



2026 South Texas Short Course STAGS Championship Meet Information



Date posted: 10/27/25 Sanction Number: ST-26-05

Meet: 2026 South Texas Short Course STAGS Championship
Hosted by AAAA - NS
Held under the sanction of USA Swimming

Dates: February 20-22, 2026

Venue: NISD Swim Center and Natatorium
8400 N Loop 1604 W
San Antonio, TX 78249

Eligibility / Qualifying times:

This meet is open to all South Texas Swimming athletes ages 14 & under who have achieved the "A" or faster 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). **Qualifying times must be achieved between September 1, 2024 and February 19, 2026.** 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.)

Athletes ages 14 & under with disabilities may enter any event for which they have achieved "A" or faster (and "BB" for bonus events) times using the 2025-2028 LSC P1, P2, or P3 Para Motivational Time Standards for their age, gender, and disability classification. These time standards are posted on the [Athletes>Time Standards page on the STX website](#).

Bonus Times: Athletes may enter up to two individual events with a provable "BB" time for the 2025-2028 USA Swimming National Motivational time standard for that event. The athlete must be entered in the meet in at least one provable "A" or faster time. All bonus event times must have been achieved between the qualifying dates listed above.

Entry

Restrictions: An individual swimmer may enter a maximum of three individual events and one relay event per day and a maximum of seven individual events for the meet, including any bonus events and time trial events, if offered.

Entry

Deadlines: **Entries are due by noon on Monday, February 16, 2026.** Entries received after the entry deadline may be pre-entered in the meet at the discretion of the Entries Chair, but will be considered to be deck entries for the purposes of seeding and meet entry fees.

Daily Schedule:

Preliminaries		Finals (All days)	
Warm-ups begin	7:00 AM	Warm-ups begin	4:00 PM
Clear competition pool	8:50 AM	Clear competition pool	4:50 PM
Sessions begin	9:00 AM	Sessions begin	5:00 PM

**Finals on Sunday may start at 4:00 PM, depending on the size of the meet. Teams will be notified of the start time after all entries have been received.*

The Coaches Meeting will be via Zoom on Thursday, 2/19 at 8:00 pm. The Zoom link will be sent to teams with the entry confirmation email.

Format: Championship Format - preliminaries and finals, except as noted. Preliminary events will be seeded by time and gender, and age combined. The top 16 athletes ages 10 & Under and the top 24 athletes ages 11-12 and 13-14 will swim in finals. Each 10 & Under event will have a Championship heat and Consolation heat for all individual events with the exception of the 10 & Under 500 Free, which is timed finals. Each 11-12 and 13-14 event will have three heats of finals except the 500 Free and 400 IM, which will have 2 heats, and the 1650 Free, which is timed finals.

Except as noted, all preliminary events will be seeded slowest to fastest, with the three fastest heats of each preliminary event championship seeded. Preliminaries of the 400 IM and 500 Free will be seeded fastest to slowest with the fastest 2 heats circle seeded. The 10 & Under 500 Free and the 1650 Free will be seeded fastest to slowest.

Positive check-in is required for all distance events (400 IM, 500 Free, & 1650 Free). Positive check-in for distance events is by 9:00 AM on the morning of the event. Swimmers must provide two timers and one counter for the 500 Free and 1650 Free events. Swimmers in the 400 IM events must provide two timers for prelims.

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 February 20, 2026.

Time Trials: Time trials may be conducted on Friday and Saturday, time permitting, starting 15 minutes after the conclusion of the prelims session. If offered, 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. Athletes must be entered in the meet to participate in the time trials.

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.

Swimmers may enter up to two time trials events per day. Participation in a time trial event counts as one of the daily 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 and relay events is \$30.00.

**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 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.

For teams entering only an A relay team in a relay event, three of the four relay swimmers in must be entered in at least one individual "A" or faster event. **Teams may include ONE relay-only swimmer in each gender/age group ONLY when no fourth swimmer is already entered in at least one individual event in the session for the relay event.** Relay-only swimmers will *not* be eligible to compete in individual events at this meet. There are no time standards for relay events or for swimmers participating on relay teams.

