



# Alamo Area Aquatic Association

## Meet Information



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

Posted 11/09/15

- Meet Name:** •2015 ST AAAA Northside "B+" Winter Wonderland  
•Championship Format – Prelims / Finals
- Meet Date(s):** •December 11th, 12th and 13th, 2015
- Sanction Number:** •STA-15-103
- Venue:** •NISD Swimming Complex – Indoor pools  
•8400 N Loop 1604 West  
•San Antonio, Texas 78249 •210-397-7525
- Facility:** •Two eight (8)-lane Indoor, 25-yard competition courses  
•Colorado automatic starting and timing  
•Spectrum Backstroke Start Device may be used  
•Four-lane warm-up / cool down pool between the courses  
•These pools have been certified in accordance with USA Swimming Rule 104.2.2 (C) and a copy is on file with USA Swimming  
•Optional outdoor diving well lanes may be available (weather permitting)
- Water Depth** •The pools were measured from the start end at six feet seven inches and from the turn end at six feet seven inches, both measured at one and five-meters from either end wall in accordance with Article 103.2.3.
- 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.
- Sanction:** •Held under the sanction of USA Swimming, this meet is sanctioned by South Texas Swimming and the 2015 - 2016 USA Swimming rules and any relevant sections of the current South Texas Policies and Procedures Manual will apply.  
•All swimmers must be registered for 2015 - 2016 with USA Swimming by the entry deadline.  
•Athletes who register with USA Swimming after the deadline may deck enter the meet only if they can present their 2015 - 2016 USA Swimming registration  
•A coach may also present the club's official, water-marked roster from the USA Swimming club portal  
•South Texas Swimming does not allow on-deck USA Swimming registrations.
- Cell Phone Restrictions:** •The presence and / or use of cell phones, smart phones, or any other devices capable of producing audio recordings and / or photographic or video images in locker rooms, rest rooms, or changing areas is strictly and specifically prohibited at all times.  
•There are no exceptions to this prohibition.  
•Violators are subject to disqualification from the meet, disbarment from the facility and arrest
- Deck Changing:** •Deck changing is prohibited
- Photographs And Videos:** •No team or parent photographers will be allowed on deck.  
•In the event such personnel from the media are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made, are required to contact the Meet Director prior to the beginning of warm-ups  
•Photographers and videographers must stay out of the area immediately behind the starting blocks, and are specifically prohibited from making shots during the start phase of any race



## Unaccompanied

- Swimmers:**
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water.
  - When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

## USA Swimming

- Registration:**
- All swimmers, coaches, and officials participating in this competition must be *currently* (2015-2016) registered with USA Swimming or FINA
  - 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)** chose to 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
  - A coach may also present the club's official, watermarked roster from USA Swimming club portal
  - National and LSC Regulations do not allow for any exceptions to these policies.
  - South Texas Swimming does not allow on-deck USA Swimming registration.

## Meet Format:

- Championship, i.e., preliminaries and finals**
- "A" and "B" finals
- Preliminary events will be pre-seeded, slowest to fastest, with the last three (3) heats circle seeded, except where noted.
- Prelims will be swum in two (2) pools.
  - Girls will compete in the South Pool (Street side)
  - Boys will compete in the North Pool (Stadium side).
- Final events will be seeded, slowest to fastest (B final then A final)
- Finals will be swum in one (1) pool – South Pool (Street side)
  - Except for events 400-yards and longer which will swim in two pools (same as prelims)
- The meet will be seeded SCY, LCM, SCM
- Events 400 yards and longer will be DECK SEEDED**, fastest to slowest, and require a Positive Check-in by 8:00 AM on the day of the event.
  - The preliminary heats for the 500 freestyle and 400 IM will be seeded only by time and gender without regard to age.
  - The 500-yard freestyle will be a prelim final event with two heats advancing to finals for each age group swimming in the following order: 15 and Over, 13 & 14, 11 & 12, 10 & Under
  - The 400-yard IM will be a prelim final event with two heats advancing to finals for each age group swimming in the following order: 15 & Over, 13 & 14, 11 & 12
  - The 1000-yard and 1650-yard freestyles will be timed final events.
  - The 1000-yard and 1650-yard freestyles will be seeded only by time and gender without regard to age
  - The fastest eight (8) entered swimmers in the 1000-yard and 1650-yard freestyles who elect NOT to swim in the preliminary session will compete in the finals session, all others will compete in the morning sessions.
  - The 1000 freestyle (Events 23 and 24) will be swum as the last events in the Friday preliminary session.
  - The 1650 freestyle (Events 93 and 94) will be swum as the last events in the Sunday preliminary session.
  - The final heats of the 1000 freestyle will be swum after event # 22 in the Friday finals session.
  - The final heats of the 1650 freestyle will be swum after event # 64 in the Sunday finals session
- Entering swimmers must have at some time achieved a 2013 - 2016 National Motivational "B" time for every event entered. (Exception noted under the Qualifying Times)
- The age groups will be ten and Under, 11 and 12, 13 and 14, 15 and Over
- Entry time must be provable via SWIMS
- No relays
- No time trials



