

# 2025 Cat 5 Invitational

May 25, 2025

A Short Course Yards Timed Finals Meet

HOSTED BY

Winchester Swim Team & Lone Star Swim Team



An NWAL Sanctioned Timed Finals Swim Meet

**ENTRIES OPEN 10 AM -11:59 PM MAY 18<sup>TH</sup>, 2025 AT [entries@lonestarswimteam.org](mailto:entries@lonestarswimteam.org). ENTRIES WILL BE CAPPED AT EITHER 250 SWIMMERS PER SESSION OR 4 HOUR TIMELINE – WHICHEVER OCCURS FIRST.**

**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:** SPECTATOR SEATING: The section of bleachers directly across from the competition pool(s) will be designated as come-and-go seating only. These sections will only open 5 minutes before the start of the session. Parents are to watch their swimmer then leave the area in order to allow other parents to view their swimmer's events. **Stadium seats are NOT ALLOWED in the Spectator Come-and-Go Seating Areas. This will be strictly enforced.**  
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 facility.

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 be asked to leave the area.**

- MEET STAFF:**
- MEET REFEREE:** Aaron Guerrero, [JVGuerrero1980@gmail.com](mailto:JVGuerrero1980@gmail.com)  
**ADMIN OFFICIAL:** Doug McGee, [mcgedoue@gmail.com](mailto:mcgedoue@gmail.com)  
**MEET DIRECTOR(S):** Jill Wilson, [jill09@hotmail.com](mailto:jill09@hotmail.com);  
Judy Siemer, [headcoach@lonestarswimteam.org](mailto:headcoach@lonestarswimteam.org)  
**EVENT COORDINATOR:** Samantha McGee [realtor@samanthamcgee.com](mailto:realtor@samanthamcgee.com)  
**SAFETY MARSHAL:** My Lan Duong  
**ENTRY REGISTRATION:** [entries@lonestarswimteam.org](mailto:entries@lonestarswimteam.org)
- POOL:** One eight-lane, 25 yard indoor pool with non-turbulent lane lines will be used for competition. Two eight-lane warm up pools with non-turbulent lane lines will be used for assigned warm-ups prior to the meet.  
A separate warm-up / warm-down area will be made available during the competition.  
**\*\*Host reserves the right to use two eight-lane competition pools based on number of entries. Participants will be notified if host moves to two pool set up.\*\***
- TIMERS:** Each team will be required to furnish timers/scribes for the meet sessions based on entry submissions. Timing assignments will be published and distributed to coaches as well as published with warm up assignments in the meet program.  
A timer/scribe meeting for all sessions will be 15 minutes before the start of each session.
- TIME AND DATE:** This is a 1-day, two sessions, timed-finals meet with AM & PM sessions on Sunday, May 25, 2025.
- Session 1:** Sunday AM – May 25, 2025  
Age Groups: 10 & Under Girls and Boys  
Warm-up\*: 7:15 – 8:45 am / Meet Start: 9:00 am
- Session 2:** Sunday PM – May 25, 2025  
Age Groups: 11 & Over Girls and 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 prior to the Meet Event Weekend.
- 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.
- SEEDING:** The meet will be pre-seeded meet. If capacity allows, deck entries will be allowed for open lanes only. If available, deck entries will close 45 minutes before the start of the session. It is important that all teams turn in their entries on a timely basis to ensure that their swimmers have a chance to swim.

All events will be seeded slowest to fastest. All events will be swum combined as indicated but scored separately as 6 & Under, 7, 8, 9, 10, 11, 12, 13-14, 15-16, 17-18 as applicable.

**ON-DECK ENTRY  
PROCEDURE AND  
RULES:**

On-Deck entries may be accepted if capacity allows and will be allowed for open lanes only. If available, deck entries will close 45 minutes before the start of the session and may enter the meet on-deck in the following manner:

1. On deck entries are open to those athletes assigned to team already accepted in the meet.
2. Swimmers must pay the entry fee at the time of entry.
3. Swimmers must supply completed entry forms. Entry forms available the day of the event in the lobby with the clerk of course. The swimmers will be seeded into open lanes in the pre-seeded events and according to their official best times.
4. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
5. 13 & Over swimmers do not need any qualifying times.
6. 12 & Under Swimmers must have 2 qualifying standards in order to deck enter up to 5 events.
7. Long Free Events: All 11/12 year olds must have the 50 free qualifying time (either at sanction meet or during Time Trials) in order to swim the 100 free. All 10 & Unders must have the 25 free qualifying time (either at sanction meet or during Time Trials) in order to swim the 50 free.
8. Swimmers must not exceed the allotted number of events allowed; up to five (5).
9. Heats will NOT be added for on deck entries.

**ENTRY  
INFORMATION:**

**Entry Times:** Timed finals, 2 sessions (AM-10&Under, PM-11&up);  
Qualifying times enforced.  
Max Events for each swimmer is 5.

