



Alamo Area Aquatic Association

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Meet Information

Posted 01/14/10



MEET ENTRY DEADLINE: SUNDAY, FEBRUARY 7th, 9:00 PM THRU DIRECT ATHLETICS

MEET ENTRY FEES DUE: MONDAY, FEBRUARY 8th, 8:00 PM

Meet: •2010 South Texas Short Course Senior Championships

Dates: •Friday, Saturday, and Sunday, February 19th, 20th, and 21st, 2010

Sanction: •ST-10-19

Venue: **NISD George Block Aquatics Center**

- 7001 Culebra Rd.
- Located in the Hardin Athletic Complex at the corner of SW Loop 410 and Culebra Rd.
- San Antonio, Texas 78238-4603
- 210-397-8985

Facility:

- Eight lane 25-yard pool
- 7.0-foot minimum depth
- DAKTRONICS automatic starting and timing
- Concessions and swim shop available
- Eight lanes warm-up / cool down pool adjacent
- This pool has been professionally certified

Liability: •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the Northside Independent School District, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet

STSI Meeting: •There will be a regularly scheduled meeting of the HOD in conjunction with this meet and STAGS immediately after prelims on Saturday.
•The meeting will be held in the Northside Activity Center, immediately adjacent to the George Block Aquatics Center.

Cell phone

Restrictions: •The presence and / or use of cell phones, and any other equipment capable of producing photographic or video images, in locker rooms is strictly and specifically prohibited at all times.
•There are no exceptions to this prohibition.
•Violators are subject to disqualification from the meet and disbarment from the facility.

Swimwear

Restrictions: •Swimmers shall be limited to one swimsuit, which shall be constructed of a woven / knit textile material, permeable to water and air, constructed so as not to aid in buoyancy, and shall not contain zippers or other fastening system
•In addition, the suit shall be constructed so that the style / shape for males shall not extend above the waist or below the top of the kneecap and for females shall not extend beyond the shoulders or below the top of the kneecap, and it shall not cover the neck

Sanctions: •This meet is sanctioned by South Texas Swimming and 2010 Rules apply
•All swimmers must be registered for 2010 with USA Swimming by the entry deadline
•Athletes who fail to meet this requirement will not be allowed to compete

Meet Format: •Championship Format
•A and B finals, unless otherwise noted
•Preliminary events will be seeded by time and gender according to the Senior Championship Order of Events on Page 6

- All preliminary events will be swum slowest to fastest unless otherwise noted
- Finals will be contested as follows: 13, 14, and 15 and older
- 1650 free is timed finals, age combined, alternating male and female, swimming fastest to slowest. They will be seeded on deck. They will be contested in the preliminary session only. Swimmers must provide their own backup timers and lap counters.
- The 200 Freestyle and 200 Medley Relays will be timed finals as the first events of the AM sessions with relay cards due no later than 8:00 AM. The 400 Freestyle, 800 Freestyle and 400 Medley Relays will be timed finals as the last events of the PM sessions with relay cards due no later than 6:00 PM.
- Please refer to the Order of Events on page 6
- 10 minute break after the AM relays and prior to the PM relays
- Relay only swimmers are permitted

Rules:

- The most current edition of the USA Swimming Rules and Regulations and any relevant portions of the STSI Handbook will apply
- For events 400Y/M or longer, positive check-in is required on the day of the race. The events will be seeded after the close of check-in.
- This meet is open to all swimmers who are currently registered with South Texas Swimming, have achieved the qualifying standards and are ages 13 – 25.

Qualifying Times:

- The minimum qualifying time standards (2009-2010 South Texas Time Standards) for this meet will be found on pages 7 and 8 as well as the STSI and AAAA web sites.
- Qualifying times must be achieved prior to the entry deadline
- Swimmers who have achieved a qualifying time for the 500 / 400 Free or the 1000 / 800 Free may enter the 1650 Free at the qualifying standard.
- If entering with a non-conforming time (e.g., SCM or LCM), the swimmer must enter at the cut time for that event and age group.
- Annotate this entry to the entry chairman at the time of entry submission

Proof of Time

- Proof of time must be submitted with the entries**
- The only acceptable sources for proof of time are computer software (Team Manager, USA-S SWIMS, Meet Manager) generated results, and web site posting from USA-S Sanctioned, Approved, or Observed meets
- All results must also appear in the USA-S SWIMS database
- In cases where a proof of time does not appear in SWIMS due to a clerical or posting error, a copy of the official meet results, signed by the meet referee, will be an acceptable proof of time.
- Times used to enter a meet must have been achieved in a USA-S Sanctioned, Approved, or Observed met
- 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.

