

**MAVERICK SWIM CLUB
and
DELTA AQUATICS SWIM CLUB**

FEED THE FIRE SWIM MEET

February 20 & 21, 2010

**Sanctioned by USA Swimming and Illinois Swimming, Inc.,
Sanction Number: IIS0227-10**

All current USA Swimming and ISI Rules and Regulations apply. ISI and USA Swimming Rules and Regulations will be strictly enforced.

MEET ENTRY: Sandy Carpenter **phone:** 630-718-9914
1163 E. Ogden Ave. Suite 705-268 **email:** maverick@speedoc.com
Naperville, IL 60563-8535

MEET DIRECTOR: David A. Lullo **cell:** 630-430-4425
2469 Rio Grande Circle **email:** lullo@chapman.com
Naperville, IL 60565

MEET REFEREEs: Don Lamb

SAFETY DIRECTOR: Lisa Susin

FORMAT: This is a USA Sanctioned Novelty Meet with competition in the following non-standard age categories: 8&U, 10&U, 11-12, and 13-14. There will be no Senior events.

Events will be offered in the Prelims/Finals format with the exception of the following events, which will be conducted as Timed Finals: all 8&Under events, all relays, 10&U 200 Free & 200 IM, 11-12 200 Free & 200 IM, 13-14 500 Free and 400 IM.

Only swimmers who have achieved times slower than a **2010 Illinois Swimming Regional Championship Meet Time** as of Tuesday, February 9, 2010 are eligible. Swimmers who have achieved a 2010 Illinois Swimming Regional Championship Meet Time or faster in a particular event are not eligible to swim that particular event. All 8 & Under maximum times will be modified times.

FACILITY:

The Oswego East High School, 1525 Harvey Road, Oswego, IL 60543, pool is a 25 yard, eight-lane pool with Keifer Advantage II Wave Eater non-turbulent lane lines. Starting blocks are located at the south end with pool depth of 12' 6". Turning end of pool has a depth of 4' 6". A two lane warm-up/cool-down pool is available for use under coaches' supervision. An electronic Colorado Timing system with touch pads, pushbuttons and a four-lane display board will be used.

General Meet Schedule	Sat & Sun Morning 11-12, 13-14	Sat & Sun Afternoon 8&Under, 10&Under	Sat & Sun Evening Finals 10&Under, 11-12, 13-14
Doors Open	6:30 a.m.		
Warm-ups Start	7:00 a.m.	12:00 noon	5:00 p.m.
Warm-ups End	7:45 a.m.	12:45 p.m.	5:45 p.m.
Meet Starts	8:00 a.m.	1:00 p.m.	6:00 p.m.

The first event of the morning sessions will start on time; all other sessions will start one hour after completion of the preceding session, but not before the scheduled start time.

ELIGIBILITY:

All USA Swimming registered swimmers are eligible. All swimmers must be registered prior to the entry deadline. Entries listed "Registration applied for" will not be accepted. A swimmer's ages as of February 20, 2010 will determine their age for the meet. Registration forms can be obtained from:

Illinois Swimming, Inc.
3166 South River Road, Suite 30
Des Plaines, IL 60018
Phone: 847-824-1596
Fax: 847-824-1726

USA SWIMMING, INC MEMBERSHIP:

Insurance regulations require that all swimmers, judges, starters and referees be a current member of USA Swimming. It is each club's responsibility to register their swimmers, coaches, and officials. Swimmers, coaches and officials who are not current members of USA Swimming may not participate in the meet or be on deck.

COACHES:

All coaches must be currently registered with USA Swimming and must continuously display their current USA Coach Member registration card at all times while on deck.

ENTRY DEADLINE: Entries will not be accepted by the Entry Chairperson before 8:00 a.m. Central Standard Time, Tuesday, February 9, 2010.

E-mailed entries are the preferred method of entering this meet. You may e-mail your entries to the Entry Chairperson beginning at 8:00 a.m. Central Standard Time on February 9, 2010.

Entries that are express mailed should be delivered with no signature required. If you desire verification of entries received, include an e-mail address or a self-addressed post card with your entries.

Hand deliveries will not be accepted. Fax entries will not be accepted.

