



2021 South Texas STX Long Course Championships Meet Information

Date posted: 4/20/2021



Meet: **2021 South Texas STX Long Course Championships**
Hosted by Alamo Area Aquatics Association (AAAA-NE)
Held under the sanction of USA Swimming

Dates: Friday through Sunday, July 23-25, 2021

**Sanction
Number:** ST-21-55

Venue: **North East ISD Aquatics Center**
Bill Walker Pool
12002 Jones-Maltsberger Road (at Starcrest and Bitters Road)
San Antonio, TX 78216
(210) 356-6925

Eligibility: This meet is open to all swimmers ages 18 & younger who are currently registered with South Texas Swimming, and who have achieved the 2021-2024 USA Swimming National Motivational B times and faster to slower than the 2021 STSI STAGS qualifying times (see pages 9-13) in long course meters, short course meters, or yards.

Facility: Walker Pool:

- One ten lane 50 meter racing course with outside lane buffers
- 2.29 meters (7.5 ft) wide lanes
- Course has been professionally certified and copies are on file with USA Swimming
- Water depth:
 - Start end 5.1 ft.
 - Turn end 8.4 ft.
- All Daktronics starting and timing with full digital and video boards
- Four (4) lanes x 25 yards pool
- Ten (10) lanes x 25 meter pool (Josh Davis Natatorium) adjacent to turn end of Walker Pool
- Off-deck indoor stadium seating for 750 spectators
- Outdoor bleacher seating for 250 spectators
- Concessions in Davis lobby
- Swim Shop in upstairs lobby of Walker Pool
- Dressing and locker rooms available in both facilities
- No tobacco, vape products or alcohol allowed on NEISD properties

The competition course has been certified in accordance with 103.3 and 103.4. The copy of such certification is on file with USA Swimming. The minimum water depth, measured in accordance with Article 103.2.3, is 5 feet 1 inches at the start end and the turn end is 8 feet 4 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls.

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

COVID-19:

- An inherent risk of exposure to COVID-19 exists in any public place where people are present.
 - COVID-19 is an extremely contagious disease that can lead to severe illness and death.
 - According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease.
- Therefore, if athletes choose to participate in a USA Swimming sanctioned event, they may be exposing themselves to and/or increasing your risk of contracting or spreading COVID-19.
 - By attending or participating in this competition, athletes voluntarily assume all risks associated with exposure to COVID-19 and forever hold harmless USA Swimming, South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the North East Independent School District, and all meet officials from any liability or claims including for personal injuries, death, disease or property loss; including, but not limited to claims of negligence and give up any claims they may have to seek damages; whether known or unknown, foreseen or unforeseen, in connection with exposure, infection, and/or spread of COVID-19 related to participation in this competition.**
 - Please refer to page 14 for COVID-19 facility specific protocols and procedures

Sanction: Held under the sanction of USA Swimming. This meet has been sanctioned by South Texas Swimming and current USA Swimming rules, including Minor Athlete Abuse Prevention Policy (“MAAPP”) and any relevant sections of the South Texas Policies & Procedures Manual will govern this meet. All swimmers must be registered as athletes for 2021 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 2021 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.

General Meeting: The General Meeting will be held in the Piper-Bass Student Center located next to the Bill Walker Pool. The meeting will begin at 8:00am on Friday, July 23, 2021.

Format: All events will be conducted as timed finals in 10 lanes. Events will be seeded by age, time, and gender according to the Order of Events, except as noted. Age groups of identical events may be combined at the discretion of the Meet Referee. All events will swim slowest to fastest, except as noted.

The 1500 Free, 400 IM, and 400 Free events will swim age combined, alternating female and male heats, and fastest to slowest. These events will be seeded on deck after positive check-in closes. Check-in for the Friday events (1500 Free, 12-18 400 IM, and 18 & U 400 Free) **is required by 8:30 am**. Swimmers must provide their own backup timers for the 1500 Free, 400 Free, and 400 IM events. Swimmers must provide their own lap counters for the 1500 Free events.