Entry Limitations:

An individual swimmer may enter a maximum of seven (7) individual events for the entire meet over the three days, and may participate in a maximum of three (3) individual and two (2) relay events per day.

Relay Entries:

- All relays are timed finals with the 200 free and medley relays swum in the AM sessions only with relay cards due no later than 8:00 AM. The 400 free, 800 free and 400 medley relays swum in the PM sessions only with relay cards due no later than 6:00 PM.
- There are time standards for all relays
- 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
- Composite relay times used for proof, must have the same four swimmers entered on the Sr. Champs entry form and eligible in the same age group
- Unlimited number of relays per team (A, B, C, etc) but only two relays per team (A and B) 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
- Relay cards must be turned in with final relay line-up prior to the designated time (as shown on the schedule). **If a relay card is not turned in, it is assumed that the relay is scratched.**
- Relay teams will not be allowed to participate unless a relay card has been submitted
- The order of swimmers on the relay team will be strictly enforced in accordance with 102.4.7, 2008 USA-S Rules and Regulations

Entry Deadline:

- **ENTRY DEADLINE, SUNDAY, FEBRUARY 7, 9:00 PM thru Direct Athletics**

Entry

- Procedures:**
- \$7.00 per individual events
 - Checks made payable to **COTA** and left in the payment box or mailed to COTA, P.O. Box 201343, Austin, TX 78720-1343 by **MONDAY, FEBRUARY 8th at 8:00 PM**

Deck

- Entries:**
- Deck entries will be accepted a \$12.00 per individual event
 - Swimmers may deck enter for the current session beginning at the start of warm-ups
 - Deck entries will close 30 minutes prior to the start of each session
 - Swimmers may deck enter for subsequent sessions after deck entries close for the current session
 - No new heats will be created
 - Swimmers not previously entered in the meet must present their USA Swimming registration card at Clerk of Course to deck enter. No exceptions
 - Additionally, the swimmer must present a hard copy of the proof-of-time before a deck entry will be accepted.

Warm-up

- Procedures:**
- The South Texas Swimming Safety Guidelines and Warm-up Procedures on page eight will be in effect at this meet.
 - The shallow area of the pool will be available for warm-ups throughout the meet
 - Warm-up times and lane assignments for each team will be posted on the STSI website along with the psyche sheet
 - There will be a late warm-up session on Thursday evening, and multiple warm-up sessions Friday, Saturday, and Sunday mornings
 - There will be a single warm-up session for finals
 - Warm-ups must be under the direct supervision of a coach at all times

Time Trials:

- Time trials will be held immediately following Friday and Saturday's preliminary session, time permitting
- There will be no time trials on Sunday
- Swimmers must already be entered in this meet in order to enter a time trial
- No events longer than 200-yards will be offered
- An individual swimmer may enter no more than two (2) time trial events during the entire meet
- Time trial entries do not count against the 7 allowed overall meet entries
- Time trial entries do count against the three per day limit
- Please Note: SR Champs Times made during the SR Champs Time Trials cannot be used to enter that event in the meet
- Time trial results will be posted with the meet results

Scratch

- Rules:**
- There is no penalty for failing to scratch from a pre-seeded preliminary event.
 - The top 16 qualifiers in each preliminary event will be announced and posted shortly after the final heat
 - The top 16 qualifiers, have 30 minutes in which to scratch if they do not desire to compete in the finals
 - Swimmers who elect NOT to compete in finals, must scratch or declare an INTENT to scratch with the Official Scorer within 30 minutes of the announcement*
 - Swimmers who declare intent to scratch, 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 swimmers **will compete** in the finals event
 - Check-ins and scratches must be done by that swimmer's coach.
 - Any swimmer qualifying for finals, does not scratch, and fails to appear for competition will be disqualified from further participation in the meet
 - Illness and injury may be excused by the Meet Referee
 - In the event that the no show is on Sunday, the swimmer will be fined \$100
 - Swimmers will be barred from competition in South Texas until any such fines are paid
 - Swimmers who fail to appear for the 1650 freestyle, after checking-in, will be fined \$100 and banned from further participation in the meet
 - Illness and injury may be excused by the Meet Referee