Entries will be accepted on a first-come, first served basis. All teams MUST submit their entries via Swimtopia, along with a hard copy printout of the entries with "BONUS" events highlighted. Entry times will be converted to the proper course by Swimtopia software using the default conversions and meet templates. Time trial times (unofficial times) are allowed if the swimmer has not achieved an official time. Once an official time has been achieved, the unofficial time should no longer be used. No Times (NT) will not be accepted. In the event a team submits entries and surpasses the 250 athlete max or 4 hour limit, that team's entries will be accepted in full and entries will be closed. 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). Do not convert meter (yard) times to yard (meter) times

**Cut-off Times:** None

**Qualifying Times:**

-13 & Over-No qualifying times needed

-All 12 & Under must have 2 qualifying times\* to enter the meet, then can swim up to 5 events.

\*2 Qualifying times must have been earned during a sanctioned NWAL Dual Meet.

-Time Trial times are allowed for bonus events, NT are not allowed

-Bonus Events 12 & Under-After 2 qualifying times have been earned, swimmer can pick up to 3 bonus swims.

-Proof of times for LONG FREE EVENTS:

11/12 year olds must have 50 free qualifying time (either at sanctioned meet or during Time Trials) in order to swim the 100 free

10 & Unders must have the 25 free qualifying time (either at sanctioned meet or during Time Trials) in order to swim the 50 free

**Age:** As of May 1, 2025

**Times Eligibility:** Times must be achieved at an NWAL sanctioned swim meet or at Time Trials.

**Number of Events:** Swimmers may compete in up to a maximum of five (5) individual events.

**Entries:** All teams MUST submit their entries electronically via e-mail via Swimtopia

**Deadline:** Entries must be in the hands of the host team entry chair no later than **11:59 PM, MAY 18<sup>TH</sup>, 2025**. No late entries will be accepted.

**EMAIL:** [entries@lonestarswimteam.org](mailto:entries@lonestarswimteam.org)

**Entry Fee:** \$ 40/athlete

**Swimmer Surcharge Fee (per swimmer):** NO SURCHARGE

Heat Sheets will be available through Meet Mobile

**Entry Fee Payments:**

**Via Check Payable to:** Lone Star Swim Team

**Via Zelle to:** 281-858-7946

**Via Venmo to:** @LoneStar-SwimTeam

- All Payments must be identified on the Payment Information on the Entry Form.

[entries@lonestarswimteam.org](mailto:entries@lonestarswimteam.org)

**AWARDS:**

Individual events: Custom Medals 1<sup>st</sup>-8<sup>th</sup> place finishers for each individual event by single age group as described below.

An Individual High Point Trophy will be awarded to the top high point boy and girl in the following categories: 6&U, 7, 8, 9, 10, 11, 12, 13, 14, 15-16, 17-18 (new this year).

In the event of a tie for High Point Awards, the winner will be determined by the swimmer with the most first-place finishes, followed by second-place finishes, and so on until the tie is broken.

Hot Heat Awards: The first place winner of a randomly selected heat within each event will win a prize.

**SCORING:**

Individual Events: 9-7-6-5-4-3-2-1 points

All events will be swum combined but scored separately as 6 & Under, 7, 8, 9, 10, 11, 12, 13-14, 15-16, 17-18 as applicable.

**NWAL RULES AND VARIANCES:**

The 2025 NWAL rules will apply. The meet will be held under the sanction of the NWAL League Officers and Board of Directors. No entries can be accepted unless the entrant is a member of a registered NWAL team. The two (2) event rule does apply. Please see the Qualifying Times section for information on BONUS Events. All participants must be registered 2025 NWAL swimmers. All participants must have competed in at least one NWAL meet during the 2025 NWAL season. Eligibility for an age group is determined by the individual's age as of May 1, 2025, per NWAL rules.

- 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 Insurance Safety Regulations, the swimming pool deck, during the operation of the Cat 5 Swim Meet, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. If you are asked to leave the deck by any meet personnel, please do so. It is for your safety.  
All coaches must display NWAL issued coach badges to be allowed on deck. To better ensure safety on Deck, teams will be limited to no more than 3 coaches per team. Each allowed coach can have a chair. Setup on deck or in the team set-up area will only be allowed on the day of the meet.
- 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.
- 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.
- 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 equipment (remote strobe).
- HOSPITALITY:** A hospitality room will be available for coaches and officials.
- OFFICIALS:** NWAL 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 NWAL Web Page within two days after the conclusion of the meet.  
Unofficial real time results will be available on MEET MOBILE.
- CONCESSIONS:** Concessions will be available.
- MERCHANDISE:** A custom Cat 5 Invitational Meet shirt/apparel will be on sale at the meet in the lobby.
- FACILITY RULES:** **SPECTATOR SEATING:** The section of bleachers directly across from the competition pool(s) will be designated as come-and-go seating only. These sections will only open 5 minutes before the start of the session. Parents are to watch their swimmer then leave

the area in order to allow other parents to view their swimmers' events. **Stadium seats are NOT ALLOWED in the Spectator Come-and-Go Seating Areas. This will be strictly enforced.**

**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:** Coolers of any kind are NOT allowed in the spectator seating area. Coolers with rollers are NOT allowed in the facility.

