

2026 LSST January Frosty Open Meet

January 17 – 18, 2026

A Short Course Yards Timed Finals Meet

HOSTED BY

Lone Star Swim Team



Sanction Number # **GU-SC-26-056**

ENTRIES DUE TO HOST (entries@lonestarswimteam.org) BY 11:59 PM, FRIDAY, JANUARY 2ND, 2026

LOCATION: Cy-Fair ISD Natatorium
12550 Windfern Rd,
Houston, TX 77064

DIRECTIONS: Use Beltway 8 (North Sam Houston Parkway). Take the exit for Fallbrook Dr/Windfern Rd/Gessner Rd. Travel northbound on Fallbrook toward FM 1960. Turn right on Perry Road. Turn left on Windfern Road. Destination is on your right. Parking can be accessed from Bobcat Road.
Coming from far North of Houston use US-290 E and take exit for FM 1960 E (Cypress Creek Parkway). Travel East to Bobcat Road. Take Right on Bobcat Road. Destination is on your left.

SPECIAL INSTRUCTIONS: SET UP: There will be NO SET-UP in the bleachers or standing at the railing in front of the bleachers and other areas that are roped off for spectator viewing. Parents need to watch their swimmer race and then return to their seating area or outside to allow others to see their swimmers. Swimmers are encouraged to sit on deck, in seating area not designated for viewing, or outside as a team. There is ample lawn space for set-up.

Coolers are NOT allowed in the spectator seating area. Coolers with rollers are NOT allowed in the spectator seating area.

WET SWIMMERS: **Absolutely NO WET SWIMMERS ALLOWED IN THE COMMON AREAS. All swimmers are to be fully clothed including shoes before entering the lobby or spectator viewing area. (Parkas, towels, and/or robes over swim suits do not constitute full clothing. Shirt and shorts/pants and shoes must be worn at all times in the spectator area.) All swimmers that do not comply will asked to leave the area.**

MEET STAFF:	MEET REFEREE:	Rick Tobin, tobinrc@comcast.net Doug Davis, dodavis@flowserve.com
	ADMIN OFFICIAL:	Judy Siemer, headcoach@lonestarswimteam.org
	MEET DIRECTOR(S):	Jill Wilson, jill09@hotmail.com ; Doug McGee, mcgedoue@gmail.com
	SAFETY MARSHAL:	Samantha McGee, My Lan Duong
	COACH(ES):	John Siemer

POOL: Two eight lane, 25 yard indoor pools 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.

Two-Pool Set Up:

Lobby End: Odd Heats of Events 200 Yards or less, Mixed 1000 Free & 400 IM
500 Free – All Girls' Heats
All 25's events

Dive Well End: Even Heats of Events 200 Yards or Less, Mixed 1000 Free & 400 IM
500 Free – All Boys' Heats

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

Session 1: Saturday AM – January 17, 2026

Age Groups: 11-12 Girls, 13 & Over Girls and Boys

Warm-up*: 7:15 – 8:45 am / Meet Start: 9:00 am

Session 2: Saturday PM – January 17, 2026

Age Groups: 10 & Under Girls and Boys, 11-12 Boys

Warm-up*: 12:45 pm – 1:45 pm (approx.) / Meet Start: 2 pm (see note below on start)

Session 3: Sunday AM – January 18, 2026

Age Groups: 11-12 Girls, 13 & Over Girls and Boys

Warm-up*: 7:15 – 8:45 am / Meet Start: 9:00 am

Session 4: Sunday PM – January 18, 2026

Age Groups: 10 & Under Girls and Boys, 11-12 Boys

Warm-up*: 12:45 pm – 1:45 pm (approx.) / Meet Start: 2 pm (see note below on start)

*Split warm-ups will be in effect. Afternoon Warm-Up and Meet Start will be dependent upon timeline for morning session but will be approximately 1 hour after the conclusion of the morning session. Actual start time for Warm-Up and Meet Start will be updated and posted as part of the Warm-Up Assignments, Timing Assignments, Timeline, and Full Meet Program by Monday, prior to the Meet Event Weekend.

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.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

MEDICAL

SUPERVISION:

During the meet, lifeguards, and AED devices will be present to provide any necessary medical supervision and treatment for athletes participating in the meet.

**USA/GULF
SWIMMING/LONE
STAR SWIM**

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and

**TEAM/CY FAIR ISD
DISCLAIMER:**

death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., Gulf Swimming, LONE STAR SWIM TEAM, CY FAIR ISD, ITS MEMBERS, EMPLOYEES AND AFFILIATES cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, GULF SWIMMING, LONE STAR SWIM TEAM, CY FAIR ISD, ITS MEMBERS EMPLOYEES AND AFFILIATES, EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

LONE STAR SWIM TEAM, CY FAIR ISD, ITS MEMBERS, EMPLOYEES AND AFFILIATES have taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while on the property. An inherent risk of COVID-19 exists in any public or private place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in the invitational event at the CyFair ISD Natatorium], you voluntarily assume all risks related to exposure to COVID-19.