TIME LIMIT:

Entries will be accepted until the maximum time limit for each session is reached. Entries received thereafter will be returned immediately. Acceptance of entries will be on a first-received, first-entered basis. Please provide the telephone number or e-mail address of your club representative so they may be contacted immediately.

ENTRIES:

All entries will comply with current USA Swimming and ISI Rules and Regulations. Current registration number, age, first name, middle initial, and last name must appear on all entry blanks. Computer entries can be made using the latest version of Hy-tek Meet Manager on a 3.5 inch data disk. All entries must be accompanied by a hard copy printout of your entry data file.

A completed and signed Summary Fee/Release Form and entry check for payment in full must be received within five business days of receipt of the e-mail. Checks are to be made payable to the Maverick Swim Club. Failure to enclose all required paperwork shall be sufficient grounds for refusal of the entry.

The meet hosts will accept no responsibility for transmission errors of entries. It will remain up to the sender to verify receipt of entries.

ENTRIES WILL BE ACCEPTED ONLY AT THE ABOVE ADDRESS FOR THE MEET ENTRY CHAIRPERSON.

ENTRY LIMITATIONS:

Swimmers may swim a **maximum of three individual events plus one relay per session**. Due to time constraints, the host teams reserve the right to limit the number of 8 and under swimmers who are entered in 10 and under events.

Deck entries will not be allowed.

ENTRY FEES:

Please make checks payable to: Maverick Swim Club

\$3.00 per individual event entry – 8 & Under

\$4.00 per individual event entry – 9 & Older

\$10.00 per relay entry

\$2.00 per swimmer ISI Surcharge

LIMITED TIMED FINALS EVENTS:

The following events will be limited to the following number of heats, for each gender; provided, however, that notwithstanding any other provision in this meet packet to the contrary, each team

participating in any of these limited timed finals events may enter a minimum of four swimmers, regardless of seed time. Teams may enter unattached swimmers using one, or more, of their four (4) entries. Swimmers who are unattached to a team, or not listed as one of a team's (4) entries, may be seeded at the host teams' discretion. The host clubs reserve the right to fill or distribute additional entries in these limited timed finals events.

Limited Timed Finals Events	# Heats Swim in Prelim Session
10 & Under 200 Free	4 Heats
10 & Under 200 IM	4 Heats
11-12 200 Free	4 Heats
11-12 200 IM	4 Heats
13-14 500 Free	4 Heats
13-15 400 IM	4 Heats

All relays and 8 & Under events will be Timed Final Events in the Preliminary Sessions.

All other events will be offered in the Prelims – Finals format, with the following number of swimmers competing in the evening's Finals Sessions in Consolation – Championship heats:

	8 & Under	10 & Under	11-12	13-14
# of Swimmers Competing in Finals	None – All timed finals in Prelims	Top 8	Top 16	Top 16

QUALIFYING TIMES:

We do not require proof of times for this meet; however, coaches' discretion should be used to *enter only those swimmers who have achieved less than the maximum qualifying times as of Tuesday, February 9, 2010*. For example, if a swimmer has a 2010 Illinois Swimming Regional Championship or faster time in the 50 Free, he/she may not swim the 50 Free in this meet; however, if he/she has a time slower than 2010 Illinois Swimming Regional Championship Time in the 100 Free, the swimmer may compete in the 100 Free.

See Order of Events for qualifying times. A Hy-Tek HYV file (Meet Setup File) will be posed on the Maverick website www.mavswim.org by December 15, 2009.

NON-CONFORMING TIMES:

Please submit all times in *Short Course Yard Times* for entry purposes. Long course meter and short course meter times will be considered non-conforming and will be seeded on a converted basis, using the Meet Manager software.

POSITIVE CHECK IN:

All Prelim events will be *Positive Check-in*. We will close check-in for each session 20 minutes after the warm-up starts for that session. All swimmers are required to check-in at the tables provided outside the pool by the closing times outlined above. If a swimmer fails to check-in they will be able to swim only if there are open lanes available in the slower heats.

SEEDING AND SCRATCH PROCEDURE:

All timed final events will be swum slowest to fastest. All preliminary heats will be swum slowest to fastest with the last three heats circle seeded. Short course 25 yard times should be submitted for entry purposes. Any swimmers with non-conforming times or no time available will be seeded in the slowest heats.

