2019 South Texas Age Group (STAGS) Championship Meet Information

Updated 12/18/18

Meet: **2019 South Texas STAGS Short Course Championships**
Hosted by Alamo Area Aquatic Association
Held under the sanction of USA Swimming

Dates: Friday through Sunday, February 22 – 24, 2019

Sanction Number: STA-19-05; STA-19-05tt

Venue: Palo Alto College Natatorium
1400 W. Villaret Blvd.
San Antonio, TX 78224
210-486-3000

Eligibility: This meet is open to all swimmers who are currently registered with South Texas Swimming and have achieved the STSI STAGS Qualifying Time Standards through age 18 (see pages 8 - 9). South Texas Swimming athletes with disabilities may enter any event for which they have achieved the 2015/2016 Can-Am Standards as published by Paralympic Swimming:

https://www.teamusa.org/~/media/B62C6D1B69F74FBD986F642A9A3F1F7F.ashx

Facility: All deep two, 8 lane, 25-yard competition pools with a separate warm-up/cool-down pool. A Daktronics timing system and a Hy-tek Meet Manager Software will be utilized. Seating is available for over 1000. Dressing and locker rooms are available on-site. The Natatorium is on Palo Alto College property. No tobacco or alcohol is allowed in the building or in the parking lot. A concession stand will be provided.

The competition course has been certified in accordance with 104.2.2.C(3) & (4). The copy of such certification is on file with USA Swimming. The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet 0 inches at the start end and the turn end is 9 feet 0 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.

Liability: In granting this sanction it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), Alamo Area Aquatics Association, the Palo Alto College Natatorium, Palo Alto College, the City of San Antonio, and all meet officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

Sanction: Held under the sanction of USA Swimming. This meet has been sanctioned by South Texas Swimming and current USA Swimming rules and any relevant sections of the South Texas Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2019 with USA Swimming by the meet start date. Athletes who register with USA Swimming after the meet entry deadline may deck enter the meet only if they can present their 2019 USA Swimming registration card or proof of membership using the USA Swimming Deck Pass app (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). South Texas Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Format: Championship Format: preliminaries and finals. Preliminary events will be contested in two pools: one for odd events and one for even events. **Depending on the size of the meet, the meet host reserves the right to have all events swum in one pool**. A and B finals for all individual events, unless otherwise noted. Preliminary events will be seeded by time and gender, age combined, according to the Order of Events on page 7, except as noted. Events may be combined at the discretion of the Meet Referee. All preliminary events will be contested slowest to fastest, except as noted. The three fastest heats of each preliminary event, except for timed final events, will be championship seeded. All finals events will be contested in the specified age groups in the final sessions, swimming slowest to fastest by age group.

The 1650 Free, 400 IM and 500 Free events will be seeded on deck after positive check-in and will swim fastest to slowest. Check-in for these events is required by **8:15am on the morning of the event**. The 1650 Free and 10 & Under 500 Free events will be contested as timed finals only and age combined. If this event is conducted in one pool (instead of two pools), the 1650 Free and 10 & Under 500 Free will alternate female and male heats. For the 10 & Under 500 Free and the 1650 Free, at check-in the swimmers must indicate whether they want to swim in prelims or finals. The fastest 8 swimmers in each event who elected to do so at check in will swim in finals. The meet host will notify the fastest 8 swimmers that they will be swimming in finals after the positive check-in deadline. Swimmers must provide their own backup timers for the 500 Free, 1650 Free, and 400 IM events. Swimmers must provide their own lap counters for the 500 and 1650 Free events.

All relay events will be timed finals and will swim in the preliminary sessions only. There will be a 10-minute break after the relay events.

Meet management reserves the right to alter meet operations based on the number of participants.

USA Swimming Registration: All swimmers, coaches, and officials participating in this competition must be currently (2019) registered with USA Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. 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) late enter when possible; 2) need to be late-entered because of clerical errors by the entering team or the Meet Host; or 3) are not entered in this meet and choose to enter time trials, if offered, will be required to present their USA Swimming ID card or proof of membership using the USA Swimming Deck Pass app (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). Current national and LSC regulations do not allow for exceptions to these policies.

Unaccompanied Swimmers: Any swimmer entered in the meet 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, without the use of the backstroke ledges. 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 athlete members must be under the supervision of a USA Swimming coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer to make such arrangements prior to the start of the meet.

