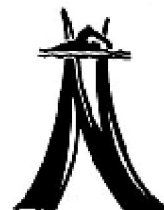




# Alamo Area Aquatic Association Meet Information

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

Posted 11/13/09



The contents of this document are the sole responsibility of the Meet Host. Any and all questions regarding any aspect of the competition must be addressed only to the designated Meet Director.

**Meet:**

- 2009 I-M Xtreme Games
- National Age Group Championship

**Sanction:**

- ST-09-88

**Dates:**

- December 11 - 13, 2009 (four sessions)

**Venue:**

- NISD Natatorium
- 400 N Loop 1604 West
- San Antonio, Texas 78249
- 210-397-7522

**Facility:**

- Two eight-lane 25-yard racing courses
- Seven feet minimum depth
- All automatic Daktronics starting and timing
- Concessions and swim shop available
- Four warm-up / cool down lanes constantly available

#### 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

**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.

**Rules:**

- The 2009 USA Swimming Rules and any relevant sections of the STSI Handbook will apply.

#### USA Swimming

**Registration:**

- All swimmers, coaches, and officials participating in this competition must be *currently* 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 accomplish 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.

## Meet

### Management:

#### Entries Chair:

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

#### Meet Director:

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

#### Meet Referee:

J. R. Rightmyer  
3730 Longridge  
San Antonio, TX 78228  
210-857-4950  
[John\\_rightmyer@yahoo.com](mailto:John_rightmyer@yahoo.com)

### Format:

- Timed finals – no relays
- Top ranked 11 to 14 swimmers in the region
- Single year age groups
- Swimmers will compete in all of the specified IMX events
- 11 and 12-year olds will compete in:

500 Free	13 and 14-year olds will compete in:
100 Back	500 Free
100 Breast	200 Back
100 Fly	200 Breast
200 I-M	200 Fly
	200 I-M
	400 I-M
- Swimmers will be entered and seeded in each event according to their *short course* times for that event
- Girl's events (odd numbered) will be swum in the south pool
- Boy's events (even numbered) will be swum in the north pool
- Swimmers may scratch from events – *BUT* any scratch eliminates a swimmer from contention for awards

### Eligibility and Entry

#### Restrictions:

- This meet is open all *currently* USA Swimming registered athletes *only* from the following LSCs: AR, BD, GU, LA, MV, NT, OK, OZ, ST and WT
- Swimmers must be age 11 through 14
- Age as of December 11, 2009 determines age for the entire meet

### Entry

#### Deadline:

- No later than 6:00 PM, Friday, November 27, 2009

### Entry Fees

#### (Includes

#### Splash Fee):

- Swimmers are expected to enter all of the events offered for their respective age group
- The total fee is **\$35.00** per swimmer, which includes a \$5.00 surcharge to offset pool rental
- Checks payable to: **NISD Aquatics**

### Entry

#### Procedures:

- The *only* acceptable mode of entry is via Hy-Tek Commlink Disk or File
- Hard copy *MUST* accompany
  - Please format floppy disks before utilizing for entries
  - 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 Meet Director noted below
  - Entries may also be submitted via e-mail
  - An HYV File for importing events 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)
  - Swimmers should enter with their current best short course times, irrespective of the course in which their best or qualifying IMX point total was achieved and irrespective of when they achieved their qualifying score

### E-Mail

#### Entries:

- Entries in Commlink Format only, *MUST* be sent to: [coachpeteh@gaggle.net](mailto:coachpeteh@gaggle.net)
- Entries *MUST* be in the hands of the entries chair not later than 6:00 PM, Friday, November 27, 2009
- No exceptions can or will be made

- 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

**Late/Deck Entries?** •NO!

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

**Warm-ups:** •Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page six  
•Please also review the daily schedule below  
•During each warm-ups session, the final 20 minutes will be devoted to starts, sprints and pacing in designated lanes

**Scoring:** •Based on single-age Hy-Tek IMX scoring  
•Each time will be assigned a point value  
•A swimmer's scores from all events will be combined for an overall IMX Point total  
•Disqualifications or scratches will receive zero points  
•Scoring and awards will be determined within the single-year age groupings and according to the swimmer's IMX totals  
•No awards for individual events

**Awards:** •Distinctive USA Swimming IMX Plaques will be awarded to the top 16 swimmers in each single-year age bracket and gender, i.e., 16 awards for 11-years old girls, 16 awards for 11-year old boys, etc.  
•First through third place team plaques

**Special Needs:** •Please notify the NISD Natatorium (210-397-7525) 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 Natatorium 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.

**Swim Wear**

**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 systems.  
•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

**Daily**

**Schedule:** •Coaches' meeting, Friday 2:30 PM Classroom 103  
•Friday PM warm-ups begin at 3:00 PM Check-in for the 400 I-M by 3:45 PM  
•Clear pools 3:50 PM  
•Meet begins 4:00 PM

•Saturday AM warm-ups begin at 6:30 AM      Check-in for the 500 Free by 7:30 AM  
•Clear pools 7:50 AM  
•Meet begins 8:00 AM

•Saturday PM warm-ups begin at 2:30 PM  
•Clear pools 3:50 PM  
•Meet begins at 4:00 PM

•Sunday AM warm-ups begin at 6:30 AM  
•Clear pools 7:50 AM  
•Meet begins at 8:00 AM  
•Sunday afternoon coaches debrief session 30 minutes after the conclusion of the meet in Classroom 103

**Timers:**      •The host team will attempt to provide backup timers for this meet  
                  •Volunteers will undoubtedly be needed

**Officials:**      •All currently (2009) certified and in-training USA Swimming Officials are cordially invited to participate  
                  •Please report to the Meet Referee at least 30 minutes prior to the scheduled start time of the session to receive your assignments  
                  •The wearing of name tags is strongly encouraged

**Apparel:**      •Distinctive IMX Challenge T-shirts, sweat shirts, etc. will be available for purchase



## Order of Events

Friday Afternoon Warm-ups 3:00 PM / Meet begins 4:00 PM				Saturday Afternoon Warm-ups 2:30 PM / Meet begins 4:00 PM			
Girl's #	Age	Distance/Stroke	Boy's #	Girl's #	Age	Distance/Stroke	Boy's #
1	13	400 I-M	2	17	13	200 Breast	18
3	14	400 I-M	4	19	14	200 Breast	20
5	11	200 I-M	6	21	11	100 Breast	22
7	12	200 I-M	8	23	12	100 Breast	24
Saturday Morning Warm-ups 6:30 AM / Meet begins 8:00 AM				25	13	200 I-M	26
9	13	500 Free	10	27	14	200 I-M	28
11	14	500 Free	12	Sunday Morning Warm-ups 6:30 AM / Meet begins 8:00 AM			
13	11	500 Free	14	29	13	200 Back	30
15	12	500 Free	16	31	14	200 Back	32
				33	11	100 Back	34
				35	12	100 Back	36
				37	13	200 Fly	38
				39	14	200 Fly	40
				41	11	100 Fly	42
				43	12	100 Fly	44



# 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.** STSI Safety Guidelines and Warm-up Procedures last Revised 29-SEP-03