
	13-14	400 Individual Medley	
	15-18	400 Individual Medley	

(a) In FINALS, 12&Under events will swim youngest to oldest and slowest to fastest, with two heats of each age group (10&U B and A finals (heats 1 and 2); 11-12 B and A finals (heats 3 and 4)).

(b) In FINALS, 14&Under events will swim youngest to oldest and slowest to fastest, with two heats of each age group (10&U B and A finals (heats 1 and 2); 11-12 B and A finals (heats 3 and 4); and 13-14 B and A finals (heats 5 and 6)).

(c) In FINALS, 18&Under events will swim youngest to oldest and slowest to fastest, with two heats of each age group (10 & U B and A finals (heats 1 and 2); 11-12 B and A finals (heats 3 and 4); 13-14 B and A finals (heats 5 and 6); 15-18 C, B and A finals (heats 7, 8, and 9)).

(d) In FINALS, 11-18 events will swim youngest to oldest and slowest to fastest, with two heats of each age group (11-12 B and A finals (heats 1 and 2); 13-14 B and A finals (heats 3 and 4); 15-18 C, B and A finals (heats 5, 6, and 7)).

On Friday, the 1650 Freestyle, 400 Individual Medley, and 10 & Under 500 Freestyle will be contested as timed finals, age combined, and will swim fastest to slowest. These events require positive check-in and will be deck seeded. Check-in time for the Friday distance events (1650 Freestyle, 400 Individual Medley, 10 & Under 500 Freestyle) is **5:30 PM**.

*** On Saturday and Sunday, Events 29 & 54** (11-18 500 Freestyle) will be timed finals and will swim in the prelims sessions, age combined, fastest to slowest. Check-in time for Events 29 & 30 is **9:00 AM** on the day of the event. **The girl's Event #29 will compete on Saturday and the boy's Event #54 will swim on Sunday.**

Swimmers must provide their own backup timers for the 1650 Freestyle, 400 Individual Medley, and 500 Freestyle events, and provide their own lap counters for the 500 and 1650 Freestyle events.

Saturday, February 1, 2025			
Girl's Event #	Age Group	Event Description	Boy's Event #
7	10 & Under	100 Individual Medley	8
	11-12	100 Individual Medley	
9	10 & Under	50 Freestyle	10
	11-12	50 Freestyle	
	13-14	50 Freestyle	
	15-18	50 Freestyle	
11	10 & Under	100 Butterfly	12
	11-12	100 Butterfly	
	13-14	100 Butterfly	
	15-18	100 Butterfly	
13	11-12	200 Breaststroke	14
	13-14	200 Breaststroke	
	15-18	200 Breaststroke	
15	10 & Under	200 Freestyle	16
	11-12	200 Freestyle	
	13-14	200 Freestyle	
	15-18	200 Freestyle	
17	10 & Under	100 Backstroke	18
	11-12	100 Backstroke	
	13-14	100 Backstroke	
	15-18	100 Backstroke	
19	10 & Under	50 Breaststroke	20
	11-12	50 Breaststroke	
	13-14	50 Breaststroke	
21	10 & Under	200 Freestyle Relay	22
23	11-12	200 Freestyle Relay	24
25	13-14	400 Freestyle Relay	26
27	15-18	400 Freestyle Relay	28
29	11-12	500 Freestyle	NA
	13-14	500 Freestyle	
	15-18	500 Freestyle	

Sunday, February 2, 2025

Girl's Event #	Age Group	Event Description	Boy's Event #
31	10 & Under	50 Butterfly	32
	11-12	50 Butterfly	
	13-14	50 Butterfly	
33	10 & Under	100 Freestyle	34
	11-12	100 Freestyle	
	13-14	100 Freestyle	
	15-18	100 Freestyle	
35	11-12	200 Butterfly	36
	13-14	200 Butterfly	
	15-18	200 Butterfly	
37	10 & Under	100 Breaststroke	38
	11-12	100 Breaststroke	
	13-14	100 Breaststroke	
	15-18	100 Breaststroke	
39	11-12	200 Backstroke	40
	13-14	200 Backstroke	
	15-18	200 Backstroke	
41	10 & Under	200 Individual Medley	42
	11-12	200 Individual Medley	
	13-14	200 Individual Medley	
	15-18	200 Individual Medley	
43	10 & Under	50 Backstroke	44
	11-12	50 Backstroke	
	13-14	50 Backstroke	
45	10 & Under	200 Medley Relay	46
47	11-12	200 Medley Relay	48
49	13-14	400 Medley Relay	50
51	15-18	400 Medley Relay	52
NA	11-12	500 Freestyle	54
	13-14	500 Freestyle	
	15-18	500 Freestyle	

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
10 Lanes (0-9)	0 and 9	1, 2, 6, and 7	3 through 5
10 Lanes (1-10)	1 and 10	2, 3, 7, and 8	4 through 6
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 two marshals, with a minimum of one of each gender, 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.