Qualifying Times: The qualifying time standards for all individual events are the STSI STAGS Qualifying Times or faster located on pages 8 and 9. Qualifying times must be achieved prior to the deadline. There are no qualifying times for relay events. Athletes with disabilities may enter any event for which they have achieved the 2015/2016 Can-Am Standards as published by the U.S. Paralympic Swimming qualifying time.

If entering with a non-conforming time (LCM or SCM), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted. Seeding for preliminary heats shall be in the following order: yards, long course meters, short course meters

Proof of Time: Proof of time must be submitted with the entries. All entry times must be verifiable using the USA-S SWIMS database. In cases where a claimed 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 meet. 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.

Age up Date: The age of the swimmer will be his/her age on February 22, 2019.

Entry Restrictions: An individual swimmer may enter a maximum of three (3) individual and one (1) relay event per day including time trials.

Time Trials: Time trials will be conducted on Saturday and Sunday at the discretion of the meet management (time permitting). Time trials will start no later than 30 minutes after the conclusion of the last event. The time trial deadline will be posted at the clerk of course.

Time trial entrants who are not already entered in the meet must present their current USA Swimming registration card or proof of membership using the USA Swimming Deck Pass app (or a coach may present the club's official, watermarked roster from the USA Swimming club portal) to enter into events. Swimmers may enter up to three (3) time trial events per day if they are not already entered into the meet. The meet host will schedule time trials in the most efficient way possible without consideration of how many time trial events a single swimmer enters.

Swimmers must be registered with South Texas Swimming to participate in time trials. Participation in a time trial event counts as one of the daily total events allowed for swimmers already entered in the meet. A qualifying time earned during time trials will NOT qualify a swimmer to swim that event at this meet.

Time trial events will be published with the final meet results.

Time trial entry fees: Individual events $20.00 and Relay events $30.00 – includes the STSI $1.25 per event splash fee.

Relay Entries: Relay entries are due no later than February 18, 2019 at the same time that the final entries are due. All relays are timed finals and will be contested only in the preliminary sessions. There are no qualifying times for the relay events. 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.

Relay team members must be eligible to swim in the same age group. Swimmers cannot "age up" for relay events. Unlimited number of relays per event per club (A, B, C, etc.) for only two relays per event per club 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 to the Admin Official/Referee or designee with final relay swimmers by 8:15am on Friday and by 6:30pm on Friday and Saturday evening for Saturday and Sunday's relays, respectively. If a relay card is not turned in, the relay will be scratched. The order of swimmers on the relay team will be strictly enforced in accordance with 102.3.7 of the 2018 USA-S Rules and Regulations.

Relay-only swimmers are not permitted. All relay swimmers must be entered in at least one individual event to be eligible to swim on any relay.

Entry Deadlines: There are two entry deadlines for this meet. The first deadline is **Tuesday, February 12, 2019**. The first deadline is for athletes who have achieved a qualifying time prior to this date. The deadline is required to verify swimmers and times in the SWIMS database and correct any errors.

Final entry deadline is **Monday, February 18, 2019 by 12 noon** and is dependent on the availability of potential qualifying meets one week prior to the deadline. Only swimmers who have achieved a qualifying time after the first entry deadline may enter using the second entry deadline. Teams may use the second entry deadline to update swimmer times if necessary.

Entry Procedures: All teams with five or more swimmers must submit entries using Hy-Tek Team Manager or its equivalent to the Entries Chair. Email is the preferred method of delivery; if you need to submit entries in another format, please contact the entries chair to make other arrangements.

Please rename the entry file to clearly identify the meet sanction number, your club code and the file (such as STA-19-05AAAA_Entries.zip). Include a Meet Entry report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer. Rename the Meet Entry Report using the meet sanction number, your club code, and the report name (such as STA-19-05AAAA_EntriesByAthlete.pdf). No paper, phone, or fax entries will be accepted. If you don't receive an email confirmation, your entries were not received.

Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) or with inaccurate or missing USA Swimming IDs will not be entered into the meet and any entry fees will not be refunded. Athletes will not be entered into the Meet Manager if the Meet Entry Report is not received. Athletes will

not be permitted to compete in the meet until satisfactory fee payment arrangements have been made with the Meet Entries Chair.

Teams with fewer than five swimmers or any entry under the U.S. Paralympic Swimming Can-Am qualifying times may send an email with the Entries Chair with the team abbreviation, the swimmer's full name (as registered with USA Swimming), the swimmer's USA Swimming ID number, and swimmer's events by number, description, and entry time.

