

Lakeside Aquatic Club

2025 Speedo Sectional Championship Series

March 6-9, 2025

- Sanction #:** NT 016-25 & NT 016TT-25
Held under the sanction of USA Swimming by North Texas Swimming, Inc.
- MAAPP:** All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.
- APT:** Adult athletes (18 and older or those who turn 18 during the meet) must complete Athlete Protection Training (APT) prior to the first day of the meet and show proof of completion in their USA Swimming account prior to competing. Times achieved by an adult athlete who competes without completing this membership requirement will NOT count for qualification or recognition in individual events or relays.
- SAFE SPORT:** To protect the safety of parties involved in misconduct investigations or allegations and to support a fair investigation, temporary measures may be imposed that place conditions and/or restrictions on an individual's ability to participate in North Texas Sanctioned Meets. The temporary measures may remain in place while an investigation by the team, the LSC, USA Swimming, The USA Center for Safe Sport or any law enforcement agency is on-going.
- Venue:** Northwest ISD Aquatic Center
1976 Texan Drive
Justin, Texas 76247
- Facility:** 1 and/or 2 - 8 lane courses for competition and at least 16 lanes available for pre-meet warm-up. Colorado timing system, Hy-Tek Meet Manager Software and 1 or 2 scoreboards will be utilized depending on the session setup.
- Water Depth:** The minimum water depth for the aquatic center, measured in accordance with Article 103.2.3, is 6 feet, 8 inches all around the competition pool extending to 13 feet in the remaining pool.
- Course Certification:** The competition course has been certified in accordance with 104.2.2C (4).
- Spectator Information:** Swimmers, coaches, volunteers, and officials ONLY will be allowed on the pool deck. Spectators may view the meet from the stands.
- Spectator tickets will be available for \$25 all session pass, or \$5 per session. Children 5 years old and younger are free.
- TICKET PURCHASES WILL BE HANDLED AT THE FRONT DESK OF THE AQUATIC CENTER.
- Spectators will be allowed into the building 1 hour prior to the start of each session.
- Parking:** The lots in and around the NISD Aquatic Center are available for parking. The parking lot directly across the street from the pool will not be available on Thursday prior to 5:00p.m. or Friday morning. RV parking and any overnight parking by any vehicle is not allowed. Please see the attached parking map.
- Sanction:** This meet has been sanctioned by North Texas Swimming and current USA Swimming rules and any relevant sections of the North Texas Policies & Procedures Manual will apply. All swimmers must be currently registered as athletes with USA Swimming by the meet entry deadline. North Texas Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability: In granting this sanction and by any person's participation in the meet, it is understood and agreed that USA Swimming, Inc., North Texas Swimming, Inc., all meet officials, NISD Aquatic Center, and Lakeside Aquatic Club shall be free from any and all liabilities or any claims for any damages, even if such liabilities or claims are due to the negligence of such organizations, arising by reason of injuries to anyone during the conduct of the meet.
Damage to a facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's team, if attached, to be held accountable for repairs.

Medical

Supervision: NISD Aquatic Center has Full Time and Part Time American Red Cross Certified Lifeguards. Training includes, but is not limited to, CPR, AED, and First Aid.

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently registered with USA Swimming and in good standing. No swimmer will be permitted to compete unless the swimmer is a member in good standing of USA Swimming as outlined in Article 302 in the USA Swimming Rulebook. All should also be prepared to present their USA Swimming Account 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 Account. Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: This is a prelims/finals meet with A, B, C, D, and E final heats.

Relays, the 1000 Free, and 1650 Free will be swum as timed finals.

The E final heat will be for 18 and under swimmers only.

Seeding: For events of distances 200 and less, the meet will be seeded with heats organized according to USA Swimming Rules 102.5.1-6. All preliminary, 1000 free, 1650 free, and relay heats will be swum in the order of fastest to slowest. All finals heats will be swum in the order of slowest to fastest. USA Swimming national scratch procedures (USA Swimming Rule 207.11.6D and 207.11.6E), except as modified herein, shall be in effect. Empty lanes will be filled with on deck entries.

The 400 IM and 500 Free events will swim prelims as follows: the fastest two heats of women, followed by the fastest two heats of men, then alternating women and men, fastest to slowest.