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

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently (2021) 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 prove their USA Swimming membership 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. All unaccompanied swimmers will be temporarily assigned to a registered USA Swimming coach for warm up, warm down, and competition purposes in order to comply with USA Swimming Rule 202.5.3. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make sure arrangements prior to the start of the meet.

Qualifying

Times: The qualifying time standards for all individual events are the 2021-2024 USA Swimming National Motivational B times and faster to slower than the STSI STAGS qualifying times (see pages 9-13) in long course meters, short course meters, or yards. The qualifying time standard for the 15-18 standard for each gender. Swimmers may **not** enter any event in which they have achieved the STSI STAGS qualifying time standard or faster **in any course – yards, long course meters, or short course meters**. In addition, they cannot swim that stroke and distance on any relay team. Qualifying times must be achieved prior to the entry deadlines. There are no qualifying times for relay events.

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

Proof of Time: Proof of time must be submitted with the entries. All entry times must be verifiable using the USA-S SWIMS database. (Times in the SWIMS database earned at unsanctioned meets may not be used as proof of time.) 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 July 23, 2021.

Entry

Restrictions: An individual swimmer may enter a maximum of three (3) individual and one (1) relay event per day. Swimmers who have achieved the STSI STAGS qualifying time standard or faster in any course prior to the meet start date may not swim those individual events in the STSI STX Championship Meet. Neither may they swim that stroke and distance on any relay team.

Time Trials: **There will be no time trials offered.**

Relay

Entries: There are no qualifying times for relay events. Relay cards are due to the Meet Director or designee on the day of the event by 9:00 AM for Relays each day. 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. 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 2021 USA-S Rules and Regulations.

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.) but 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.

Swimmers who have achieved the STSI STAGS qualifying standard or faster in any course prior to the meet start date may not swim that stroke and distance on any relay team.

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 11 days prior to the start date of the meet, **Monday, July 12, 2021 by 12:00 Noon CST**. The first entry deadline is for athletes who have achieved qualifying times prior to this date. If possible, please enter relay teams at the first deadline. This deadline is required to verify swimmers and times in the SWIMS database and correct errors.

The final entry deadline is **Monday, July 19, 2021, by 12:00 Noon CST** and is dependent on the availability of potential qualifying meets one week in advance of the meet. *This will also be the final deadline for all relay entries.* 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.

After the first meet entry deadline, any swimmer who achieves the STSI STAGS qualifying time or faster in any course for a previously entered event must inform the Entries Chair by the second entry deadline or the meet start date so the athlete can be taken out of that event.

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 ST-21-55_code_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 ST-21-55_code_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 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 proof of 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 Bill Spurgeon, Entry Chair at wspurg@neisd.net. If you do not receive an email confirmation within 24 hours, your entries were not received.

Entry

Fees/payment: \$10.00 per individual event – includes the STSI splash fee of \$1.25 per event, \$20.00 per relay event, and \$10.00 per athlete facility charge.

Checks made payable to, and mailed to:

**AAAA-NEAT
Bill Walker Pool
c/o David Johnson
12002 Jones Maltsberger Rd
San Antonio, Texas 78216**

Entry fees must be received by July 24th, 2021.

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.

No paper, phone, or fax entries will be accepted.

If you do not receive an e-mail confirmation, your entries were not received.

Deck (late)

Deck entries will be accepted at \$20.00 per individual event - which includes the \$1.25 STSI splash fee, \$48.00 per relay event, and \$10.00 per athlete facility charge for athletes not already entered in the meet. 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. 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 event. Swimmers who fail to compete in the 400 IM, 400 Free, or 1500 Free events after positive check-in will be disqualified from their next individual event and must positively check in for the remainder of the meet with meet administration. If the swimmer has no additional events in the meet, or the missed event occurs on Sunday, the swimmer will be fined \$100. Illness and injury may be excused by the Meet Referee. Fines must be paid to the hosting team.