SCRATCHING FROM FINALS:

All swimmers competing in the preliminary heat of an individual event must notify the Clerk of Course of their intention to scratch from the consolation or final heat of an event within 30 minutes of the announcement of the preliminary results for that event. If a swimmer is uncertain of his or her intention to scratch from finals, he or she may notify the Clerk of Course within 30 minutes of the announcement of preliminary results that he or she may be intending not to compete in finals. That swimmer must further declare his or her final intention within 30 minutes following his or her last individual preliminary event of that day (failure to further so declare such final intentions shall be deemed a declaration of such swimmer's intention to swim in the finals of such event). Swimmers must compete in all final races for which they have qualified unless final intention to scratch is declared. ***Failure to compete in a Consolation or Final race for which a swimmer has qualified will result in that swimmer being barred from the remainder of the meet!*** Exceptions for failure to compete may only be considered by the Meet Referee in accordance with ISI rules.

In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or final heat when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the finals qualifiers. These alternates shall not be penalized if unavailable to compete in finals. Where consolation finals have not yet been swum, and a barring or withdrawal is known to the Referee, the Referee may re-seed the consolation final and the final heat, if necessary to insert the alternate(s) in the appropriate lane(s), filling all lanes in the finals. If a consolation heat has already been contested, the companion final heat shall be swum without reseeding for the empty lane(s).

Scratches prior to the seeding of heats shall be confirmed by properly filling out and signing an event scratch form on the pool deck at the designated scratch table. Refer to Seeding and Scratch Procedure section above for deadlines.

Exceptions for failure to compete: No penalty shall apply for failure to withdraw or compete in an individual event if the following apply:

The Referee is notified in the event of illness or injury and accepts the proof thereof.

A swimmer qualifying for a consolation final or final race based on the results of the preliminaries notifies the Referee within 30 minutes after the announcement of the qualifiers of that race that he or she may not intend to compete and further declares his or her final intentions within thirty (30) minutes following his or her last individual preliminary event of that day.

The Referee determines that failure to compete is caused by circumstances beyond the control of the swimmer.

RELAY EVENTS:

All relays will be pre-seeded. Pre-printed relay cards will be available in the coaches' packet. Coaches are to list the relay swimmers' last names and first initial on the card. All cards must be returned to the scorer's table.

STARTING PROCEDURES:

The **Whistle Starting Procedures** will be used. The **No Recall Rule** will be in effect. The Meet Referee may implement the use of **Fly-Over Starts** – in the preliminary sessions only and for events other than the backstroke – depending upon the number of entries in that session and will communicate his or her decision to the coaches at the coaches meeting prior to that session. All 8 & Under events will be excluded from using Fly-Over Starts.

EVENTS:

In accordance with USA Swimming Rules Article 105 and 202.2.13, the Meet Referee has the authority to accommodate swimmers with disabilities. It is the responsibility of the coaches or swimmers to contact the Meet Referee, prior to the competition, with specific requests.

BULLPEN and READY ROOM:

A bullpen will be provided for staging 8 & Under events only. All other swimmers must report directly to the blocks immediately prior to their heats. During the meet, the Clerk of Course will be on deck to assist swimmers.

In the evening Finals session, a **ready room** will be used. All Consolation and Championship heat swimmers must report to the ready room upon the announcement of their event. If a swimmer does not promptly report upon being called, they may be considered a no-show and be banned from competing in the remainder of the meet.

SCORING:

Points will be awarded in both individual and relay events for places 1-16.

Scoring for Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

Scoring for Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.

In a relay event, a team may place and receive awards with as many relays as they enter; however, a team may score points for no more than three entries in any relay event.

AWARDS: Individual events will be awarded medals for 1st through 8th place and ribbons for 9th through 16th place. Relays will be awarded medals for 1st through 3rd place. High point awards for 1st through 3rd place will be presented to swimmers achieving the highest number of points for individual events in each age/gender category.

RESULTS:

Results will be posted on Maverick Swim Club's website: www.mavswim.org as soon as possible after the meet. Since this is an ISI sanctioned meet, times will count as proof of time for USA Swimming time standards. The printed final results can be used as proof of time.

Should a team prefer to receive printed results via mail instead of the internet, they should

contact the entry chair and printed results will be mailed to them.

