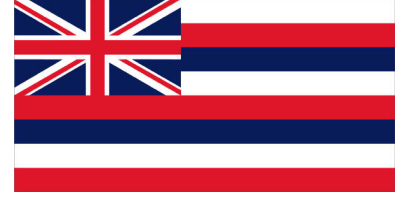




HAWAIIAN SWIMMING MAGSA Warm-Up Procedures

Modified 8/13/11



Section M11 Warm-up Procedures:

In order to establish and insure safe swim meet conduct, the LSC has established warm-up procedures published in the Policies and Procedures manual (see <http://www.hawaiianswimming.org/Pages/Documents.html>). Per Hawaiian Swimming Policies and Procedures Article XI, Section 11.01(g)iii, Island Associations may adopt appropriate warm-up procedures for their respective islands. This document defines those warm-up procedures for MAGSA meets. The numbering of this document is meant to parallel the numbering of the Hawaiian LSC Policies and Procedures section covering warm-up procedures.

.01 The Meet Safety Director (MSD) is responsible for the safe conduct of all aspects of the meet. Anyone seeing an unsafe condition or activity should stop the activity immediately. The Meet Referee, being responsible for ALL aspects of safety at a swim meet, may alter the warm-up procedures at any time with notification to each team in the warm-up.

(a) Type of Warm-Up Procedure

...is determined by the course (LCM, SCM or SCY), the meet location (Kihei, Sakamoto, Lahaina), and the type of warm-up area (main course pre-meet, or designated warm-up pools) of the meet as defined in section (g).

(b) Meet Safety Director

By default the MSD is the Meet Director, unless explicitly assigned to another person and the meet referee is informed.

* While lifeguards can serve as Safety Marshalls, there should be at least one USA-S non-athlete registered Safety Marshall on duty – a requirement for any infractions to be reported to the meet referee for possible disqualification. This marshal will wear an orange vest.

(c) Coaches should maintain as much contact with their swimmers as possible, both visual and verbal, throughout the warm-up period.

While it is preferable that a coach supervises warm-up warm-down in open areas of the pools during competition, it is acceptable for meet marshals and lifeguards to oversee swimmers using the pool for warm-up/warm-down ONLY (no horseplay). If no lifeguard, Meet Marshal nor coach is watching the warm-up area, no warm-up is allowed.

(d) Assignment of swimmers without a coach to MSD

Any swimmer(s) who have no coach or certified designee must gain contact the MSD before entering the pool. The MSD will assign a certified coach/team for the duration of the meet. If no coach/team agrees to oversee the swimmer, the swimmer(s) become the responsibility of the MSD.

(e) Racing Starts

Must be directly supervised by a certified coach – preferably close to the starting end of the pool. NOTE: Racing starts may only be conducted in designated one-way sprint lanes in the competition course during meet warm-ups.

(f) Swimmers entering the pool for warm-ups

Except for sprint lanes and during competition, ALL swimmers must enter the pool using a 3-point entry.

* During meet warm-up, and during warm-up/warm-down during the meet, 3 point entries MUST be used (i.e.; minimum 1 hand and 2 feet in contact with pool deck and/or blocks while entering the pool). A swimmer NOT using 3-point entry is subject to disqualification will be warned and their coach notified. Swimmers who dive where not specifically permitted will be warned once (and their coach) and disqualified on a second infraction.

(g) TYPES OF WARM-UP AND PROCEDURES

GENERAL: The meet schedule (<http://www.mauidolphins.org/MAGSA.htm>) designates a 1st and 2nd warm-up period, Open Warm-up, or Distance and sprint warm-up periods ("C" schedules). 1st warm-up is 7:30-8:00, 2nd warm-up is 8-8:30, and an open warm-up to all swimmers from 8:30-8:45. (Meet start at 9am).

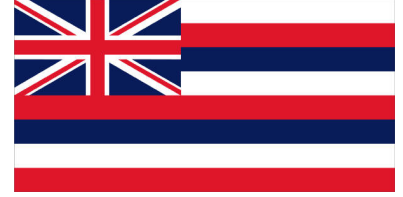
All Warm-up areas will be marked with signs indicating 3-point entry only.