**COVID-19
PROCEDURES:**

- Participants in the meet will abide by LSST's COVID-19 Preparedness Plans
- There will be limited adult volunteers that will be necessary to run the competition.
- Meet personnel and swimmers will enter through the main doors of the natatorium. Spectators will be allowed inside the facility, with no spectators allowed on deck.
- This meet will be conducted in compliance with local, state, and USA Swimming COVID 19 restrictions.
- Only coaches, officials, swimmers, and lane timers are allowed on the pool deck for the current session and will maintain current social distancing guidelines throughout the meet. Volunteers will be present to help enforce this rule.
- Temperature screenings may be administered to all athletes, meet personnel, staff, and volunteers. No person will be allowed to enter with a temperature over 100.4 F in accordance with CDC and local health department recommendations.
- Parents must implement the Daily Self Screening for Swimmers Protocol that LSST has implemented. PARENTS MUST SCREEN swimmer(s) daily (**prior** to entering the swim meet) for the following signs and symptoms of COVID-19: 1. Are you experiencing any of the following in a way that is not normal to you? Feeling feverish or a measured temperature greater than or equal to 100.4 F, Loss of taste or smell, Cough, Difficulty breathing, Shortness of breath, Fatigue, Headache, Chills, Sore throat, Congestion, or runny nose, Shaking or exaggerated shivering, Significant muscle pain or ache, Diarrhea,

Nausea, or vomiting, 2. Have you had known close contact with a person who has tested positive for COVID-19 within the last 14 days? Temperature checks will still be taken at the gate and any temperature over 100.4 will not be allowed in the facility. Swimmers must stay home if they answer “yes” to any of the above.

- Officials, coaches, volunteers, and swimmers 10 years and older are encouraged to wear a face mask except when swimmers are in the water, or if they are appropriate social distancing.
- Lane timers are encouraged to remain socially distanced and wear a mask for all sessions. Lane timers will be assigned to each lane.
- The sessions will move FAST. We will allow adequate time between each event to provide rest for the swimmers, but each session will move fast. An estimated timeline will be provided to Coaches/ Teams prior to the meet.
- Bring a filled water bottle for your session. Bottled water will be for sale. The water fountain will be unavailable, but the Natatorium has 3 water bottle filling stations that will be open.
- Swimmers must enter and leave the facility in their swimsuits. Locker rooms may be restroom use only. Spectators allowed inside the facility and will have access to restrooms in the lobby.

SEEDING:

The meet will be pre-seeded, with the exception of the 500 Free, 400 IM, and 1000 Free, which will be deck seeded events. Coaches, please inform your swimmers of pre-seeded and deck seeded rules. All events, including relays, 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.

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, January 2, 2026, deadline may enter the meet on-deck in the following manner:

1. On deck entries are open to those athletes assigned to the meet location by the TPC Chair through the meet entry procedures.
2. 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.
3. 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.
4. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
5. Swimmers must be qualified to swim the event entered.
6. Swimmers must not exceed the allotted number of events allowed each day.
7. 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.
8. 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 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: 8 & Under swimmers must have achieved 10 & Under "B" 2024-2028 Motivational Time Standard in order to swim the 200 Free, 100 Back, 100 Breast, 100 Fly and 200 IM.

Age: As of January 17, 2026

Times Eligibility: Times must be achieved between Feb 1, 2023 and the entry deadline.

Number of Events: Swimmers may compete in up to a maximum of four (4) individual events per day and 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 host team entry chair no later than **11:59 PM, FRIDAY, JANUARY 2ND, 2026**. No late entries will be accepted.

EMAIL: entries@lonestarswimteam.org

Eligible Teams: Only USA Swimming registered swimmers and teams may enter this meet.

Entry Fee:	\$ 10/event
Swimmer Surcharge Fee (per swimmer):	\$ 8.00 – (includes \$ 2.00 fee for electronic heat sheet through Meet Mobile)
Make entry fee checks payable to:	Lone Star Swim Team

**** Bring Entry Fees to the Meet and give to Clerk of Course ****

CHECK	ZELLE	VENMO
Lone Star Swim Team 9597 Jones Road Houston TX 77065 PMB 197	281-858-7946	@LoneStar-SwimTeam

AWARDS: Individual events: Ribbons 1st- 8th place

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

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 Chairman may only participate in this invitational meet.

In applying for this sanctioned event, the Host, Lone Star Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Gulf Swimming, the State of Texas and Harris County Public Health Department

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

**POOL
MEASUREMENT:**

The competition course has been certified in accordance with USA Swimming Rule 104.2.2(C).

The water 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:

A Colorado Gen7 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.

**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.

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.

MAAP POLICY:

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 MAAP Policy is a condition of participation in the conduct of this competition.