Special Needs:

- Please notify the NISD George Block Aquatics Center (210-397-8985) in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
- The NISD Staff will make reasonable accommodations for swimmers coaches, or spectators who wish to enter and use our facility.
- In any meet sanctioned or approved by South Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i. e., Article 105.
- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
- Coaches and / or athletes must notify the Meet Referee before the event begins is they are to be considered to be judges under Article 105.

Awards:

- 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 fifth place Banners
- There will be no awards presentation
- Clubs must pick-up awards during the meet from the awards desk area

Scoring:

A Finals ⇒	1	2	3	4	5	6	7	8
Individual events	20	17	16	15	14	13	12	11
Relay events	40	34	32	30	28	26	24	22
B Finals ⇒	9	10	11	12	13	14	15	16
Individual events	9	7	6	5	4	3	2	1
Relay events	18	14	12	10	8	6	4	2

Meet Management:

Meet Director

- Terry Vettters
- 7001 Culebra Rd
- San Antonio, TX 78238-4603
- 210-397-8985
- terryvettters@nisd.net

Meet Referee

- Dennis Guill
- 131 Eagle Vale
- San Antonio, TX 78258
- 210-497-1803
- daguill@att.net

Entries Chair

- Ryan Latone
- 7001 Culebra Rd.
- San Antonio, TX 78238-4603
- 210-397-8987
- rlatone@gaggle.net

Swimming Officials

Please Make

Special Note:

- All deck officials must be currently (2010) certified / registered with USA-S
- All officials working any meet at NISD facilities are required to complete the free online NISD volunteer background check prior to being allowed on deck. The web address is as follows:
<https://hrvolunteer.nisd.net/TempMod.nsf/frameset?OpenFrameSet&Frame=main&Src=%2FTempMod.nsf%2Fce3159a0a8ef13cc86256ff8005ad6c6%3FOpenForm%26AutoFramed>
- The Meet Referee will make all deck assignments two or three days BEFORE the meet
- Therefore, all officials who desire to be assigned to deck positions MUST notify the Meet Referee of their intentions and availability NOT LATER than 6:00 PM, Sunday, February 14th
- Please specify the sessions for which you will be available
- If you would like a meet polo shirt, please send the Meet Referee of your gender and size
- Please submit your information to: mbertiro@aol.com
- You WILL NOT be assigned if your commitment and information are not submitted or not received by the deadline
- Uniforms for deck officials will be as follows:
 - Preliminaries** – white shirts/blouses over navy blue pants, skirts, or Bermuda length shorts (NO JEANS PLEASE)
 - Finals** – navy blue shirts/blouses over white pants or skirts (NO SHORTS OR JEANS, PLEASE), navy blue blazers with white shirt and mostly red tie are optional

•Please report to the Meet Referee at 8:00 AM for prelims and 4:30 PM for finals to receive your assignments.

Daily

Schedule:

•**Preliminaries:**

- Warm-ups begin 7:00 AM
- Clear competition pool 8:20 AM
- Coaches' meeting (Sat only) 8:20 AM
- Sessions begin 8:30 AM
- Check-ins for the 400 IM, 500 freestyle and 1650 freestyle not later than 10:00 AM on the day of the event

•**Finals:**

- Warm-ups begin 4:00 PM
- Clear competition pool 4:45 PM
- National Anthem 4:57 PM
- Sessions begin 5:00 PM

Alternates:

- Swimmers who qualify as alternates for final events and wish to compete should no shows occur, must be within an area previously designated by the Meet Referee and be immediately available
- Immediately is defined as being properly attired, behind the block and ready to swim within 30 seconds of being called.

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 freestyle events must provide their own back-up timers and lap counters.



