



# Alamo Area Aquatic Association Meet Information

[www.aaaa-sa.org](http://www.aaaa-sa.org)



- Meet:** •2010 AAAA Martin Luther King, Jr. Invitational
- Sanction Number:** •ST-10-##
- Dates:** •January 16<sup>th</sup>, 17<sup>th</sup>, and 18<sup>th</sup>, 2010
- Venue 1:** **NISD Natatorium - 14 and Under Age Group Preliminaries and All Finals**  
•8400 North Loop 1604 West  
•Between Hausman and Bandera Roads on the north bound side  
•San Antonio, Texas 78249  
•210-397-7525
- Facility:** •Two eight-lane 25-yard racing courses certified by USA Swimming and the National Federation of State High School Associations  
•Seven feet minimum depth  
•DAKTRONICS automatic starting and timing  
•Concessions and swim shop available  
•Six-lane warm-up / cool down pool between the courses
- Venue 2:** **George Block Aquatics Center – Senior Age Group Preliminaries only**  
•7001 Culebra Road  
•Northeast quadrant of the Loop 410 Interchange with Culebra Road  
•San Antonio, TX 78238  
•210-397-8985
- Facility:** •Eight 25-yard competitive lanes certified by USA Swimming and the National Federation of State High School Associations, with eight additional warm-up / cool down lanes  
•Depth seven to twelve feet  
•DAKTRONICS automatic starting and timing  
•Stadium type seating for 700 spectators  
•Concessions available
- 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
- 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

## USA

### Swimming

- Registration:**
- All swimmers, coaches and officials participating in this competition must be *currently* (2010) registered with USA Swimming
  - All should also be prepared to present their USA Swimming ID Card as proof of their Registration to the Meet Director or designee at any time
  - Swimmers who **1)** enter time trials when offered, **2)** late enter when possible or **3)** need to be entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID card or acquire a USA Swimming Registration Form and pay the necessary fees prior to being allowed to compete
  - National and LSC Regulations do not allow for any exceptions to these policies

- Rules:**
- The 2010 USA Swimming Rules and any relevant sections of the STSI Handbook will apply

- Format:**
- Short course yards championship format, i.e., preliminaries and finals on Saturday and Sunday
  - Swimmers may enter a maximum of three events a day on Saturday and Sunday and one event on Monday
  - The 14 and Under age groups will compete in all sessions at the NISD Natatorium on Loop 1604
  - The Senior age group will compete in the preliminary rounds at the George Block Aquatic Center on Loop 410
  - All age groups will be combined in the finals sessions at the NISD Natatorium
  - All 10 and under events will be conducted as timed finals *in the preliminary sessions*
  - Ages 11, 12, 13 and 14 will advance one heat (A) to finals
  - Seniors will advance two heats (A and B) to finals
  - A final will swim first – B final second
  - Timed final distance events on Monday only at the NISD Natatorium
  - No relays or Time Trials

### Entry

- Restrictions:**
- See “Qualifying Times” on page two
  - This is a CLOSED INVITATIONAL Meet
  - Invitations have been extended to:

First Colony Swim Team	Dallas Mustangs	City of Plano Swimmers
North Texas Nadadores	Aggie Swim Club	The Woodlands
Academy of Texas Aquatic Champions	DADS Club Swim Team	Conroe Swim Club-Tiger Sharks
Ft. Worth Area Swim Team	Cy-Fair Swim Club	Wheaton Swim Club
Nitro Swimming	Pearland Aquatics	City of Midland
Conroe Swim Club		

### Qualifying

- Times:**
- Entering swimmers must have achieved at least one pre-provable 2009 – 2012 Single Age Group National Motivational “A” Standard in any event.
  - Please refer to page six (6)

### Entry

- Deadline:**
- 6:00 PM, Tuesday, January 5, 2010

### Entry Fees

#### (Includes

#### Splash Fee):

- \$6.00** per Individual event
- Checks payable to: **NISD Aquatics**

### Late/Deck

#### Entries?

- Only to fill empty lanes at \$12.00 per event
- Late entering athletes will be required to prove their current (2010) USA Swimming Registration

## Entry

- Procedures:** The **only** acceptable mode of entry is via Hy-Tek Commlink File or disk
- Hard copy **MUST** accompany
  - Please format any disks before utilizing for entries
  - An "HYV" File for Team Manager is available on the USA Swimming Page of the AAAA Web Site ([www.aaaa-sa.org](http://www.aaaa-sa.org))
  - Entries received without a seed time will not be entered into the meet and fees will not be refunded
  - Mail or hand deliver entries to the Entries Chair noted below
  - Entries may also be submitted via e-mail
  - An HYV File for importing events and time standards into Team Manager is available on the USA Swimming Page of the AAAA Web Site at: [www.aaaa-sa.org](http://www.aaaa-sa.org)