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 for coaches and officials.
OFFICIALS:	USA Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for all sessions will be white golf shirts over Navy slacks/skirts/shorts and white shoes. There will be an officials' briefing one (1) hour before the start of each session.
MEET RESULTS:	Meet results will be posted on the Gulf Swimming Web Page (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 gear will be available for sale.
FACILITY RULES:	<p><u>SET UP:</u> There will be NO SET-UP in the bleachers or standing at the railing in front of the bleachers and other areas that are roped off for spectator viewing. Parents need to watch their swimmer race and then return to their seating area or outside to allow others to see their swimmers. Swimmers are encouraged to sit on deck, in seating area not designated for viewing, or outside as a team. There is ample lawn space for set-up. Coolers larger than 18 inch length x 18 inch width x 18 inch depth are NOT allowed in the spectator seating area. Coolers with rollers are NOT allowed in the spectator seating area.</p> <p>No tent set up is allowed on any grassy areas directly adjoining to the natatorium.</p> <p><u>WET SWIMMERS:</u> Absolutely NO WET SWIMMERS ALLOWED IN THE COMMON AREAS. All swimmers are to be fully clothed including shoes before entering the lobby or spectator viewing area. (Parkas, towels, and/or robes over swim suits do not constitute full clothing. Shirt and shorts/pants and shoes must be worn at all times in the spectator area.) All swimmers that do not comply will asked to leave the area.</p>
ATTACHMENTS:	Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form

2026 LSST January Frosty Open Meet

January 17 – 18, 2026

A Short Course Yards Timed Finals Meet

HOSTED BY

Lone Star Swim Team

Entry Rules:

Type of meet	Timed Finals
Max # individual events	Maximum of four (4) individual events per day and seven (7) for the entire meet.
Swimmers eligible	Gulf teams only
Entry times in	SCY, LCM, SCM
Qualifying times	8 & Under swimmers must have achieved 10 & Under "B" 2024-2028 Motivational Time Standard in order to swim the 200 Free, 100 Back, 100 Breast, 100 Fly and 200 IM.
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 rule" applies?	Does not apply
Times Eligibility	Times must be achieved between Feb 1, 2022 and the entry deadline.
Fees	Individual – \$ 10 / event Facility Surcharge – \$ 8.00

All events will be seeded fastest to slowest. All events will be swum combined as indicated but scored separately as 15 & Over, 13-14, 11-12, 9-10, 8, 7, and 6 & Under, where applicable.

*500 Free will be swum girls in the lobby pool, boys in the dive well pool.

1000 Free is a mixed event swimming fastest to slowest. In both events swimmers must provide their own timers and lap counters.

*400 I.M. – AM Session Event 39 & 40 will swim all girls first, then all boys utilizing odd (lobby pool) and even (dive well pool). Assigned timers during Sunday AM will stay in place and time for Events 39 & 40.

PM Session Event 74 will need to provide their own timers utilizing odd (lobby pool) and even (dive well pool).

Two-Pool Set Up:

Lobby End: Odd Heats of Events 200 Yards or less, Mixed 1000 Free & 400 IM

500 Free – All Girls' Heats

All 25's events

Dive Well End: Even Heats of Events 200 Yards or Less, Mixed 1000 Free & 400 IM

500 Free – All Boys' Heats

Girls Event#	Saturday AM – January 17, 2026			Boys Event#	Girls Event#	Saturday PM – January 17, 2026			Boys Event#
	Event Name					Event Name			
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	10 & Under Girls	200	IM	
5	11 & Over Girls	100	Free			12 & Under 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	10 & Under Girls	100	Breast	
9	11 & Over Girls	100	Breast			12 & Under 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

Girls Event#	Sunday AM – January 18, 2026			Boys Event#	Girls Event#	Sunday PM – January 18, 2026			Boys Event#
	Event Name					Event Name			
37	11-12 Girls	50	Breast		55	10 & Under Girls	50	Breast	
39	11 & Over Girls	400	IM*			12 & Under Boys	50	Breast	56
	13 & Over Boys	400	IM*	40	57	10 & Under Girls	200	Free	
41	11 & Over Girls	200	Free			12 & Under Boys	200	Free	58
	13 & Over Boys	200	Free	42	59	8 & Under Girls	25	Back	
43	11 & Over Girls	100	Fly			8 & Under Boys	25	Back	60
	13 & Over Boys	100	Fly	44	61	10 & Under Girls	100	Fly	
45	11 & Over Girls	50	Free			12 & Under Boys	100	Fly	62
	13 & Over Boys	50	Free	46	63	10 & Under Girls	50	Free	
47	11 & Over Girls	200	Breast			12 & Under Boys	50	Free	64
	13 & Over Boys	200	Breast	48	65	8 & Under Girls	25	Fly	
49	11 & Over Girls	100	Back			8 & Under Boys	25	Fly	66
	13 & Over Boys	100	Back	50		11-12 Boys	200	Breast	68
51	11-12 Girls	100	IM		69	10 & Under Girls	100	Back	
53	13& Over Mixed	1000	Free*			12 & Under Boys	100	Back	70
					71	10 & Under Girls	100	IM	
						12 & Under Boys	100	IM	72
						11-12 Boys	400	IM	74

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.
 - 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.