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 2025 USA-S Rules and Regulations.

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 an attached document of the meet entry fees report.

Any team submitting entries under the LSC Para Motivational Time Standards qualifying times may send an email to the entry chair with the team abbreviation, the swimmer's full name (as registered with USA Swimming), the swimmer's USA Swimming ID number, and swimmer's events by number, description, and entry time. Proof of time must be submitted with the entries.

Teams with exceptions will be e-mailed notice of same. 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: Brandon Allenstein	210-397-7516	aaaansentries@gmail.com
Meet Director: Brandon Allenstein	210-397-7516	brandon.allenstein@nisd.net
Meet Referee: Zoe Galan		zoe.galan@gmail.com
Admin Official: Rick Allenstein		rallenstein@hotmail.com

Entry

Procedures:

Please send entries to aaaansentries@gmail.com

\$15.00 per individual event and \$30.00 for relays

\$15.00 per swimmer facility surcharge

Athlete surcharges will be assessed separate from the meet entry fees.

Make event entry checks payable to NISD Aquatics

Make swimmer facility surcharge checks payable to AAAA NS Boosters

Mail Checks to: NISD Aquatics % Brandon Allenstein 8400 N Loop 1604 W San Antonio, TX 78249

Entry fees must be received or arrangements made before the start of the meet. 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 \$25.00 per individual event and \$50.00 per relay event, plus the athlete surcharge if not already entered in the meet. 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 qualifiers (ages 10 & Under) or top 24 qualifiers (ages 11-12 and ages 13-14) 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 10 & Under or a "top 24" qualifier for ages 11-12 and 13-14) 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 10 & Under) or 25th place and below (for ages 11-12 and 13-14).

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 have A & B finals (for 10 & Under) or A, B, & C heats (ages 11-12 and 13-14), with the following exceptions. The 10 & Under 500 Free and the 1650 Free will be timed finals, and there will be A & B heats only in finals for the 11-12 & 13-14 400 IM and 500 Free.

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

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: 2 - 8 x 25 yard outdoor and indoor pools with the option of using all lanes inside and outside for preliminary competition. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet 7 inches at the start end and the turn end is 6 feet 7 inches 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. Ten lanes in a separate 25 yard diving well will be available for warm ups and warm downs. All automatic Colorado starting and timing systems. 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 changes are prohibited.

Medical

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

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 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 always supervised by a USA Swimming certified coach. Lanes will be available for warm-ups throughout the meet.

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, please contact the Meet Referee or (preferred) complete the form posted [here](#). The uniform will be white polo shirts over khaki pants, shorts or skirts for prelims sessions, and navy polo shirts over khaki pants or skirts for finals sessions. 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.

Officials

Certification: Application for this meet has been submitted for approval as an Officials Qualifying Meet. Officials who are interested in being evaluated need to submit their completed application by filling out the form for officials [here](#) by January 22, 2026. The Google form will provide information on the type of evaluations offered, ie. N3 or N2.

Liability: In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Alamo Area Aquatics Association, Northside 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.

Meet

Documents: All meet documents, including the heat sheet for each session, the timeline for each session, the warmup schedule, and timer assignments, will be posted on this meet's event page on the [South Texas Swimming website](#) and/or the meet host's website [here](#).

The heat and lane assignments for all sessions and all meet results will also be available on Meet Mobile. The meet host may also choose to sell heat sheets for a fee but must also make this information available via website and Meet Mobile for free.