## E-Mail

- Entries:**
- Entries in Commlink Format only, **MUST** be sent to: [coachpeteh@gaggle.net](mailto:coachpeteh@gaggle.net)
  - Electronic payment must accompany entries
  - Please go to: <http://www.nisd.net/aquaww/payment.htm>
  - The Commlink File must be renamed to clearly identify the entering team, the shorter the better
  - Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded
  - Athletes **WILL NOT** be entered into Meet Manager until the Meet Entry Report (hard copy) is received as an attachment to the e-mail, via FAX (210-561-5280), or hand-delivered
  - Athletes **WILL NOT** be entered into the meet until entry fee payment has been received by the Meet Director or designee

- FAX Entries:**
- Under no circumstances will entries be accepted via FAX
  - Entry Reports **WILL** be accepted via FAX @ 210-561-5280

## NISD Natatorium (NS 1604) Meet Management:

### Meet Director

- Robert Laura
- 8400 North Loop 1604 West
- San Antonio, TX 78249
- 210-397-7522
- [robertlaura@nisd.net](mailto:robertlaura@nisd.net)

### Meet Referee

- Mike Bertirotti
- 8603 Timber Place
- San Antonio, TX 78250
- 210-520-2050
- [mbertiro@aol.com](mailto:mbertiro@aol.com)

### Entries Chair

- Peter Hay
- 8400 North Loop 1604 West
- San Antonio, TX 78249
- 210-397-7524
- [coachpeteh@gaggle.net](mailto:coachpeteh@gaggle.net)

## George Block Aquatics Center (NS 410) Meet Management:

### Meet Director

- Terry Vettters
- 7001 Culebra Road
- San Antonio, TX 78238
- 210-397-8985
- [terry.vettters@nisd.net](mailto:terry.vettters@nisd.net)

### Meet Referee

- Dennis Guill
- 131 Eagle Vail
- San Antonio, TX 78258
- 210-497-1803
- [daguill@att.net](mailto:daguill@att.net)

### Entries Chair

- Peter Hay
- 8400 North 1604 West
- San Antonio, TX 78249
- San Antonio, TX 78249
- [coachpeteh@gaggle.net](mailto:coachpeteh@gaggle.net)

- Warm-ups:**
- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page Seven
  - Specific warm-up times and lane assignments will be posted with the Psych Sheet at [www.aaaa-sa.org](http://www.aaaa-sa.org) by noon on Tuesday, January 12th
  - Please also review the daily schedule below

## Scratch

- Rules:**
- National Championships Scratch Rules will apply for finals qualifiers
  - There is no penalty for scratching from a pre-seeded preliminary event
  - Swimmers who check-in for the 500 freestyle or 400 individual medley and then fail to appear for competition will be disqualified from further participation in the meet, provable illness and injury excepted

**Scoring/  
Awards:**

- Medals for places one through three and ribbons for places four through eight in each designated age group (10 and under, 11, 12, 13, 14 and Senior by gender)
- Not scored

**Special  
Needs:**

- Please notify the NISD Natatorium (210-397-7522) or the 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 if they are to be considered to be judged under Article 105.

**Daily  
Schedule:**

**Preliminaries:**

- |                                       |                      |
|---------------------------------------|----------------------|
| •Saturday and Sunday prelims warm-ups | 7:30AM Both days     |
| •Check-in for the 400 IM by           | 8:30AM Saturday      |
| •Check-in for the 500 freestyle by    | 8:30AM Sunday        |
| •Clear pool                           | 8:40AM Both days     |
| •Coaches' meeting at                  | 8:40AM Saturday only |
| •Preliminary sessions begin           | 9:00AM Both days     |

**Finals:**

**10 and unders will not compete in finals!**

- |                                      |                  |
|--------------------------------------|------------------|
| •Saturday and Sunday finals warm-ups | 4:30PM Both Days |
| •Clear pool                          | 5:45PM Both Days |
| •National Anthem                     | 5:57PM Both days |
| •Sessions begin                      | 6:00PM Both days |

**Timed finals:**

- |                                     |         |
|-------------------------------------|---------|
| •Monday timed finals warm-ups begin | 9:00AM  |
| •Check-in for the 1650 by           | 9:30AM  |
| •Check-in for the 1000 by           | 10:00AM |
| •Clear pool                         | 9:45AM  |
| •Session begins                     | 10:00AM |

**Timers:**

- The Meet Hosts will attempt to provide backup timers for this meet
- Volunteers will undoubtedly be needed and greatly appreciated