## Entry

- Restrictions:**
- This Meet is open to all 2015 - 2016 Registered USA Swimming athletes
  - Age as of December 11th, 2015 determines age for the entire meet
  - Maximum of three (3) events per day
  - All entries must include a seed time
  - Entries received without a seed time (NT) or times slower than those specified will not be accepted and no re-funds will be made
  - Entries will be processed in the order received
  - Entries will close when any session reaches an estimated four (4) hours in length.
  - Swimmers qualifying with a “non-conforming” time (LCM or SCM) should enter that event using the nonconforming time. This allows for proof of the qualifying entry time.
    - The meet will be seeded SCY, LCM, SCM

## Qualifying:

- Times:**
- 2013 - 2016 National Motivational “B” time required for every event entered. Please refer to page four (4)
  - Must be provable via SWIMS
  - EXCEPTION: If a swimmer does not have a provable SWIMS “B” time in the 1000 or 1650 freestyle, swimmers may qualify for the 1000 and 1650-yard freestyle events with a provable SWIMS “A” time in any freestyle event.

## Entry

- Deadline:**
- Friday November 20<sup>th</sup>, 2015 Midnight, you may enter online at [www.nitroswim.com](http://www.nitroswim.com)

## Entry Fee, Includes 1.25

- Splash Fee:**
- \$7.50 per Individual event / No refunds!

## Late/Deck

- Entries:**
- All late / deck entries will be to fill open lanes only.
  - All late / deck entries for all preliminary sessions close when the Positive Check-in closes, 30 minutes before the start of the session.

## Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page seven (7)
- 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 Thursday, December 10th
- Please also review the daily schedule below

## Scratch

- Rules:**
- There is no penalty for scratching from a pre-seeded event
  - For finals qualifiers: The USA Swimming Championship Scratch Rule will prevail and the 30 minute rule will be observed, i.e. after the official announcement and / or posting of the results of any given preliminary event (1650 free excepted) have been made, individual competitors who qualify for finals must scratch with the Admin official within 30 minutes of that announcement / posting or they must compete in the finals session under penalty of disqualification from further participation in the meet.
  - Failures to compete by reason of illness or injury are excepted, as are alternates
  - If you are not planning on attending / swimming in finals, please scratch regardless of your place in prelims.

## Awards:

- 10 and Under and 11 and 12: Ribbons places one through eight
- 13 and Over: No awards.

## Special

- Needs:**
- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
  - Please notify the Northside Natatorium (210-397-8985) in advance of this meet with the name and age of any member on your team who needs assistance to enter the building.
  - The Aquatics 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.
  - Coaches and/or athletes must notify the Meet Host and the Meet Referee before the competition begins, and preferable at the time entries are submitted, if any specialized equipment is required and/or if they are to be considered for judging under Article 105.

## Daily

### Schedule:

	•Prelims	•Finals
•Doors Open	6:30 AM	
•Coaches' Meeting	6:45 AM (Friday only)	
•Warm-ups	7:00 AM	4:00 PM
•Dive / Sprints / Pace	8:00 AM	5:00 PM
•Clear Pool	8:20 AM	5:20 PM
•Session begins	8:30 AM	5:30 PM

### Timers:

- Volunteer timers will be needed – AAAA will attempt to cover the spots but additional help may be needed.
- Competitors in the 500 / 1000 / 1650 freestyle must provide their own backup timers and lap counters
- Competitors in the 400 IM must provide their own backup timers

### Officials:

- All 2015 - 2016 STSI certified and in training USA Swimming registered officials are cordially invited to participate
- The uniform for prelims is: White polo shirts or blouses over khaki trousers, Bermuda-length shorts or Capris.
- The uniform for finals is: Navy blue polo shirts or blouses over khaki trousers or capris – no shorts in finals, please
  - PLEASE: No short shorts, jeans, cut-offs or flip-flops – EVER!
- 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