CONCESSIONS AND COACHES' AND OFFICIALS' HOSPITALITY:

Food and beverages will be available for sale in our concessions area. **NO FOOD OR DRINK IS ALLOWED ON THE POOL DECK.** An assortment of food and beverages will be available throughout the meet for all coaches and officials in the hospitality room.

SPECTATORS:

Seating capacity at Oswego East High School is 500. No smoking is allowed on school grounds. Swimmers are asked to remain on deck or in their designated team area.

ADMISSIONS:

Admission will be charged daily. A heat sheet will be available for purchase.

PARKING:

Parking is available on the south side of the school. The area in front of the pool entrance is for drop off and pick-up only! A marshal will be monitoring this area for illegally parked cars. Any vehicles that are illegally parked will be ticketed and towed at the owner's expense.

HANDICAP ACCESS: The facilities at Oswego East High School provide handicap access to both the viewing stands for spectators and to the pool deck for disabled athletes. Any teams with disabled or special needs swimmers are asked to include a short notification of such along with their entry and to notify the meet director and/or referee upon arrival at the meet.

ADDITIONAL INFORMATION:

Information packets will be issued to all club coaches on arrival at the meet.

The meet hosts require that all guest teams follow the rules of conduct at Oswego East High School with respect to property, conduct and safety. Any ***unacceptable conduct may result in ejection from the meet***, and no refund for admission or entry fees will be available. ***All teams are expected to provide a monitor(s) to supervise their swimmers in the team area.***

Only swimmers, meet officials, USA member coaches, and meet workers will be allowed on deck.

TIMERS:

Teams with ten or more swimmers may be requested to provide two timers for each session.

OFFICIALS:

Officials will be needed for this meet. We would greatly appreciate the help of any officials from your team who would like to work this meet. Please list any officials who will work on the enclosed Officials Sign-up Form.

**MAVERICK SWIM CLUB
and
DELTA AQUATICS SWIM CLUB**

FEED THE FIRE SWIM MEET

Only swimmers who have achieved times slower than a 2010 Illinois Swimming Regional Championship Time as of February 9, 2010 are eligible. *All 8 & Under Time Standards are modified.*

Morning Preliminary Events – Saturday, February 20					
Warm-ups start 7:00 a.m. Meet starts 8:00 a.m.					
Women's Event #	Maximum Qualifying Time	Age Group	Event	Maximum Qualifying Time	Men's Event #
3	1:15.29	11-12	100 IM	1:15.49	4
5	2:33.09	13-14	200 IM	2:26.29	6
11	None	11-12	200 Medley Relay	None	12
13	None	13-14	200 Medley Relay	None	14
19	1:15.09	11-12	100 Fly	1:15.79	20
21	1:09.79	13-14	100 Fly	1:06.39	22
25	38.79	11-12	50 Breast	39.29	26
27	2:54.59	13-14	200 Breast	2:48.49	28
31	1:05.29	11-12	100 Free	1:04.69	32
33	1:01.99	13-14	100 Free	58.29	34
37	34.89	11-12	50 Back	34.99	38
39	2:32.99	13-14	200 Back	2:27.39	40
43	6:00.79	13-14	500 Free	5:48.59	44

Afternoon Preliminary Events – Saturday, February 20

Warm-ups 1) 12:00 noon – 12:20 p.m. 2) 12:25 – 12:45 p.m. Meet starts 1:00 p.m.

Women's Event #	Maximum Qualifying Time	Age Group	Event	Maximum Qualifying Time	Men's Event #
1	1:24.99	10 & Under	100 IM	1:26.19	2
7	None	8 & Under	100 Medley Relay	None	8
9	None	10 & Under	200 Medley Relay	None	10
15	20.29	8 & Under	25 Fly	20.29	16
17	1:28.79	10 & Under	100 Fly	1:30.59	18
23	44.59	10 & Under	50 Breast	45.29	24
29	33.69	10 & Under	50 Free	33.49	30
35	39.49	10 & Under	50 Back	39.59	36
41	2:42.09	10 & Under	200 Free	2:45.69	42

Limited Timed Finals Events	# Heats Swim in Prelims Session
10 & Under 200 Free	4 Heats
13-14 500 Free	4 Heats

All relays and 8 & Under events will be Timed Final Events in the Prelims Sessions.