Cell phone

Restrictions: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 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:

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 the Facility Program and Safety Supervisor 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:

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

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

Only two relay teams per event per club will score.

Meet Management

David L. Johnson,
NEISD Director of Aquatics
djohns1@neisd.net

Lauren Nutt,
Admin. Assistant to the
Director of Aquatics
lnutt@neisd.net
(210) 356-6925

Doug Gjertsen,
Head Coach AAAA-NE /
Assistant to the Director of
Aquatics
dgjert@neisd.net
(210) 356-6927

Rene Rodriguez,
NEISD Program & Safety Supervisor
drodri@neisd.net
(210) 356-6928

Bill Spurgeon,
Meet Director/Entry Chair
wspurg@neisd.net
(210) 356-6929

Rick Russell,
Meet Referee
rd.russ@yahoo.com
(210) 834-7409

Mindy Donofrio,
Administrative Official
Mindy311@sbcglobal.net
(210) 391-2024

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 2021 and have a current Background Check and Athlete Protection Course acknowledged by USA Swimming. Please email the Meet Referee with your certification level and availability so he can plan accordingly. The uniform will be white polo shirts over khaki pants, skirts, or shorts. Please report to the Meet Referee at least one hour prior to the scheduled start time of the session for the officials' briefing and to receive your assignments. The wearing of name tags is strongly encouraged.

**Daily
Schedule:**

Friday

General Meeting (Piper Bass Bldg.)	8:00AM
Warm-ups begin	8:30AM**
Clear competition pool	9:45AM
Sessions begin	10:00AM

Check-in time for the 1500 freestyle, 400 freestyle, and the 400 individual medley will close Friday at 8:30 AM.

**Subject to change depending on meet size. Any changes will be communicated to teams.

Saturday/ Sunday Session:

Facility Doors Opens	8:00 AM
Warm-ups begin	8:20 AM**
Push-Pace Lanes 0 & 9	
General Warm-up Lanes 4-6	
One Way Sprint Lanes 1-3,&7-8	9:30 AM
Clear competition pool	9:50 AM
Sessions begin	10:00 AM

Note: Depending on the number of entries for each session, facility management may create two warm-up sessions.

Timers:

Individuals that volunteer to be a timer during the meet will be given a complimentary t-shirt. (One per person). Swimmers competing in the 400 Free, 1500 Free, and 400 Individual Medley events must provide their own back-up timers. Swimmers competing in the 1500 freestyle events also must provide their own lap counters.

**Warm-up
Procedures:**

Warm-ups will be conducted in accordance with the current STSI Safety Guidelines and Warm-up Procedures attached to this meet announcement. Athletes must be directly supervised by a USA Swimming certified coach at all times.

South Pool will be available for warm-ups throughout the meet. The Diving well will be closed for the entire meet.

Psych sheets, warm-up times, lane assignments, and other meet information will be posted on aaaa-sa.org and the STSI website by July 22. Warm-ups MUST be under the direct supervision of a coach at all times.



South Texas Long Course STX Champs 2021 Order of Events



Women's Event #	Friday July 23, 2021 10:00AM	Men's Event#
1	18 & Under 400 Free *	2
3	12-18 400 IM * +	4
	15-20 Minute Break	
5	18 & Under 1500 Free	6

*Friday events require positive check-in by 8:30 AM and will be deck seeded. Swimmers must provide their own backup timers for the 1500 Freestyle, 400 Individual Medley, and 400 Freestyle events, and provide their own lap counters for the 1500 Freestyle event. Swimmers in the 1500 Free can request an 800 split time.

+ The qualifying time standard for the 12 year old 400 IM is 13-14 time standard for each gender.