When submitting files to the Entries chair, please include the name, email address and phone number of the person submitting the entries. Entries must be sent to Karen Kliewer at karenskhorus@aol.com. If you do not receive an email confirmation within 24 hours, your entries were not received.

Entry Fees: $11.00 per individual event and $20.00 per relay event – includes the STSI $1.25 per event splash fee

Checks made payable to Palo Alto College. Please mail entries and fees to:
Aquatic Center at Palo Alto College
1400 West Villaret Blvd.
San Antonio, TX 78224

Entries Fees must be received by February 20, 2019. If payment is not received on time, the affected swimmers will be scratched from the meet. Please include the meet entry fee report with your check. Once the entry fees are accepted, they will not be refunded for any reason, even if a swimmer should fail to compete.

Deck (late) Entries: Deck entries will be accepted at $20.00 per individual event and $40.00 per relay event which includes the $1.25 per event STSI splash fee. Swimmers may deck enter for the current session beginning at the start of warm-ups. Deck entries will close **45 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 ID card or proof of membership using the USA Swimming Deck Pass app (or a coach may present the club's official, watermarked roster from the USA Swimming club portal) to the Clerk of Course to deck enter. *No exceptions.* In addition, the swimmer must present proof-of-time before a deck entry will be accepted.

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. *ALL* qualifiers have 30 minutes in which to scratch if they do not desire to compete in the finals. As top qualifiers scratch, other swimmers become eligible for finals. **So if a swimmer does NOT want to swim in finals, they must scratch their name on the list with the Administrative Official no matter how far down the list their name appears.** The athletes swimming in finals will be posted as soon as possible after the 30-minute scratch period.

Scratches may be accomplished by a coach, swimmer, or parent, but they must use the STSI Scratch from Finals form and it must be signed by the swimmer's coach. No verbal scratches or scratches made without the official Scratch form and the signature of the swimmer's coach will be accepted.

Swimmers who qualify for finals and elect NOT to compete in finals must scratch or declare INTENT to scratch with the Administrative Official within 30 minutes of the announcement. Swimmers who declare an intent to scratch will 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 swimmer *will compete* in the finals event.

Swimmers who fail to compete in a positive check-in event after positive check-in will be disqualified from their next individual prelims event. For a no show in a finals event (any swimmer who qualifies for a final and does not scratch and then fails to compete in the finals heat), the penalty is $50 per event and disqualification from the swimmer's next individual prelims event. When the no-show is on Sunday or if the athlete has no remaining individual events, the fine is $100 per event. Illness and injury may be excused by the Meet Referee and this policy does not apply to alternates.

A swimmer who fails to compete in a finals event on Sunday will also be barred from competition in subsequent South Texas Swimming sanctioned meets until any such fines are paid to South Texas Swimming.

Cell phone Restrictions: The presence 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, restrooms, or changing areas is strictly and specifically prohibited at all times. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

Swimmer Photographs and Videos: There may be one or more photographers and/or videographers on deck at this meet. In the event such personnel 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 are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.

Drones: Per USA Swimming Rule 103.13, the operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Programs & Events Committee Chair or designee.

Deck Changing: Deck changes are prohibited.

Special Needs: Please notify Shanea Allen via phone at 210-486-3803 or via email sallen83@alamo.edu in advance of this event with the name and age of any member on your team who needs assistance to enter the facility. The host 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. Adaptive swimmers who would like their events to be seeded in the lane next to the starter should notify the entry chair by the second entry deadline.

Awards: Awards will be given by gender in the following age groups: 10 & Under, 11-12, 13-14, and 15-18

*Note: The 400 IM will be awarded as follows: 12-14 and 15-18

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 third place	Banners

Note: Banners will be provided **upon request by the club** (please email the meet director if you would like your banner and it will be shipped to your club).

There will be no awards presentation. Clubs must pick-up awards during the meet from the awards desk area. Awards will not be mailed.

Scoring:

A Finals Place ⇒	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**
Ind. event points	20	17	16	15	14	13	12	11
B Finals Place ⇒	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**
Ind. event points	9	7	6	5	4	3	2	1

All individual events have A & B finals, with the following exceptions. The 10 & Under 500 Free and the 1650 Free are timed finals only.

Relay Place ⇒	1	2	3	4	5	6	7	8
Relay points	40	34	32	30	28	26	24	22
Relay Place ⇒	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**
Relay points	18	14	12	10	8	6	4	2

All relay events will swim in the prelims sessions only and will be conducted as timed finals. Only two relay teams per event per club will score.