**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 be asked to leave the area.

**WINCHESTER/LONE  
STAR SWIM  
TEAM/CY FAIR ISD  
DISCLAIMER:**

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

Winchester Swim Team, 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 Winchester Swim Team, 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 UNDFORSEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Winchester Swim Team, 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.

### **ATTACHMENTS:**

Meet Format, NWAL Safety Guidelines and Warm-up Procedures, Entry Verification Form

# CAT 5 QUALIFYING STANDARDS

Sunday, May 25, 2025 (AM Session)							
Girls' Event Number	Meter Qualifying Time	Yard Qualifying Time	Age Group	Event	Yard Qualifying Time	Meter Qualifying Time	Boys' Event Number
1	59.93	53.99	8 & Under	50 Yard Freestyle	54.02	59.96	2
3	57.85	52.12	9 - 10	50 Yard Freestyle	52.45	58.22	4
5	48.56	43.75	6 & Under	25 Yard Freestyle	43.93	48.76	6
7	33.56	30.23	7 - 8	25 Yard Freestyle	30.78	34.17	8
9	26.81	24.15	9 - 10	25 Yard Freestyle	24.76	27.48	10
11	51.02	45.96	6 & Under	25 Yard Backstroke	46.38	51.48	12
13	39.52	35.60	7 - 8	25 Yard Backstroke	36.12	40.09	14
15	33.52	30.20	9 - 10	25 Yard Backstroke	30.43	33.78	16
17	2:12.03	1:58.95	8 & Under	Individual Medley	1:58.95	2:12.03	18
19	2:07.91	1:55.96	9 - 10	Individual Medley	1:55.96	2:07.91	20
21	41.33	37.23	8 & Under	25 Yard Breaststroke	37.75	41.90	22
23	34.91	31.45	9 - 10	25 Yard Breaststroke	31.57	35.04	24
25	39.28	35.39	8 & Under	25 Yard Butterfly	35.83	39.77	26
27	33.13	29.85	9 - 10	25 Yard Butterfly	29.75	33.02	28

Sunday, May 25, 2025 (PM Session)							
Girls' Event Number	Meter Qualifying Time	Yard Qualifying Time	Age Group	Event	Yard Qualifying Time	Meter Qualifying Time	Boys' Event Number
29	1:45.22	1:34.79	11 - 12	100 Yard Freestyle	1:35.02	1:45.47	30
31			13 - 14	100 Yard Freestyle			32
33			15 - 18	100 Yard Freestyle			34
35	50.35	45.36	11 - 12	50 Yard Freestyle	46.01	51.07	36
37			13 - 14	50 Yard Freestyle			38
39			15 - 18	50 Yard Freestyle			40
41	1:02.02	55.87	11 - 12	50 Yard Backstroke	56.15	1:02.33	42
43			13 - 14	50 Yard Backstroke			44
45			15 - 18	50 Yard Backstroke			46
47	1:59.64	1:47.78	11 - 12	Individual Medley	1:47.89	1:59.76	48
49			13 - 14	Individual Medley			50
51			15 - 18	Individual Medley			52
53	1:04.30	57.93	11 - 12	50 Yard Breaststroke	58.03	1:04.41	54
55			13 - 14	50 Yard Breaststroke			56
57			15 - 18	50 Yard Breaststroke			58
59	1:03.04	56.79	11 - 12	50 Yard Butterfly	57.01	1:03.28	60
61			13 - 14	50 Yard Butterfly			62
63			15 - 18	50 Yard Butterfly			64



# TEAM ENTRY FORM

Must be submitted with entries

TEAM NAME: \_\_\_\_\_ NWAL Team Abbreviation: \_\_\_\_\_

TEAM ENTRY PERSON: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

## AWARDS CONTACT – (Awards will not be mailed.)

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

## NWAL OFFICIALS VOLUNTEERING – List Name, email, phone & NWAL Certification

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## PAYMENT INFORMATION

Total Number of Swimmers: # \_\_\_\_\_ x \$40.00 = \$ \_\_\_\_\_

INDICATE HOW YOU WILL BE MAKING  
PAYMENT:

<b>VIA CHECK PAYABLE TO:</b>	Lone Star Swim Team	<input type="checkbox"/>
<b>*VIA ZELLE TO:</b>	281-858-7946	<input type="checkbox"/>
<b>*VIA VENMO TO:</b>	@LoneStar-SwimTeam	<input type="checkbox"/>

\*Provide Payor Details: NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

## ENTRY CHECK LIST:

- ✓ Swimtopia Entry File
- ✓ Hard Copy Meet Entry Report
- ✓ This Team Entry Form

## 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-NWAL 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 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 CFISD.
  - 2. Glass containers are prohibited.
  - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.