Women's Event #	Saturday Session July 24, 2021 10:00 AM	Men's Event #	Women's Event #	Sunday Session July 25, 2021 10:00 AM	Men's Event #
7	18 & Under 50 Free	8	27	12 & Under 50 Fly	28
9	18 & Under 100 Fly	10	29	18 & Under 100 Free	30
11	11--18 200 Breaststroke	12	31	11-18 200 Fly	32
13	18 & Under 200 Free	14	33	18 & Under 100 Breaststroke	34
15	18 & Under 100 Backstroke	16	35	11-18 200 Backstroke	36
17	12 & Under 50 Breaststroke	18	37	18 & Under 200 IM	38
19	15-18 400 Free Relay	20	39	12 & Under 50 Backstroke	40
21	13-14 400 Free Relay	22	41	15-18 400 Medley Relay	42
23	11-12 200 Free Relay	24	43	13-14 400 Medley Relay	44
25	10 & Under 200 Free Relay	26	45	11-12 200 Medley Relay	46
			47	10 & Under 200 Medley Relay	48

Note: The time standard for 15-18 events is the 15-16 time standard for each gender.

NOTE: If entering with a non-conforming time (SCM or SCY), the swimmer must enter with the time achieved in the non-conforming course. Converted entry times will not be accepted.

STX Championship Qualifying Times

Revised 4/20/2021

Time standards current from USA Swimming website document dated 10/1/2020

	Short Course Yards		Long Course Meters		Short Course Meters	
10 and Under GIRLS	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time
50 Free	38.89	31.39	44.09	35.59	42.99	34.69
100 Free	1:29.59	1:09.99	1:41.99	1:20.29	1:38.99	1:17.89
200 Free	3:18.99	2:34.59	3:45.79	2:56.29	3:40.09	2:51.89
500/400 Free	8:25.39	6:44.29	7:36.79	6:05.39	7:22.89	5:54.29
50 Back	46.99	36.69	54.89	42.89	51.99	40.59
100 Back	1:41.99	1:19.29	1:59.19	1:32.69	1:52.69	1:27.69
50 Breast	53.19	41.69	1:00.49	47.49	58.89	46.19
100 Breast	1:58.09	1:31.89	2:14.79	1:44.89	2:10.49	1:41.49
50 Fly	47.39	36.19	53.39	40.79	52.39	39.99
100 Fly	1:53.99	1:24.09	2:09.99	1:35.99	2:05.99	1:32.99
100 IM	1:42.59	1:20.79			1:53.39	1:29.19
200 IM	3:38.49	2:52.69	4:09.39	3:17.09	4:01.49	3:10.79
	Short Course Yards		Long Course Meters		Short Course Meters	
10 and Under BOYS	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time
50 Free	38.09	30.99	43.59	35.49	41.99	34.19
100 Free	1:27.79	1:09.69	1:40.59	1:19.79	1:36.99	1:16.99
200 Free	3:06.69	2:29.39	3:33.49	2:50.79	3:26.29	2:44.99
500/400 Free	8:16.69	6:37.39	7:29.39	5:59.49	7:14.69	5:47.79
50 Back	47.49	36.99	55.29	42.99	52.69	40.99
100 Back	1:39.79	1:18.79	1:55.09	1:30.99	1:50.69	1:27.49
50 Breast	52.09	40.99	59.69	46.99	57.59	45.29
100 Breast	1:53.39	1:30.19	2:09.39	1:42.69	2:05.59	1:39.59
50 Fly	45.69	35.39	51.79	40.19	50.49	39.09
100 Fly	1:51.39	1:22.79	2:07.09	1:34.49	2:04.19	1:32.29
100 IM	1:38.79	1:18.99			1:49.79	1:27.89
200 IM	3:35.49	2:50.99	4:06.19	3:15.39	3:58.09	3:08.89