Meet Management:

Entries Chair/Admin Official: Karen Kliewer 210-842-7997 karenskhorus@aol.com
Meet Director: Shanea Allen 210-486-3803 sallen83@alamo.edu
Meet Referee: John Rightmyer 210-857-4950 john.rightmyer@gmail.com

Officials: All currently certified and in training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming and their local LSC for 2019 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. An application to officiate will be posted on the South Texas Swimming site. You may email the Meet Referee with any questions. The uniform will be white polo shirts over khaki pants, skirts, or shorts for prelims and navy blue shirts/blouses over khaki pants or skirts for finals. Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials' briefing to receive your assignments. The wearing of name tags is strongly encouraged.

Officials Certification: This meet will be a National Qualifying Meet for Officials. Officials who are interested in being evaluated need to submit a completed application to the Meet Referee by February 19, 2019. Applications for evaluation can be obtained from the Officials page on the South Texas Swimming website. The USA Swimming evaluator will be (TBD). Officials may apply to be evaluated for the following positions: TBD.

Daily Schedule:

Preliminaries:		**Finals* (Friday and Saturday):**	
Doors Open	6:30AM	Warm-ups begin	4:00 PM
Warm-ups begin	7:00 PM	Clear competition pool	4:45 PM
Clear competition pool	8:50 AM	National Anthem	4:57 PM
Coaches' meeting (Fri. only)	8:50 AM	Sessions begin	5:00 PM
Sessions begin	9:00 AM	***Finals on Sunday only will start one hour earlier**	

Check in times for distance events (400 IM, 500 Free, and 1650 Free) is by **8:15 AM** on the morning of the event. If additional coach meetings are required, the meet host and meet referee will announce the meeting times.

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 in the alternate's area, properly attired, and ready to swim when 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 and 1650 freestyle and 400 individual medley events must provide their own back-up timers. Swimmers competing in the 500 and 1650 freestyle events also must provide their own lap counters.

Warm-up Procedures: The South Texas Swimming Safety Guidelines and Warm-up Procedures on page 10 will be in effect at this meet. The South Pool will be available for warm-ups throughout the meet. The Diving well will be closed for the entire meet. Warm-up times and lane assignments for each team will be posted on the STSI website along with the psych sheet by February 22, 2019.

Warm-ups MUST be under the direct supervision of a coach at all times.

2019 STSI Short Course STAGS Championships
Order of Events

Women's Event #	Friday February 22, 2019	Men's Event#
1	12 & Under 50 Back	2
3	11-18 200 Fly	4
5	18 & Under 100 Breast	6
7	18 & Under 200 Free	8
9	13-18 200 Free Relay	10
11	12 & Under 400 Free Relay	12
10 minute break		
13	12-18 400 IM*	14

- There will be a 10-minute break after the relay events.
- Swimmers in the 400 IM must provide their own backup timers
- All relay events are timed final events and will swim in prelims
- Check-in time for the distance events (1650 Free, 400 IM, and 500 Free) is by **8:15 AM** the morning of the event.
- The qualifying time standard for the 12-14 400 IM is the 13-14 time standard for each gender

Women's Event #	Saturday February 23, 2018	Men's Event #	Women's Event #	Sunday February 24, 2018	Men's Event #
15	18 & Under 100 Back	16	33	12 & Under 50 Breast	34
17	12 & Under 50 Fly	18	35	11-18 200 Back	36
19	11-18 200 Breast	20	37	18 & Under 100 Fly	38
21	18 & Under 100 Free	22	39	18 & Under 200 IM	40
23	12 & Under 100 IM	24	41	18 & Under 50 Free	42
25	13-18 400 Free Relay	26	43	13-18 400 Medley Relay	44
27	12 & Under 200 Free Relay	28	45	12 & Under 200 Medley Relay	46
10 minute break			**10 minute break**		
29	11-18 500 Free	30	47	11-18 1650 Free**	48
31	10 & Under 500 Free**	32			

- There will be a 10-minute break after the relay events.
- Check-in time for the distance events (1650 Free, 400 IM, and 500 Free) is by **8:15 AM** the morning of the event.
- Swimmers must provide their own back up timers for the 1650 Free, 400 IM, and 500 Free events, and provide their own lap counters for the 500 and 1650 Free events.
- All relay events are timed final events only and will swim in prelims.

