



SIERRA NEVADA SWIMMING, INC.

WARM UP RULES

(Post at warm-up area.)

1. USA-S registered Marshals shall be on the deck during the entire warm-up period.
2. Swimmers shall enter the water feet-first except for starts, which are limited to specified lanes.
3. Up to 2 lanes can be used for pace 50's and up to 2 lanes can be used for one-way sprints.
4. Specify center lanes for circle swimming (2 lengths of the pool beginning at the starting end of the pool).
5. May specify lanes for relay practice during the last 15 minutes of the warm up.
6. Coaches shall stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
7. Swimmers should not be allowed on the starting platform when a backstroker is executing a start in the same sprint lane.
8. The use of hand-paddles, kick-boards, fins, and other devices is not allowed during general warm-up. The use of hand-paddles at any time when touch-pads are installed is forbidden.

The Meet Referee, or the Marshal and the Meet Referee may remove a swimmer, coach and/or team from the deck for violations of these rules. In facilities that have a warm-up and/or warm-down area, USA-S registered Marshals shall provide supervision of the area(s) at all times.