The 1000 free and 1650 free will be deck seeded, swum as timed final events, and will alternate women/men. All heats of the 1000 free will be swum, fastest to slowest. At check-in, 1650 free swimmers may declare their preference to swim in the prelim session (AM). The fastest 8 women and fastest 8 men who do not declare a prelims (AM) preference will swim in finals (PM) in event order. Other 1650 free heats will be swum fastest to slowest as the last heats during prelims (AM).

Seeding shall be in the following order: Qualifying short course yards (SCY), qualifying long course meters (LCM), qualifying non-conforming distance SCY (for 1000/1650 only), qualifying non-conforming distance LCM (for 1000/1650 only), SCY bonus, LCM bonus, non-conforming SCY bonus (for 1000/1650 only), non-conforming LCM bonus (for 1000/1650 only). **(Y, L, YB, LB)**

Relays: Relays will be deck seeded and will swim as timed final events. Teams may elect to swim either in the prelims session (AM) or the finals session (PM). The relays must be checked-in by the scratch deadline each day. The declaration of prelims or finals must be made by the scratch deadline. If AM or PM is not selected, the relays will be seeded in the PM session. The relays in the prelim (AM) session will swim fastest to slowest. The relays in the final (PM) session will swim as follows: Women's 2nd fastest heat, Women's fastest heat, Men's 2nd fastest heat, Men's fastest heat, Women's 3rd fastest heat, Men's 3rd fastest heat, Women's 4th fastest heat, Men's 4th fastest heat and continuing by alternating women's and men's heats fastest-to slowest.

Scratching: The scratch box will be located at the Clerk of Course.

Scratches prior to the seeding of heats shall be confirmed by properly filling out a scratch card and depositing it in the scratch box. Alternatively, **THE COACH ONLY** may scratch by sending a text to the Admin Referee, Robin Magan, 817-209-4275. You will receive a confirmation text when received. After the heats have been seeded, any swimmer who fails to compete in a preliminary individual event heat in which they have been entered and have not been scratched will be barred from further individual and

relay events that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim with the admin referee prior to the close of the scratch box for the succeeding day's events.

In a Prelim/Final meet, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. Any qualified swimmer in the event (a swimmer is qualified for finals, consolation finals or any other bonus final heat if he has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet. Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the below fines and banishment from competition, even though any qualified swimmer may be moved into finals.

Finals Scratching: Any finalist who fails to compete at finals, consolation finals or any other bonus final heat, for which he has qualified and failed to scratch with the Clerk of Course, or the admin referee, prior to the scratch deadline, shall be banned from further competition in the meet in accordance with the USA Swimming Rules and Regulations. **On Sunday, any finalist that fails to compete at finals or consolation finals shall be fined \$50.00 and that swimmer's team shall be barred from further competition for the remainder of the meet, and any future Sectional Championships, until that fine is paid.**

Finals: The top 8 finalists for each individual event will report to the finals staging area and be paraded out for their heat. Names will be announced before the start of each final heat.

Consolation, bonus, and relay finalists should report directly to the starting blocks. Names will be announced after the start of each of these heats, except for the 50 freestyle heats. Names will be announced before the start of each heat of the 50 freestyles.

Lakeside Aquatic Club reserves the right to change the number of lanes used in competition pool, update meet warm up times and session start times, add in necessary breaks to allow for rest, including but not limited to; change of warm-up and number of sessions depending on meet size, setting up the meet into flights, etc.

Heat Sheets: Heat sheets will be available on LAC website, www.swimlac.org, as each session is seeded.

Qualifying

Times: All swimmers must have met the "Sectional Standards" for each event entered (except for bonus entries, see below).

Swimmers entered in at least one individual event, may swim up to two bonus events during the championships, provided they have achieved the "Sectional Bonus Standards".

Events may be qualified for by meeting yards or meters qualifying times. Qualifying times must have been achieved within two (2) years of the first day of the meet (March 6, 2025). Swimmers must enter their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y) or long course meters (L). **Do not** convert meter times to yard times.

A swimmer with a Sectional qualifying time in the 800/1000/1500/1650 Freestyle automatically qualifies for both the 1000 and 1650 Freestyle events.

All relay members must be entered in individual events. The time for each relay may be submitted as a composite or aggregate time.

Age-Up Date: The age of the swimmer will be his/her age on March 6, 2025.