2026 South Texas Short Course STAGS Championship Order of Events



Friday, February 20, 2026			
Girl's Event #	Age Group	Event Description	Boy's Event #
1	10 & Under	50 Backstroke	2
	11-12	50 Backstroke	
	13-14	50 Backstroke	
3	11-12	200 Butterfly	4
	13-14	200 Butterfly	
5	10 & Under	100 Breaststroke	6
	11-12	100 Breaststroke	
	13-14	100 Breaststroke	
7	10 & Under	200 Freestyle	8
	11-12	200 Freestyle	
	13-14	200 Freestyle	
9	10 & Under	200 Freestyle Relay	10
11	11-12	200 Freestyle Relay	12
13	13-14	200 Freestyle Relay	14
15	11-12	400 Individual Medley *	16
	13-14	400 Individual Medley *	

Swimmers in the 400 IM must provide their own timers in prelims.
Positive check-in for the 400 IM is by **9:00 AM Friday**.

* In FINALS for the 400 IM, there will be two heats each for 11-12 (B and A finals – heats 1 and 2) and 13-14 (B and A finals – heats 3 and 4).

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

In FINALS, 11-14 events will swim youngest to oldest and slowest to fastest, with three heats each of 11-12 (C, B, and A finals - heats 1, 2, and 3) and 13-14 (C, B, and A finals - heats 4, 5, and 6).

Saturday, February 21, 2026			
Girl's Event #	Age Group	Event Description	Boy's Event #
17	10 & Under	100 Backstroke	18
	11-12	100 Backstroke	
	13-14	100 Backstroke	
19	10 & Under	50 Butterfly	20
	11-12	50 Butterfly	
	13-14	50 Butterfly	
21	11-12	200 Breaststroke	22
	13-14	200 Breaststroke	
23	10 & Under	100 Freestyle	24
	11-12	100 Freestyle	
	13-14	100 Freestyle	
25	10 & Under	100 Individual Medley	26
	11-12	100 Individual Medley	
27	10 & Under	400 Freestyle Relay	28
29	11-12	400 Freestyle Relay	30
31	13-14	400 Freestyle Relay	32
33	10 & Under	500 Freestyle +	34
35	11-12	500 Freestyle *	36
	13-14	500 Freestyle	

Positive check-in for the 500 Free is by **9:00 AM** Saturday

Swimmers must provide their own timers & counter for the 500 Free events for prelims.

+ The 10 & Under 500 Free is timed finals and will swim in the prelims session only.

* In FINALS for the 500 FR, there will be two heats each for 11-12 (B and A finals – heats 1 and 2) and 13-14 (B and A finals – heats 3 and 4).

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

In FINALS, 11-14 events will swim youngest to oldest and slowest to fastest, with three heats each of 11-12 (C, B, and A finals - heats 1, 2, and 3) and 13-14 (C, B, and A finals - heats 4, 5, and 6).

In FINALS, 12 & Under events will swim youngest to oldest and slowest to fastest, with two heats of 10 & Under (B and A finals – heats 1 and 2) and three heats of 11-12 (C, B, and A finals - heats 3, 4, and 5).

Sunday, February 22, 2026			
Girl's Event #	Age Group	Event Description	Boy's Event #
37	10 & Under	50 Breaststroke	38
	11-12	50 Breaststroke	
	13-14	50 Breaststroke	
39	11-12	200 Backstroke	40
	13-14	200 Backstroke	
41	10 & Under	100 Butterfly	42
	11-12	100 Butterfly	
	13-14	100 Butterfly	
43	10 & Under	50 Freestyle	44
	11-12	50 Freestyle	
	13-14	50 Freestyle	
45	10 & Under	200 Individual Medley	46
	11-12	200 Individual Medley	
	13-14	200 Individual Medley	
47	10 & Under	200 Medley Relay	48
49	11-12	200 Medley Relay	50
51	13-14	400 Medley Relay	52
53	11-12	1650 Freestyle *	54
	13-14	1650 Freestyle *	

Positive check-in for the 1650 Free is by **9:00 AM Sunday**.

Swimmers must provide their own timers & counter for the 1650 Free.

* The 1650 Free is timed finals and will swim in the prelims session only.

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

In FINALS, 11-14 events will swim youngest to oldest and slowest to fastest, with three heats each of 11-12 (C, B, and A finals - heats 1, 2, and 3) and 13-14 (C, B, and A finals - heats 4, 5, and 6).

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.