**Officials:**

- All *currently* (2010) fully certified and in-training USA Swimming officials are cordially invited to participate
- The uniform requirements are: White over blue pants, Bermuda-length shorts or skirts for preliminaries and blue over white for finals. *No jeans please!*
- Please report to the appropriate Meet Referee at least 45 minutes prior to the scheduled start time of any session to receive your assignments
- The prominent display of both South Texas and USA Swimming credentials while on deck is required by Rule
- The wearing of name tags is strongly encouraged

**Lodging:**

- Please see page 8

# Order of Events – Distances are in Yards

(Superscript reference notes are at the bottom of the page)

<b>14 and Under Age Group Preliminaries at NISD Natatorium</b>						<b>All Age groups Timed Finals</b>		
<b>Saturday 17 January</b>			<b>Sunday 18 January</b>			<b>Monday 19 January<sup>2</sup></b>		
Girl's No.	Stroke and Distance	Boy's No.	Girl's No.	Stroke and Distance	Boy's No.	Girl's No.	Stroke and Distance	Boy's No.
1	10 & Un 100 I-M	2	25	10 & Un 100 Free	26	49	11 & 12 1650 Free	50
3	11 & 12 400 I-M	4	27	11 & 12 100 Free	28		13 & 14 1650 free	
	13 & 14 400 I-M			13 & 14 100 Free			Senior 1650 free	
5	10 & Un 100 Fly	6	29	10 & Un 50 Fly	30	51	11 & 12 1000 Free	52
7	11 & 12 100 Fly	8	31	11 & 12 200 Fly	32		13 & 14 1000 Free	
	13 & 14 100 Fly			13 & 14 200 Fly			Senior 1000 Free	
9	10 & Un 50 Back	10	33	10 & Un 50 Breast	34			
11	11 & 12 200 Back	12	35	11 & 12 200 Breast	36			
	13 & 14 200 Back			13 & 14 200 Breast				
13	10 & Un 200 Free	14	37	10 & Un 500 Free	38			
15	11 & 12 200 Free	16	39	11 & 12 500 Free	40			
	13 & 14 200 Free			13 & 14 500 Free				
17	10 & Un 100 Breast	18	41	10 & Un 100 Back	42			
19	11 & 12 100 Breast	20	43	11 & 12 100 Back	44			
	13 & 14 100 Breast			13 & 14 100 Back				
21	10 & Un 50 Free	22	45	10 & Un 200 I-M	46			
23	11 & 12 50 Free	24	47	11 & 12 200 I-M	48			
	13 & 14 50 Free			13 & 14 200 I-M				

<b>Senior Preliminaries at George Block Aquatics Center</b>					
<b>Saturday 16 January</b>			<b>Sunday 17 January</b>		
Girl's No.	Stroke and Distance	Boy's No.	Girl's No.	Stroke and Distance	Boy's No.
3	Senior 400 I-M	4	27	Senior 100 Free	28
7	Senior 100 Fly	8	31	Senior 200 Fly	32
11	Senior 200 Back	12	35	Senior 200 Breast	36
15	Senior 200 Free	16	39	Senior 500 Free	40
19	Senior 100 Breast	20	43	Senior 100 Back	44
23	Senior 50 Free	24	47	Senior 200 I-M	48

- Finals sessions on Saturday and Sunday will be combined in a single pool at NISD Natatorium
- Timed Final events on Monday will be contested only at the NISD Natatorium
- Check-in for the 1650 and 1000 Freestyle is not later than 9:30 and 10:00 AM respectively
- Preliminary heats will be seeded by time and gender without regard to age
- The 1650 and 1000 yard Freestyle events will be swum *fastest to slowest*
- A single National "A" Motivational time must be pre-proven
- Swimmers are limited to one event in the Monday session
- Swimmers in the 1650 and 1000 yard Freestyle events must provide their own backup timers and lap counters