The 10 & Under 500 Free (events 31 & 32) and the 1650 Free (events 47 & 48) will be contested as timed finals. These events require positive check-in by **8:15 AM on the day of the event and will be deck seeded after positive check-in. For the 10 & Under 500 Free and the 1650 Free, the fastest heat of swimmers electing to do so when checking in will swim in finals and all other swimmers will swim in prelims.

South Texas Swimming STAGS Championship Qualifying Times
Revised

	Yards	Long Course Meters	Short Course Meters
10 & Under GIRLS	**Equal to or faster than STAGS Qualifying Time**	**Equal to or faster than STAGS Qualifying Time**	**Equal to or faster than STAGS Qualifying Time**
50 Free	31.39	35.69	34.89
100 Free	1:09.99	1:17.89	1:15.49
200 Free	2:34.59	2:49.49	2:43.89
500/400 Free	6:44.89	6:05.39	5:53.39
50 Back	36.69	43.69	43.09
100 Back	1:19.29	1:32.69	1:27.69
50 Breast	41.79	47.49	46.19
100 Breast	1:31.89	1:46.29	1:41.49
50 Fly	36.19	40.49	39.79
100 Fly	1:24.09	1:35.99	1:32.99
100 IM	1:20.79	N/A	1:29.19
200 IM	2:52.69	3:17.09	3:10.79

	Yards	Long Course Meters	Short Course Meters
10 & Under BOYS	**Equal to or faster than STAGS Qualifying Time**	**Equal to or faster than STAGS Qualifying Time**	**Equal to or faster than STAGS Qualifying Time**
50 Free	30.99	35.49	34.19
100 Free	1:09.69	1:19.89	1:16.99
200 Free	2:29.39	2:50.79	2:44.99
500/400 Free	6:37.39	5:59.59	5:47.79
50 Back	37.09	42.99	40.99
100 Back	1:19.19	1:31.49	1:27.49
50 Breast	40.99	46.99	45.29
100 Breast	1:30.19	1:44.19	1:39.59
50 Fly	35.39	40.19	39.09
100 Fly	1:23.49	1:34.99	1:32.29
100 IM	1:19.49	N/A	1:27.89
200 IM	2:50.99	3:15.39	3:08.89

	Yards	Long Course Meters	Short Course Meters
11-12 GIRLS	**Equal to or faster than STAGS Qualifying Time**	**Equal to or faster than STAGS Qualifying Time**	**Equal to or faster than STAGS Qualifying Time**
50 Free	27.79	31.19	30.29
100 Free	1:00.19	1:08.19	1:05.79
200 Free	2:12.39	2:28.29	2:22.69
500/400 Free	5:56.99	5:19.79	5:07.79
1650/1500 Free	21:20.59	22:04.99	21:13.09
50 Back	32.39	37.49	36.29
100 Back	1:09.49	1:19.49	1:17.69
200 Back	2:30.19	2:51.59	2:47.29
50 Breast	36.89	41.99	40.79
100 Breast	1:19.79	1:33.79	1:28.89
200 Breast	2:54.09	3:19.49	3:12.39
50 Fly	30.59	34.09	33.39
100 Fly	1:09.09	1:18.89	1:16.79
200 Fly	2:34.99	2:55.59	2:50.69
100 IM	1:10.39	N/A	1:19.89
200 IM	2:30.69	2:53.99	2:48.39
400 IM (12 only)	5:07.89	5:49.19	5:37.19

	Yards	Long Course Meters	Short Course Meters
11-12 BOYS	**Equal to or faster than STAGS Qualifying Time**	**Equal to or faster than STAGS Qualifying Time**	**Equal to or faster than STAGS Qualifying Time**
50 Free	27.69	31.59	30.79
100 Free	1:00.99	1:08.79	1:06.39
200 Free	2:13.39	2:32.49	2:27.49
500/400 Free	5:57.69	5:21.89	5:12.99
1650/1500 Free	20:52.99	21:37.39	20:45.69
50 Back	32.29	37.49	35.69
100 Back	1:09.29	1:21.49	1:16.59
200 Back	2:27.99	2:52.19	2:43.49
50 Breast	36.19	41.59	39.99
100 Breast	1:18.39	1:30.39	1:26.59
200 Breast	2:47.09	3:12.59	3:04.59
50 Fly	30.89	34.49	33.79
100 Fly	1:09.59	1:18.59	1:16.89
200 Fly	2:31.39	2:53.19	2:47.29
100 IM	1:09.09	N/A	1:16.39
200 IM	2:30.89	2:53.89	2:46.69
400 IM (12 only)	4:51.99	5:36.59	5:23.79

*The 12 year old time standard for the 400 IM for championship meets is the 13-14 time standard.