STX Championship Qualifying Times

Revised 4/20/2021

Time standards current from USA Swimming website document dated 10/1/2020

11-12 GIRLS	Short Course Yards		Long Course Meters		Short Course Meters	
	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time
50 Free	33.59	27.79	38.39	31.19	37.29	30.39
100 Free	1:13.59	1:00.19	1:24.09	1:08.19	1:21.29	1:06.59
200 Free	2:40.39	2:10.89	3:02.29	2:28.29	2:58.09	2:25.09
500/400 Free	7:08.79	5:56.99	6:23.89	5:19.79	6:15.49	5:13.39
800 Free			13:24.09	11:29.29		11:06.19
1650/1500 Free	24:53.99	21:20.59	25:45.79	22:04.99	24:45.29	21:13.09
50 Back	38.09	32.39	43.99	37.39	42.39	36.29
100 Back	1:24.79	1:09.59	1:38.69	1:19.49	1:34.19	1:18.29
200 Back	2:56.59	2:30.19	3:24.49	2:51.59	3:15.19	2:47.29
50 Breast	42.99	36.89	48.99	41.99	47.59	40.79
100 Breast	1:34.09	1:20.19	1:48.89	1:32.79	1:44.29	1:28.89
200 Breast	3:20.89	2:52.19	3:52.59	3:19.39	3:44.49	3:12.39
50 Fly	36.49	30.59	41.29	34.09	40.59	33.39
100 Fly	1:24.39	1:09.09	1:36.19	1:18.89	1:33.99	1:17.49
200 Fly	2:59.99	2:34.29	3:24.89	2:55.59	3:19.79	2:51.29
100 IM	1:24.09	1:10.39			1:33.19	1:19.89
200 IM	3:00.19	2:30.89	3:26.09	2:53.99	3:19.69	2:50.79
400 IM - 12 only	6:05.79	5:02.99	6:57.39	5:49.19	6:44.19	5:42.79
* The 12-year-old time standard for the 400 IM for championship meets is the 13-14 time standard.						

STX Championship Qualifying Times

Revised 4/20/2021

Time standards current from USA Swimming website document dated 10/1/2020

11-12 BOYS	Short Course Yards		Long Course Meters		Short Course Meters	
	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time
50 Free	32.59	27.69	37.29	31.19	35.99	30.39
100 Free	1:10.99	1:00.89	1:21.29	1:08.79	1:18.49	1:07.19
200 Free	2:34.59	2:12.49	2:57.49	2:32.19	2:52.09	2:27.49
500/400 Free	6:57.29	5:57.69	6:15.49	5:21.89	6:05.19	5:12.99
800 Free			13:11.69	11:18.59		10:54.59
1650/1500 Free	24:21.89	20:52.99	25:13.59	21:37.39	24:13.39	20:45.69
50 Back	37.89	32.09	43.69	36.99	42.19	35.69
100 Back	1:22.19	1:09.19	1:35.49	1:20.49	1:30.89	1:16.59
200 Back	2:51.99	2:27.39	3:19.49	2:50.99	3:10.79	2:43.49
50 Breast	42.89	36.09	48.99	41.29	47.39	39.99
100 Breast	1:31.39	1:17.49	1:46.59	1:30.29	1:42.29	1:26.59
200 Breast	3:14.09	2:46.39	3:44.69	3:12.59	3:35.39	3:04.59
50 Fly	37.09	30.89	41.89	34.49	40.99	33.79
100 Fly	1:22.89	1:09.29	1:33.99	1:18.59	1:32.09	1:16.89
200 Fly	2:53.19	2:28.39	3:20.49	2:51.89	3:15.19	2:47.29
100 IM	1:20.89	1:09.09			1:29.39	1:16.39
200 IM	2:57.29	2:30.69	3:23.79	2:53.19	3:16.19	2:46.69
400 IM - 12 only	5:41.79	4:51.99	6:32.69	5:36.59	6:17.69	5:23.79
* The 12-year-old time standard for the 400 IM for championship meets is the 13-14 time standard.						