	8 & Under	10 & Under	11-12	13-14
# of Swimmers Competing in Finals	None – All timed finals in Prelims	Top 8	Top 16	Top 16

Evening Finals – Saturday, February 20

Warm ups start 5:00 p.m. Meet starts 6:00 p.m.

Women's Event #	Age Group	Event	# Swimmers Competing in Finals	Men's Event #
1	10 & Under	100 IM	Top 8	2
3	11-12	100 IM	Top 16	4
5	13-14	200 IM	Top 16	6
17	10 & Under	100 Fly	Top 8	18
19	11-12	100 Fly	Top 16	20
21	13-14	100 Fly	Top 16	22
23	10 & Under	50 Breast	Top 8	24
25	11-12	50 Breast	Top 16	26
27	13-14	200 Breast	Top 16	28
29	10 & Under	50 Free	Top 8	30
31	11-12	100 Free	Top 16	32
33	13-14	100 Free	Top 16	34
35	10 & Under	50 Back	Top 8	36
37	11-12	50 Back	Top 16	38
39	13-14	200 Back	Top 16	40

**MAVERICK SWIM CLUB
and
DELTA AQUATICS SWIM CLUB**

FEED THE FIRE SWIM MEET

Only swimmers who have achieved times slower than a 2010 Illinois Swimming Regional Championship Time as of February 9, 2010 are eligible. *All 8 & Under Time Standards are modified.*

Morning Preliminary Events – Sunday, February 21					
Warm-ups start 7:00 a.m. Meet starts 8:00 a.m.					
Women's Event #	Maximum Qualifying Time	Age Group	Event	Maximum Qualifying Time	Men's Event #
47	2:23.19	11-12	200 Free	2:22.19	48
49	2:14.39	13-14	200 Free	2:07.59	50
55	None	11-12	200 Free Relay	None	56
57	None	13-14	200 Free Relay	None	58
63	1:15.19	11-12	100 Back	1:15.09	64
65	1:10.59	13-14	100 Back	1:07.39	66
69	33.29	11-12	50 Fly	33.29	70
71	2:39.49	13-14	200 Fly	2:33.79	72
77	1:24.69	11-12	100 Breast	1:25.99	78
79	1:20.29	13-14	100 Breast	1:16.89	80
83	29.99	11-12	50 Free	29.59	84
85	28.59	13-14	50 Free	26.69	86
89	2:42.29	11-12	200 IM	2:42.89	90
91	5:25.49	13-14	400 IM	5:15.89	92

Afternoon Preliminary Events – Sunday, February 21

Warm-ups 1) 12:00 noon – 12:20 p.m. 2) 12:25 – 12:45 p.m. Meet starts 1:00 p.m.

Women's Event #	Maximum Qualifying Time	Age Group	Event	Maximum Qualifying Time	Men's Event #
45	1:14.09	10 & Under	100 Free	1:14.49	46
51	None	8 & Under	100 Free Relay	None	52
53	None	10 & Under	200 Free Relay	None	54
59	20.89	8 & Under	25 Back	20.89	60
61	1:25.39	10 & Under	100 Back	1:26.29	62
67	37.89	10 & Under	50 Fly	38.29	68
73	23.19	8 & Under	25 Breast	23.19	74
75	1:37.79	10 & Under	100 Breast	1:40.29	76
81	17.29	8 & Under	25 Free	17.29	82
87	3:03.99	10 & Under	200 IM	3:07.79	88

Limited Timed Finals Events	# Heats Swim in Prelims Session
10 & Under 200 IM	4 Heats
11-12 200 Free	4 Heats
11-12 200 IM	4 Heats
13-14 400 IM	4 Heats

All relays and 8 & Under events will be Timed Final Events in the Prelims Sessions.

	8 & Under	10 & Under	11-12	13-14
# of Swimmers Competing in Finals	None – All timed finals in Prelims	Top 8	Top 16	Top 16

Evening Finals – Sunday, February 21

Warm ups start 5:00 p.m. Meet starts 6:00 p.m.