# Order of the Events / Distances are in yards

Minimum Qualifying Times / 2013 – 2016 National Motivational “B” Times

Friday, December 11 / Prelims @ 8:30 AM / Finals @ 5:30 PM						
Girl's Ev. #	Equal to or Faster than:	Age Group	Distance	Stroke	Equal to or Faster than:	Boy's Ev. #:
1	0:38.79	11 & 12	50	Back	0:38.99	2
3	0:48.59	10 & Under	50	Back	0:48.59	4
5*	6:41.29	15 & Over	500*	Free*	6:14.69	6*
	6:51.79	13 & 14			6:29.49	
	7:09.29	11& 12			7:02.99	
	8:30.49	10 & Under			8:22.79	
7	2:48.89	15 & Over	200	I-M	2:34.29	8
9	2:53.19	13 & 14	200	I-M	2:41.89	10
11	3:02.49	11& 12	200	I-M	3:00.99	12
13	3:40.39	10 & Under	200	I-M	3:38.89	14
15	0:32.29	15 & Over	50	Free	0:28.99	16
17	0:32.89	13 & 14	50	Free	0:30.39	18
19	0:34.09	11& 12	50	Free	0:33.09	20
21	0:39.49	10 & Under	50	Free	0:38.49	22
23*	13:51.09	15 & Over	1000*	Free	12:56.99	24*
	14:08.89	13 & 14	1000*	Free	13:25.19	
	14:48.09	11& 12	1000*	Free	14:33.89	

**\*Events require a positive check-in by 8:00 AM**

## Saturday, December 12 / Prelims @ 8:30 AM / Finals @ 5:30 PM

Girl's Ev. #	Equal to or Faster than:	Age Group	Distance	Stroke	Equal to or Faster than:	Boy's Ev. #:
25	0:43.69	11 & 12	50	Breast	0:43.79	26
27	0:53.59	10 & Under	50	Breast	0:53.19	28
29*	5:58.49	15 & Over	400*	I-M*	5:31.39	30*
	6:08.49	13 & 14			5:44.99	
	6:28.59	11& 12			6:20.09	
31	1:16.19	15 & Over	100	Fly	1:08.79	32
33	1:17.69	13 & 14	100	Fly	1:12.19	34
35	1:26.29	11& 12	100	Fly	1:24.49	36
37	1:55.49	10 & Under	100	Fly	1:54.09	38
39	2:30.79	15 & Over	200	Free	2:18.29	40
41	2:33.89	13 & 14	200	Free	2:24.49	42
43	2:41.19	11& 12	200	Free	2:37.19	44
45	3:20.19	10 & Under	200	Free	3:09.09	46
47	3:09.99	15 & Over	200	Breast	2:52.79	48
49	3:13.99	13 & 14	200	Breast	3:00.49	50
51	3:25.79	11& 12	200	Breast	3:17.69	52
53	1:16.29	15 & Over	100	Back	1:09.69	54
55	1:18.29	13 & 14	100	Back	1:13.59	56
57	1:26.29	11& 12	100	Back	1:24.09	58
59	1:45.09	10 & Under	100	Back	1:41.39	60

**\*Events require a positive check-in by 8:00 AM**



# Order of the Events / Distances are in yards

Minimum Qualifying Times / 2013 – 2016 National Motivational “B” Times

Sunday, December 13 / Prelims @ 8:30 AM / Finals @ 5:30 PM						
Girl's Ev. #	Equal to or Faster than:	Age Group	Distance	Stroke	Equal to or Faster than:	Boy's Ev. #:
61	0:37.29	11 & 12	50	Fly	0:37.69	62
63	0:47.99	10 & Under	50	Fly	0:46.69	64
65	2:44.79	15& Over	200	Back	2:31.59	66
67	2:48.39	13 & 14	200	Back	2:38.39	68
69	2:59.49	11 & 12	200	Back	2:55.29	70
71	1:09.99	15 & Over	100	Free	1:03.29	72
73	1:11.39	13 & 14	100	Free	1:06.29	74
75	1:13.59	11 & 12	100	Free	1:12.19	76
77	1:30.69	10 & Under	100	Free	1:28.49	78
79	2:46.79	15& Over	200	Fly	2:33.29	80
81	2:52.39	13 & 14	200	Fly	2:40.39	82
83	3:02.39	11 & 12	200	Fly	2:58.09	84
85	1:28.29	15& Over	100	Breast	1:19.19	86
87	1:29.39	13 & 14	100	Breast	1:22.59	88
89	1:35.79	11 & 12	100	Breast	1:33.59	90
91	1:58.79	10 & Under	100	Breast	1:53.69	92
93	1:25.29	11 & 12	100	I-M	1:23.29	94
95	1:43.39	10 & Under	100	I-M	1:40.39	96
97*	23:06.29	15& Over	1650*	Free	21:46.69	98*
	23:34.19	13 & 14			22:28.29	
	25:01.49	11 & 12			24:43.79	

**\*Events require a positive check-in by 8:00 AM**





# SOUTH TEXAS SWIMMING, Inc.

## Safety Guidelines and Warm-up Procedures

### A. WARM-UP PROCEDURES

- I. Assigned Warm-up Procedures (**Prelims**)
  - 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 half 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 kickboards, 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 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 will have the 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 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."
    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 in 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.
- V. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Meet 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.**