# 2009-1012 Single Year Age Group National Motivational "A" Time Standards

## Short Course Yards

Girls						Event	Boys					
Senior	14	13	12	11	10-U		10-U	11	12	13	14	Senior
28.39	28.69	29.29	29.49	30.89	32.19	<b>50 Free</b>	31.59	30.59	28.59	27.29	26.29	25.69
1:01.19	1:02.19	1:03.49	1:03.09	1:07.49	1:11.89	<b>100 Free</b>	1:10.79	1:06.79	1:02.69	59.39	57.39	56.19
2:11.79	2:13.79	2:16.29	2:19.89	2:26.09	2:36.39	<b>200 Free</b>	2:31.89	2:24.99	2:16.19	2:10.29	2:05.29	2:02.29
5:51.39	5:52.99	6:02.19	6:09.29	6:29.39	6:48.39	<b>500 Free</b>	6:44.59	6:25.19	6:04.69	5:48.49	5:35.19	5:30.19
12:06.09	12:07.59	12:26.59	12:51.69	13:35.69		<b>1000 Free</b>		13:34.79	12:42.89	11:58.39	11:36.39	11:24.99
20:13.99	20:12.19	20:45.99	21:39.59	22:42.09		<b>1650 Free</b>		22:58.09	21:23.59	20:06.19	19:15.69	19:11.99
			33.89	35.79	38.09	<b>50 Back</b>	38.29	36.29	33.49			
1:07.39	1:08.49	1:09.99	1:14.19	1:17.79	1:22.19	<b>100 Back</b>	1:21.29	1:17.49	1:12.29	1:06.49	1:04.19	1:02.49
2:25.99	2:27.29	2:30.39	2:35.89	2:44.39		<b>200 Back</b>		2:44.39	2:32.89	2:23.89	2:18.19	2:15.39
			37.79	39.99	41.99	<b>50 Breast</b>	42.19	41.09	37.29			
1:16.39	1:17.59	1:19.39	1:22.19	1:26.79	1:33.39	<b>100 Breast</b>	1:31.79	1:27.29	1:20.49	1:15.39	1:12.09	1:10.79
2:45.89	2:46.79	2:51.29	2:56.89	3:07.49		<b>200 Breast</b>		3:08.29	2:52.89	2:44.49	2:36.29	2:34.39
			32.39	34.19	37.29	<b>50 Fly</b>	36.69	34.89	32.09			
1:07.49	1:07.79	1:09.09	1:13.19	1:16.99	1:26.69	<b>100 Fly</b>	1:25.59	1:17.09	1:11.69	1:05.59	1:02.89	1:01.59
2:28.19	2:28.59	2:32.19	2:38.59	2:47.19		<b>200 Fly</b>		2:47.79	2:35.29	2:24.59	2:20.29	2:16.29
			1:13.99	1:18.29	1:22.59	<b>100 IM</b>	1:21.09	1:17.69	1:11.49			
2:28.69	2:30.49	2:34.59	2:37.59	2:45.09	2:55.99	<b>200 IM</b>	2:55.29	2:45.79	2:35.59	2:26.29	2:20.29	2:17.59
5:15.39	5:17.79	5:25.89	5:36.09	5:54.19		<b>400 IM</b>		5:53.09	5:28.89	5:09.89	5:00.49	4:53.39



# SOUTH TEXAS SWIMMING, Inc.

## Safety Guidelines and Warm-up Procedures

### A. WARM-UP PROCEDURES

#### I. Assigned warm-up Procedures.

- 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.

##### 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!
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes - circle swimming only.
- f. No kick boards, pull buoys, or hand paddles may be used.

### III. 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. Marshals must be members of United States Swimming.
3. Marshals will 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.
4. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
5. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and 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."
6. 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.
7. Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials will be either removed or clearly marked.

### B. MISCELLANEOUS NOTES

- I. Backstrokers will ensure that they 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 backstroke waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. 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.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups 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.**

**Motels near the George Block Aquatics Center  
Senior preliminaries:**

Ramada Inn  
7043 Culebra Rd.  
SA, TX 78238  
210-521-1485  
(adjacent to pool)

LaQunita Inn  
7134 NW Loop 410  
SA, TX 78238  
210-680-8883  
(adjacent to pool)

Red Roof Inn  
6880 NW Lop 410  
SA, TX 78238  
210-509-3434  
(2 blocks from pool)

Courtyard by Marriott  
6738 NW Loop 410  
SA, TX 78238  
210-647-4100  
(4 blocks from pool)

Holiday Inn Express  
2861 Cinema Ridge  
SA, TX 78238  
210-520-4200  
(4 blocks from pool)

Best Western Ingram Park  
6855 NW Loop 410  
SA, TX 78238  
210-520-8080  
(2 blocks from pool)

**Motels near 1604 NISD Natatorium  
Age Group preliminaries and all finals:**

Quality Inns & Suites Bandera Pointe  
9522 Brimhall (Loop 1604)  
SA, TX 78254  
512-826-0663  
(3 blocks from pool)

Comfort Inn Fiesta Park  
6755 North Loop 1604 West  
SA, TX 78249  
210-696-4766  
(2 miles from pool)

Motel 6 San Antonio  
11425 Loop 1604 N  
SA, TX 78254  
210-695-6616  
(1 mile from pool)

La Quinta Inn and Suites  
5622 Utex Blvd  
San Antonio, TX 78249  
210-696-0100  
(5 miles from pool)  
\$69.00 rate single or double occupancy