STX Championship Qualifying Times

Revised 4/20/2021

Time standards current from USA Swimming website document dated 10/1/2020

	Short Course Yards		Long Course Meters		Short Course Meters	
13-14 GIRLS	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time
50 Free	32.59	26.09	37.09	29.79	36.09	29.09
100 Free	1:10.59	56.79	1:20.49	1:04.79	1:18.29	1:03.19
200 Free	2:32.09	2:03.69	2:54.29	2:20.69	2:49.29	2:17.49
500/400 Free	6:47.79	5:35.09	6:06.79	5:02.49	5:58.29	4:56.09
800 Free			12:35.99	10:47.99		10:31.59
1650/1500 Free	23:23.49	20:02.99	24:06.39	20:39.79	23:15.29	19:55.99
100 Back	1:16.69	1:03.49	1:29.99	1:15.19	1:25.29	1:13.99
200 Back	2:46.79	2:18.79	3:12.39	2:39.79	3:04.89	2:37.39
100 Breast	1:27.79	1:14.29	1:42.09	1:26.59	1:37.99	1:23.99
200 Breast	3:10.89	2:41.19	3:39.69	3:08.29	3:32.19	3:01.89
100 Fly	1:16.39	1:03.29	1:26.59	1:12.59	1:24.99	1:11.19
200 Fly	2:48.99	2:25.79	3:12.99	2:45.49	3:07.89	2:41.09
200 IM	2:49.79	2:21.99	3:15.79	2:42.09	3:09.49	2:38.89
400 IM	6:03.59	5:02.99	6:55.49	5:49.19	6:44.19	5:42.79
	Short Course Yards		Long Course Meters		Short Course Meters	
13-14 BOYS	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time
50 Free	29.89	24.29	34.39	28.19	33.19	27.39
100 Free	1:05.59	52.89	1:15.29	1:00.39	1:12.49	58.79
200 Free	2:22.99	1:57.79	2:44.09	2:13.89	2:37.99	2:10.69
500/400 Free	6:26.59	5:21.79	5:49.09	4:47.39	5:38.29	4:40.99
800 Free			12:05.89	10:22.19		10:00.99
1650/1500 Free	22:18.89	19:07.59	23:06.49	19:48.39	22:11.09	19:00.89
100 Back	1:11.49	1:01.19	1:23.89	1:11.89	1:19.59	1:08.19
200 Back	2:36.29	2:13.999	3:02.09	2:35.19	2:53.59	2:28.79
100 Breast	1:21.29	1:09.69	1:34.89	1:21.29	1:29.89	1:17.09
200 Breast	2:56.59	2:31.39	3:25.49	2:56.09	3:17.09	2:48.89
100 Fly	1:11.19	59.79	1:21.29	1:07.69	1:18.89	1:06.29
200 Fly	2:38.19	2:15.59	3:00.89	2:35.09	2:54.99	2:29.99
200 IM	2:39.99	2:13.29	3:04.59	2:33.39	2:56.79	2:30.19
400 IM	5:41.49	4:51.99	6:32.69	5:36.59	6:17.69	5:23.79