Order of Events

Distances are in yards

Preliminary Session

Friday, Feb. 19, 2010 - 8:30 AM			Saturday, Feb. 20, 2010 - 8:30 AM			Sunday, Feb. 21, 2010 - 8:30 AM		
Women's Number	Distance & Stroke	Men's Number	Women's Number	Distance & Stroke	Men's Number	Women's Number	Distance & Stroke	Men's Number
1	200 Med Rly (TF)	2	15	100 Free	16	25	200 Free Rly (TF)	26
3	100 Fly	4	17	200 Back	18	27	200 Free	28
5	200 I-M	6	19	100 Breast	20	29	100 Back	30
7	50 Free	8	21	400 I-M	22	31	200 Fly	32
9	200 Breast	10				33	1650 Free (TF)	34
11	500 Free	12						

Finals Session

Friday, Feb. 19, 2010 - 5:00 PM			Saturday, Feb. 20, 2010 - 5:00 PM			Sunday, Feb. 21, 2010 - 5:00 PM		
Women's Number	Distance & Stroke	Men's Number	Women's Number	Distance & Stroke	Men's Number	Women's Number	Distance & Stroke	Men's Number
3	100 Fly	4	15	100 Free	16	27	200 Free	28
5	200 I-M	6	17	200 Back	18	29	100 Back	30
7	50 Free	8	19	100 Breast	20	31	200 Fly	32
9	200 Breast	10	21	400 I-M	22	35	400 Med Rly (TF)	36
11	500 Free	12	23	800 Free Rly (TF)	24			
13	400 Free Rly (TF)	14						

2009-2010 Sr. Championship Time Standards						
Short Course Yards						
Girls				Boys		
13	14	15 and older		15 and older	14	13
28.19	28.09	27.29	50 Free	24.99	26.49	27.09
1:00.39	1:00.29	58.99	100 Free	52.49	57.39	58.99
2:13.59	2:11.99	2:07.79	200 Free	1:56.79	2:04.89	2:09.49
6:07.69	6:07.59	5:53.19	500 Free	5:51.29	6:03.19	6:09.69
23:27.79	21:53.19	21:38.89	1650 Free	19:21.99	20:51.99	22:28.29
1:09.69	1:09.59	1:08.59	100 Back	1:02.79	1:08.79	1:08.89
2:31.29	2:31.19	2:27.39	200 Back	2:17.09	2:29.79	2:41.29
1:21.69	1:21.59	1:21.49	100 Breast	1:11.19	1:18.09	1:21.89
2:55.49	2:55.39	2:55.29	200 Breast	2:42.59	2:49.39	3:02.19
1:14.09	1:13.49	1:09.39	100 Fly	1:06.69	1:08.09	1:13.29
2:51.69	2:40.99	2:40.89	200 Fly	2:24.49	2:31.99	2:43.69
2:33.59	2:33.59	2:33.39	200 IM	2:19.99	2:30.29	2:30.79
5:43.79	5:31.49	5:31.39	400 IM	5:11.79	5:25.49	5:50.39
	1:52.76	1:49.16	200 FR R	1:39.96	1:48.36	
	4:01.56	3:55.96	400 FR R	3:29.96	3:55.96	
	8:54.36	8:31.16	800 FR R	7:47.16	8:37.96	
	2:07.29	2:07.19	200 MR	2:05.09	2:05.19	
	4:45.86	4:38.46	400 MR	4:13.16	4:43.06	

Notes:

1. 400 IM and 500 Freestyle: Prelims only, Positive Check-in by 10:00 a.m.
2. 1650 Freestyle: Timed Final, Positive Check-in by 10:00AM on the day of the event, alternating female/male, and swum fastest to slowest