Women's Event #	Age Group	Event	# Swimmers Competing in Finals	Men's Event #
45	10 & Under	100 Free	Top 8	46
49	13-14	200 Free	Top 16	50
61	10 & Under	100 Back	Top 8	62
63	11-12	100 Back	Top 16	64
65	13-14	100 Back	Top 16	66
67	10 & Under	50 Fly	Top 8	68
69	11-12	50 Fly	Top 16	70
71	13-14	200 Fly	Top 16	72
75	10 & Under	100 Breast	Top 8	76
77	11-12	100 Breast	Top 16	78
79	13-14	100 Breast	Top 16	80
83	11-12	50 Free	Top 16	84
85	13-14	50 Free	Top 16	86

**MAVERICK SWIM CLUB
and
DELTA AQUATICS SWIM CLUB**

**FEED THE FIRE SWIM MEET
February 20 & 21, 2010**

TEAM SUMMARY & RELEASE FORM

Complete this form and mail, along with your Age Group Entry Forms and your check payable to **Maverick Swim Club**, to the Meet Entry person, *no later than Friday, February 12, 2010, 6:00 p.m.*:

MEET ENTRY: Sandy Carpenter Phone: 630-718-9914
1163 E. Ogden Ave. Suite 705-268 e-mail: maverick@speedoc.com
Naperville, IL 60563-8535

Important! No entries will be accepted before 8:00 a.m. Central Standard Time on Tuesday, February 9, 2010.

SUMMARY OF FEES				
8 & Under	No. of Entries	_____	@ \$3.00 each =	_____
10 & Under	No. of Entries	_____	@ \$4.00 each =	_____
11 - 12	No. of Entries	_____	@ \$4.00 each =	_____
13 - 14	No. of Entries	_____	@ \$4.00 each =	_____
Relays	No. of Entries	_____	@ \$10.00 each =	_____
ISI Surcharge	Total # swimmers	_____	@ \$2.00 each =	_____
			Total Meet Fees =	_____

Name of Club: _____

Club Code: _____ LSC: _____

Coaches Attending: _____

Mailing Address: _____

Contact for Entries: _____

Phone: _____ E-Mail: _____

***THIS SIGNED RELEASE MUST ACCOMPANY ENTRY OR ENTRY WILL NOT BE
ACCEPTED!***

In consideration of the acceptance of this entry, I, intending to be legally bound on behalf of myself, my club and participants in the Meet from my club, hereby consign, waive and release any and all rights and claims for damages which may accrue against USA Swimming, Illinois Swimming Inc., Maverick Swim Club, Delta Aquatics Swim Club, Oswego East High School, Oswego School District 308, their representatives, trustees, employees, directors, officers, successors, for any and all injuries suffered by me or any contestant, or representative of my club in said meet. I attest that all athletes included in this entry and participating in this sanctioned event are duly registered as current athlete members of USA Swimming.

Signature (Club Representative): _____

Date: _____

**MAVERICK SWIM CLUB
and
DELTA AQUATICS SWIM CLUB**

FEED THE FIRE SWIM MEET

WARM-UP SCHEDULE & PROCEDURE

Warm-up Schedule	Sat & Sun Morning 11-12, 13-14	Sat & Sun Afternoon 8&Under, 10&Under This will be divided into TWO 20 minute warm- up periods	Sat & Sun Evening Finals 10&Under, 11-12, 13-14
Warm-ups start	7:00 a.m.	12:00 noon	5:00 p.m.
Warm-ups end	7:45 a.m.	12:45 p.m.	5:45 p.m.
Meet Starts	8:00 a.m.	1:00 p.m.	6:00 p.m.

WARM-UP PROCEDURES:

There will be two 20-minute warm-up periods, separated by a 5 minute transition period.

Teams will be assigned to a specific warm-up period and lane(s), and will be notified in advance.

COACHES RESPONSIBILITIES:

Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.

Coaches shall be on deck during warm-ups and shall actively supervise their swimmers throughout the entire warm-up sessions at meets and at all practices.

Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.

Unattached swimmers, or attached swimmers attending meets without coaches, must report to the safety coordinator for lane assignment.

Marshals shall remove from the pool deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety requirements or warm-up procedures.

Flagrant violations of safety requirements of warm-up procedures by a swimmer could result in the swimmer being barred from their next individual event.