i. Kihei, Sakamoto and Lahaina SCM or SCY



HAWAIIAN SWIMMING MAGSA Warm-Up Procedures

Modified 8/13/11



- A,B,X,& Y meets. 3 teams will each have lanes commensurate with their numbers. Teams sharing lanes is permitted. If a dispute between teams arises, the MSD or Meet Referee will assign lanes. During the last 10 minutes of the 30-minute warm-up period, teams may make one of more of their lane(s) a 1-way only sprint lane. For the last 15 minutes (8:30-8:45), any teams may use lanes as one-way sprint or circle swimming.
- C meets. Same as A&B meets except the warm-up ends at 8:30 before 500yd events meet start at 8:45. Teams may warm-up in unused areas of the pool for warm-ups (no diving). For 15 minutes after the last 500yd/400m event, the competition course will open up for sprint lanes 1-3 & 6-8; lanes 4-5 will be for pace work and turn practice.
- Fun and Pentathlon; Due to the low numbers, lanes will be shared by the participating teams commensurate with their numbers. Teams sharing lanes is permitted. If a dispute between teams arises, the MSD or Meet Referee will assign lanes. During the last 25 minutes (8:20-8:45), teams may make one or more of their lane(s) a 1-way only sprint lane.
 1. For the Pentathlon (a dual-sanctioned meet), Lane 1 will be reserved for Masters Swimmers.
- NOTE: In Kihei, the training pool and/or Keiki pool may be open to the public or for county programs (eg; Water Aerobics) at the discretion of County Aquatics. If so, any lanes available for use by swim team will be designated.

ii. Kihei LCM

- A&B meets. 3 teams will each have lanes commensurate with their numbers. Teams sharing lanes is permitted. If a dispute between teams arises, the MSD or Meet Referee will assign lanes. During the last 10 minutes of the 30-minute warm-up period, teams may make one of more of their lane(s) a 1-way only sprint lane.
 1. For the last 15 minutes (8:30-8:45), lanes 1,2,7&8 will be opened for dives ONLY from either starting end stopping before the middle of the pool. Lanes 3-6 will be open for circle swimming.
- C meets. Same as A&B meets except the warm-up ends at 8:30 before 400m events meet start at 8:45. Teams may warm-up in designated lanes of the training pool for warm-ups (no diving). For 15 minutes after the last 500yd/400m event, the competition course will open up for sprint lanes 1-3 & 6-8; lanes 4-5 will be for pace work and turn practice.

iii. Sakamoto and Lahaina LCM

- A&B meets. 3 teams will each have lanes commensurate with their numbers. Teams sharing lanes is permitted. If a dispute between teams arises, the MSD or Meet Referee will assign lanes. During the last 10 minutes of the 30-minute warm-up period, teams may make one of more of their lane(s) a 1-way only sprint lane.
 1. For the last 15 minutes (8:30-8:45), lanes 1,2,7&8 will be opened for dives ONLY from either starting end stopping before the middle of the pool. Lanes 3-6 will be open for circle swimming.
 2. NOTE: Lahaina and Sakamoto 50m starting ends are only 4 feet deep.
- C meets. Same as A&B meets except the warm-up ends at 8:30 before 400m events meet start at 8:45. Teams may warm-up in designated lanes of the training pool for warm-ups (no diving). For 15 minutes after the last 400m event, the competition course will open up for sprint lanes 1-2 & 7-8; lanes 3-6 will be for pace work and turn practice.

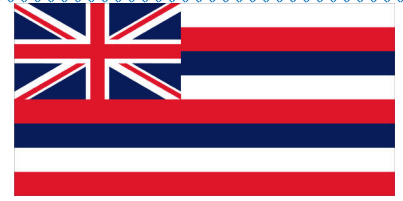
iv. Designated warm-up pools (during the meet)

- Open Warm-up and warm-down areas.
- It is preferred to have a coach supervising their swimmers, but Meet Marshal and/or lifeguard is sufficient.



HAWAIIAN SWIMMING MAGSA Warm-Up Procedures

Modified 8/13/11



- Swimmers will be asked to leave the warm-up pool area if not warming up or down (i.e.; just playing).
- Swimmers NOT using a 3-point entry (i.e.; minimum 1 hand and 2 feet in contact with pool deck and/or blocks while entering the pool) are subject to disqualification from their next event.
- Swimmers who dive when/where not permitted are subject to disqualification from the meet after a warning on the first infraction.

(h) Warm-Up/Warm-Down periods

- i. No Warm-up/Warm-down is allowed in the competition course during the running of the meet unless permitted by the referee.
- ii. Warm-up/warm-down is permitted in the competition course during scheduled breaks a minimum of 10 minutes in length unless disallowed by the Meet Referee.
- iii. Warm-up/Warm-down is permitted in non-competition designated areas of the pool. This area must be supervised by the MSD or designated Meet Marshal(s) (which can be lifeguards).
- iv. At Sakamoto & Lahaina Pools, where no warm-up/warm-down area is available during a LCM meet, if the timeline/participant-numbers allows for it, the meet director may limit competition to lanes 1-7 and leave lane 8 open for warm-up/warm-down ONLY.