Restrictions: Swimmers may compete in a maximum of 3 individual events per day, 2 relay events on Thursday, 1 relay event on Friday, 1 relay event on Saturday, and 1 relay event on Sunday. Teams are limited to a maximum of two relay entries per relay event.

Teams**Invited:**

Open to USA Swimming registered teams and swimmers in Texas and Louisiana. The number of out-of-section swimmers is limited to 100 swimmers. All out-of-section teams must contact Tom Cyprus (tom.cyprus@swimlac.org) prior to the entry deadline to be allowed to enter this meet.

Entry**Deadline:**

Entries are due NO LATER than 11:59 PM CST, Tuesday, February 25, 2025.

Entry**Procedures:**

For questions regarding OME entries: Please contact Katie Trace at USA Swimming (ktrace@usaswimming.org).

All individual entry times must be made through OME prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. LAC reserves the right to challenge any submitted time. All individual entry times must be proven in the SWIMS Database, prior to the scratch deadline, even if scratched.

- Enter the Speedo Sectional Meet online at hub.usaswimming.org/landing no later than 11:59 p.m. Central Time, Tuesday, February 25th, 2025.
- Payment must be made through the OME system using a credit card.
- OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.
- You can modify your entry online by adding to the original entry. You cannot delete an online entry once it has been submitted and you have completed the OME procedure.
- Once you complete your online entry, you will be sent confirmation via email. Please keep these emails and bring them with you to the meet (just in case).
- USA Swimming Waiver forms will be sent to you via email after the entry deadline. Please have these filled out and bring them with you to the meet (i.e., do not mail to LAC).

Entries Chair: Andrew Marsh - meetentries@swimlac.org 716-338-7258
PO Box 270189, Flower Mound, TX 75027

General**Meeting:**

There will be a general meeting via Zoom on Monday, March 3rd at 7:30 p.m. Central Standard Time. LAC will email a link to all teams who have at least one swimmer entered in the meet. For unattached swimmers, we will post a link on our website (www.swimlac.org). All swimmers must be represented at this meeting. Any changes to the conduct of the meet will be decided at this meeting. It is each swimmer and coach's responsibility to be aware of any changes made during this meeting.

Daily**Schedule:**

Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures attached to the meet template.

The registration desk will open at 2:00pm on Thursday, March 6th, 2025.

Thursday, March 6, 2025	Warm-up	Meet Start
Timed Finals	3:30pm	5:00pm
Friday, March 7 – Sunday, March 9, 2025	Warm-up	Meet Start
Prelims	7:00am	9:00am
Finals	4:00pm	5:00pm

1000/1650 Free Events: Entrants in the 1000 free and 1650 free events must check in with the Clerk of Course and confirm their intention to compete in these events. Swimmers in the 1650 free should also elect to swim AM or PM at this time. All 1000 free swimmers will swim Thursday afternoon as timed finals.

Check-in deadline times: 1000 free – Thursday, March 6, 4:00 p.m.
1650 free – Saturday, March 8, 6:00 p.m.

Check-in has three options:

- ✓ Indicates that the athlete is present and will swim the event.
SCRATCH Indicates the swimmer has scratched from this event.
_____ Indicates swimmer is not swimming this event for reasons unknown.

Scratch deadlines:

Friday's events: 6:00 p.m. on Thursday, March 6
Saturday's events: 6:00 p.m. on Friday, March 7
Sunday's events: 6:00 p.m. on Saturday, March 8

Relays:

Properly completed relay cards must be turned in to the Clerk of Course by 4:00 p.m. on Thursday, and 10:30 a.m. on Friday, Saturday, and Sunday. The relay order may be changed with the admin or the head lane timer up until the relay swims.