2009-2010 Sr. Championship Time Standards						
Long Course Meters						
Girls				Boys		
13	14	15 and older		15 and older	14	13
32.19	31.99	31.89	50 Free	28.29	30.09	31.89
1:09.79	1:09.39	1:09.29	100 Free	1:02.59	1:05.49	1:09.99
2:30.99	2:30.89	2:26.39	200 Free	2:17.39	2:26.09	2:30.79
5:29.99	5:29.89	5:26.39	400 Free	5:14.39	5:27.99	5:53.29
12:35.99	11:41.99	11:41.89	800 Free	11:21.69	11:21.79	12:14.29
24:06.39	22:23.09	22:10.69	1500 Free	20:49.49	21:35.29	23:14.99
1:22.89	1:22.69	1:22.59	100 Back	1:14.39	1:20.59	1:24.89
2:58.19	2:58.09	2:57.99	200 Back	2:43.89	2:54.09	2:58.39
1:34.09	1:33.99	1:33.89	100 Breast	1:26.39	1:28.09	1:34.89
3:26.79	3:26.69	3:21.19	200 Breast	3:08.79	3:17.19	3:32.79
1:22.49	1:22.39	1:20.39	100 Fly	1:13.39	1:16.99	1:22.89
3:14.09	3:02.29	2:56.19	200 Fly	2:43.19	2:51.99	3:05.19
2:55.09	2:54.09	2:53.99	200 IM	2:38.69	2:48.29	3:00.29
6:42.39	6:31.09	6:19.79	400 IM	5:54.39	6:13.19	6:41.89
	2:08.79	2:07.56	200 FR R	1:53.16	2:07.56	
	4:39.16	4:37.16	400 FR R	4:10.36	4:39.96	
	10:03.96	9:45.56	800 FR R	9:09.56	10:03.16	
	2:30.79	2:30.69	200 MR	2:30.59	2:33.09	
	5:29.26	5:26.16	400 MR	4:56.76	5:32.66	

2009-2010 Sr. Championship Time Standards						
Short Course Meters						
Girls				Boys		
13	14	15 and older		15 and older	14	13
31.49	31.39	30.49	50 Free	27.49	29.29	30.29
1:07.49	1:07.29	1:05.89	100 Free	58.59	1:03.59	1:05.89
2:29.19	2:29.09	2:22.69	200 Free	2:10.39	2:19.39	2:24.59
5:23.39	5:23.29	5:09.09	400 Free	5:04.09	5:17.79	5:23.49
11:35.59	11:25.99	11:25.89	800 Free	11:00.19	11:00.29	11:50.99
23:23.59	21:56.29	21:35.09	1500 Free	19:18.89	20:48.29	22:24.89
1:17.79	1:17.69	1:16.59	100 Back	1:10.09	1:16.79	1:16.89
2:48.89	2:48.79	2:44.59	200 Back	2:33.09	2:48.89	3:00.09
1:31.19	1:31.09	1:30.99	100 Breast	1:19.49	1:25.09	1:31.49
3:15.89	3:15.79	3:15.69	200 Breast	3:01.49	3:09.09	3:23.39
1:21.99	1:21.89	1:17.49	100 Fly	1:12.59	1:16.09	1:21.89
3:11.62	2:59.69	2:54.99	200 Fly	2:40.29	2:48.89	3:01.89
2:51.49	2:50.99	2:50.89	200 IM	2:33.19	2:42.49	2:48.28
6:23.69	6:09.99	6:09.89	400 IM	5:44.11	6:02.39	6:30.29
	2:05.96	2:01.96	200 FR R	1:49.96	2:01.16	
	4:29.96	4:23.56	400 FR R	3:54.36	4:23.56	
	9:56.76	9:30.76	800 FR R	8:41.56	9:38.36	
	2:20.29	2:19.99	200 MR	2:17.69	2:17.79	
	5:18.46	5:10.96	400 MR	4:40.76	5:16.16	

Approved by the STS House of Delegates, 10 Oct 09



SOUTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

- I. Assigned warm-up Procedures (**Preliminaries**).
 - 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 may be done only under the direct supervision of the coach
- II. Open warm-up procedures (**Finals**).

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
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 ½ 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. One way only! Dive sprints may only be done under the direct supervision of the coach.
 - d. There will be no diving in the general warm-up lanes. Circle swimming only.
 - e. No kick boards, pull buoys, or hand paddles may be used.
3. 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 four (4) marshals 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) Referees have 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. 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 areas used by coaches, swimmers, or officials will be either removed or clearly marked.

B. MISCELLANEOUS NOTES

1. Coaches will ensure that backstrokers 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 backstroker waiting to start.
2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
3. 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.
4. Warm-up procedures will be enforced for any breaks scheduled during the competition.
5. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-up unless approved by the 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.