	Yards	Long Course Meters	Short Course Meters
13-14 GIRLS	**Equal to or faster than STAGS Qualifying Time**	**Equal to or faster than STAGS Qualifying Time**	**Equal to or faster than STAGS Qualifying Time**
50 Free	26.39	30.19	29.39
100 Free	57.09	1:05.09	1:02.69
200 Free	2:05.59	2:22.59	2:16.99
500/400 Free	5:38.39	5:04.29	4:52.29
1650/1500 Free	20:03.00	20.39.79	19:55.99
100 Back	1:04.69	1:15.39	1:13.59
200 Back	2:21.49	2:40.89	2:36.69
100 Breast	1:14.99	1:27.79	1:24.79
200 Breast	2:43.79	3:09.19	3:01.89
100 Fly	1:04.19	1:12.69	1:10.59
200 Fly	2:25.79	2:45.69	2:41.09
200 IM	2:22.99	2:44.59	2:38.99
400 IM	5:07.89	5:49.19	5:37.19

	Yards	Long Course Meters	Short Course Meters
13-14 BOYS	**Equal to or faster than STAGS Qualifying Time**	**Equal to or faster than STAGS Qualifying Time**	**Equal to or faster than STAGS Qualifying Time**
50 Free	24.69	28.19	27.39
100 Free	53.29	1:00.39	57.99
200 Free	1:57.59	2:13.89	2:08.29
500/400 Free	5:21.79	4:47.39	4:35.39
1650/1500 Free	19:07.59	19:48.39	19:00.89
100 Back	1:01.19	1:12.29	1:08.19
200 Back	2:14.69	2:35.19	2:28.79
100 Breast	1:09.79	1:21.29	1:17.09
200 Breast	2:32.89	2:56.79	2:48.89
100 Fly	1:00.59	1:07.69	1:05.59
200 Fly	2:15.69	2:36.19	2:29.99
200 IM	2:14.79	2:33.39	2:27.79
400 IM	4:51.99	5:36.59	5:23.79

	Yards	Long Course Meters	Short Course Meters
15-18 GIRLS	**Equal to or faster than STAGS Qualifying Time**	**Equal to or faster than STAGS Qualifying Time**	**Equal to or faster than STAGS Qualifying Time**
50 Free	25.99	29.99	29.19
100 Free	56.09	1:04.69	1:02.29
200 Free	2:03.89	2:21.59	2:15.99
500/400 Free	5:25.79	4:59.29	4:47.29
1650/1500 Free	19.47.29	20:20.49	19:40.39
100 Back	1:04.19	1:15.39	1:11.49
200 Back	2:20.69	2:42.09	2:35.49
100 Breast	1:14.49	1:25.39	1:22.39
200 Breast	2:41.29	3:05.39	2:58.19
100 Fly	1:03.69	1:12.69	1:10.59
200 Fly	2:22.89	2:41.39	2:37.99
200 IM	2:22.09	2:44.29	2:38.69
400 IM	5:06.49	5:49.69	5:38.69

	Yards	Long Course Meters	Short Course Meters
15-18 BOYS	**Equal to or faster than STAGS Qualifying Time**	**Equal to or faster than STAGS Qualifying Time**	**Equal to or faster than STAGS Qualifying Time**
50 Free	23.39	27.29	26.49
100 Free	50.59	58.69	56.29
200 Free	1:52.49	2:10.19	2:04.59
500/400 Free	5:07.49	4:39.59	4:27.59
1650/1500 Free	18:30.39	18:59.09	18:23.89
100 Back	58.19	1:08.89	1:04.79
200 Back	2:08.49	2:28.89	2:21.99
100 Breast	1:05.69	1:16.99	1:13.49
200 Breast	2:24.09	2:48.39	2:39.79
100 Fly	56.39	1:05.59	1:03.49
200 Fly	2:09.79	2:27.99	2:23.09
200 IM	2:06.49	2:26.29	2:20.69
400 IM	4:42.09	5:20.59	5:11.69

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 shall occur from only the designated end of the pool, swimmers must exit on the opposite end of the pool, and 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 WARM UP
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 and from the designated end. Swimmers must exit the pool on the opposite end.
d. There will be no diving in the general warm-up lanes—circle swimming only.
e. 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 backstroker 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.