200 Medley Relays should be entered with 400 Medley Relay time.

Time Trials: Time permitting, time trials will be conducted after the completion of Friday and Saturday prelims. Rules for time trials will be:

- 1) The course will be 25 yards only.
- 2) Fees will be \$25.00 for individual events and \$50.00 for relay events. Payment will be either cash or check (made out to LAC). All fees must be paid at the time of sign up.
- 3) Swimmers must supply completed entry forms entered at the swimmers' best times.
- 4) Time trial entries will be taken on Thursday from 5:00-6:00pm for Friday's time trials and Friday from 5:00-6:00pm for Saturday's time trials.
- 5) Swimmers must be entered in the meet in at least one individual event to swim time trials.
- 6) Time trial events count towards the daily entry limit of 3 events.
- 7) Events will be swum in the order of 200 free relay, 400 free relay, 800 free relay, 200 medley relay, 400 medley relay, 50 free, 50 stroke (back, breast, fly), 100 free, 100 stroke (back, breast, fly), 200 free, 200 stroke (back, breast, fly), 200 IM, 400 IM, 500 free, 1000 free and 1650 free. **The meet referee may change the order of events as needed to make an efficient combination of events.**
- 8) Swimmers must provide their own timers and lap counters.
- 9) **The 1000 free and the 1650 free will only be offered on Saturday.**

Entry Fees:

Individual Event: \$20.00

Relay: \$40.00

Surcharge: \$27.00

(\$3.00 will go to North Texas Swimming, Inc.)

Coaches Deck Passes: \$20 per coach. Coaches should register for this meet along with their entries using the OME System.

Replacement fees for lost credentials are \$50 for coaches and \$25 for athletes.

All entry fees must be paid during the OME process.

Deck Entries: Late entries will be accepted each day up to 60 minutes before the start of the meet. Those swimmers missing the 11:59 p.m. Tuesday, February 25, 2025, deadline may enter the meet on-deck in the following manner:

1. Swimmers must pay the late entry fee at the time of entry (\$30 individual, \$60 relay, \$27 athlete surcharge). Payment will be either cash or check (made out to LAC). All fees must be paid at the time of sign up.
2. Swimmers must supply completed entry forms entered at the swimmers' best times. Proof-of-time must be presented to qualify for the meet. Swimmers entering on-deck will be placed in any available open lanes first.
3. Swimmers must enter all events for the day sixty (60) minutes prior to the start of the day'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. Late entries will only be accepted for that particular day's events.
7. **At the discretion of the meet management, on-deck entries may be limited to fill existing heats.**

Meet Staff: **Meet Referee:** Marc Digby, 512-633-0002, marc.digby@outlook.com
Starter: Mahesh Salvi
Stroke & Turn Officials: Nicole Sidaway, Abhishek Rastogi
Admin Official (or Referee): Robin Magan, robin.magan@kellerisd.net
and Kristi Pottorff, KPottorff@nisdtx.org
Meet Director: Teddy Davis
Head Safety Marshall: Donovan Pope
Club Safe Sport Chair: Leslie Wyatt

Cell Phone

Restrictions: Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. No cameras (including cell phone cameras) or other recording devices are allowed behind the blocks at any time

Drone

Restrictions: 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.

Racing Starts: 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. A racing start includes all forward starts from the block or deck, and any backstroke start, including the use of ledges.

Unaccompanied

Swimmers: At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm down. 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 such arrangements prior to the start of the meet. (USA Swimming Rule 202.5.3)

Swimmer Photographs and Videos:

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 taken 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.

Deck

Changing: Deck changes are prohibited.

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 proper equipment. In any meet sanctioned or approved by North 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 shall notify the Meet Referee two weeks before the event begins if they wish to be accommodated under Article 105.

Timers:

LAC will provide timers for Thursday evening and all finals sessions. All teams will be assigned timing duties for prelims based on the number of swimmers entered in the meet. Those assignments will be emailed to all teams by Monday, March 3rd, 2025.

For the 500 and 1000 Free, swimmers must provide their own counters. For the 1650 Free, swimmers in prelims must provide both a timer and a counter. Finalists for the 1650 Free only need to provide a counter.

Officials: All currently certified USA Swimming officials are cordially invited to participate. All deck officials must be currently registered with USA Swimming and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.

The attire for the meet is White Polo over Khaki pants, skirt, skorts or shorts with White shoes and socks for prelims. White Polo over Khaki pants, skirt or skorts for finals (No Shorts for Finals).

Those interested in officiating should apply using the Application linked below. This meet will be Officials Qualifying Meet (OQM) eligible for national evaluation for advancement or recertification. See the Application for additional information regarding positions available for evaluation.

