

USI Warm-up Procedure

The must be included in your meet information. In addition, you must include a complete schedule of lanes and times for all warm-up procedures (see sec. 201.2.9 of USAS Rules and Regulations). That means, what lanes will be used for diving starts, circle swimming, pace work, etc. and at what time these activities will take place.

“All warm-ups must be done under the supervision of a USA-S official. Coaches have the responsibility of insuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. All swimmers will enter the pool from a sitting position. There will be no pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool.”