[APPLICATION TO OFFICIATE](#)

Awards: Individual and relay events: medals, 1st - 8th place
Combined team banners: 1st – 10th place
Individual high points: 1st & 2nd place Women's and 1st & 2nd place Men's

All individual and relay awards will be available for pick up by the swimmer's coach. Those awards will be in the hospitality area.

Scoring: Individual Events: 1st – 8th place: 20-17-16-15-14-13-12-11
9th – 16th place: 9-7-6-5-4-3-2-1

Relay Events: 1st – 8th place: 40-34-32-30-28-26-24-22
9th – 16th place: 18-14-12-10-8-6-4-2

2025 Speedo Sectional Championship Series Order of Events

Thursday March 6, 2025

Women	Event	Men
1*	200 Medley Relay	2*
	5-minute break	
3	1000 Free	4
	5-minute break	
5	400 Free Relay	6

* Please use 400 Medley Relay time to enter the 200 Medley Relay

Friday March 7, 2025

Women	Event	Men
7	100 Free	8
9	200 Breast	10
11	200 Back	12
13	500 Free	14
	5-minute break	
15	200 Free Relay	16

Saturday March 8, 2025

Women	Event	Men
17	200 Free	18
19	100 Breast	20
21	100 Fly	22
23	400 IM	24
	5-minute break	
25	800 Free Relay	26

Sunday March 9, 2025

Women	Event	Men
27	200 Fly	28
29	100 Back	30
31	200 IM	32
33	50 Free	34
35 **	1650 Free	36 **
37	400 Medley Relay	38

**Events 35 and 36 will be swum as the last heats in prelims on Sunday, except for the fastest 8 women and men to elect PM at check in, who will swim in finals. These events will be swum in event order during finals.

2025 TSC Men	Sectional Standards		Sectional Bonus Standards	
Event	SCY	LCM	SCY	LCM
50 FREE	:21.99	:25.29	:22.29	:25.79
100 FREE	:47.79	:54.99	:48.39	:55.99
200 FREE	1:43.89	2:00.49	1:45.29	2:02.59
400/500 FREE	4:42.99	4:19.09	4:43.89	4:21.99
800/1000 FREE	9:43.59	8:54.09	9:48.09	8:58.49
1500/1650 FREE	16:24.39	16:56.49	16:33.59	17:11.49
100 BACK	:53.39	1:03.69	:53.99	1:04.69
200 BACK	1:54.89	2:17.59	1:56.19	2:20.29
100 BREAST	1:00.89	1:11.99	1:01.69	1:13.09
200 BREAST	2:12.09	2:37.19	2:13.79	2:39.99
100 FLY	:52.69	1:00.49	:53.39	1:01.59
200 FLY	1:56.99	2:17.39	1:58.49	2:20.19
200 I.M.	1:57.29	2:17.69	1:58.79	2:19.69
400 I.M.	4:11.19	4:53.89	4:14.89	4:58.29

2025 TSC Women	Sectional Standards		Sectional Bonus Standards	
Event	SCY	LCM	SCY	LCM
50 FREE	:24.79	:28.29	:25.49	:28.89
100 FREE	:53.09	1:00.79	:53.99	1:01.59
200 FREE	1:54.09	2:11.29	1:55.79	2:12.39
400/500 FREE	5:06.19	4:36.89	5:09.39	4:39.59
800/1000 FREE	10:28.79	9:27.39	10:35.89	9:31.49
1500/1650 FREE	17:48.29	18:12.29	17:58.19	18:25.19
100 BACK	:58.99	1:09.79	1:00.49	1:11.19
200 BACK	2:07.19	2:30.29	2:09.29	2:33.39
100 BREAST	1:08.79	1:20.09	1:09.69	1:21.19
200 BREAST	2:28.09	2:53.09	2:31.39	2:55.49
100 FLY	:58.29	1:07.39	:59.69	1:08.59
200 FLY	2:10.59	2:31.29	2:13.69	2:33.89
200 I.M.	2:10.19	2:31.39	2:13.09	2:32.89
400 I.M.	4:36.49	5:19.69	4:41.99	5:23.19

* Times in bold are changed from 2024

NORTH 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 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	1 and 10	2 and 9	3 through 8
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—one way only.
 - d. Dive sprints may only be done under the direct supervision of the coach.
 - e. There will be no diving in the general warm-up lanes—circle swimming only.
- 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: "North 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.

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.