STX Championship Qualifying Times

Revised 4/20/2021

Time standards current from USA Swimming website document dated 10/1/2020

	Short Course Yards		Long Course Meters		Short Course Meters	
15-18 GIRLS	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time
50 Free	31.79	25.69	36.39	29.69	35.39	28.89
100 Free	1:08.89	55.69	1:19.19	1:04.29	1:16.89	1:02.69
200 Free	2:29.39	2:01.69	2:50.49	2:20.49	2:45.59	2:17.29
500/400 Free	6:40.59	5:25.79	5:58.49	4:59.29	5:50.69	4:52.89
800 Free			12:21.29	10:35.39		10:22.09
1650/1500 Free	23:05.19	19:47.29	23:43.89	20:20.49	22:57.09	19:40.39
100 Back	1:14.69	1:02.09	1:27.29	1:14.89	1:23.39	1:14.19
200 Back	2:42.99	2:19.69	3:08.39	2:41.49	3:01.39	2:35.49
100 Breast	1:25.89	1:12.99	1:39.49	1:25.29	1:36.09	1:22.39
200 Breast	3:05.99	2:37.49	3:35.89	3:05.09	3:27.89	2:58.19
100 Fly	1:14.69	1:01.69	1:25.39	1:12.69	1:23.29	1:11.09
200 Fly	2:45.29	2:22.89	3:07.29	2:40.59	3:04.29	2:37.99
200 IM	2:46.79	2:20.09	3:11.89	2:43.59	3:05.79	2:38.29
400 IM	5:55.89	5:04.99	6:47.89	5:49.69	6:35.09	5:38.69
	Short Course Yards		Long Course Meters		Short Course Meters	
15-18 BOYS	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time	Equal to or Faster than USA Swimming B Time	Slower than STAGS Qualifying Time
50 Free	28.39	23.19	32.59	26.89	31.89	26.09
100 Free	1:02.39	49.99	1:11.99	58.49	1:09.49	56.89
200 Free	2:16.49	1:50.89	2:37.39	2:08.29	2:31.79	2:05.09
500/400 Free	6:10.59	5:02.79	5:33.69	4:39.59	5:26.09	4:33.19
800 Free			11:40.09	10:00.09		9:39.89
1650/1500 Free	21:35.39	18:30.39	22:08.99	18:59.09	21:27.89	18:23.89
100 Back	1:08.09	57.09	1:20.19	1:08.69	1:15.59	1:04.79
200 Back	2:27.99	2:06.89	2:53.79	2:28.89	2:45.59	2:21.99
100 Breast	1:16.49	1:04.49	1:29.89	1:16.99	1:25.79	1:13.49
200 Breast	2:48.19	2:24.09	3:15.39	2:47.49	3:06.39	2:39.79
100 Fly	1:07.49	55.49	1:17.39	1:03.99	1:15.49	1:02.59
200 Fly	2:31.29	2:09.69	2:52.29	2:27.69	2:47.29	2:23.39
200 IM	2:31.69	2:05.19	2:56.59	2:26.29	2:48.79	2:23.09
400 IM	5:26.99	4:40.29	6:14.09	5:20.59	6:03.59	5:11.69

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 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.

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
10 Lanes	0 and 9	1 through 3 & 7 through 8	4 through 6
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 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.

2021 NEISD Davis Natatorium and Bill Walker Pool Swim Facilities Safety Protocol and Procedures**Age Group Swimmers and Spectators at USA-Sanctioned Swim Meets**

- Self-screen for symptoms at home before arriving at Aquatic facilities-see below
- Maintain six feet social distancing (SD) at all times in the water and on deck
- Enter Davis facility front door as marked sign in at facility entrance desk
- Enter Davis deck area through “Entrance Doors” signs will be posted (SD)
- Exit Davis deck area through marked “Exit” doors and exit facility through marked “Exit” doors.
- Go directly to assigned team area / warm-up lanes with coach guidance following guidelines
- Exit Walker through North doors marked “Exit”
- No gatherings or groups congregating together will be allowed
- Showers available (SD), lockers not available, restroom toilets will be accessible
- Bring your own “filled” water bottle; water fountains are not accessible
- No cell phones allowed in facility
- Follow all safety protocol procedures posted at facility
- No “high fives” or handshakes during practices/meets
- No spectators during practices
- Spectators limited to 250 in Walker Pool upstairs bleacher area
- Families may sit together
- Sit in every other row to allow for social distancing
- Masks must be worn at all times
- Those not following NEISD facility protocols will be asked to leave the facility

Covid-19 Screening Symptoms:

- Cough
- Shortness of Breath
- Chills
- Repeated shaking with chills
- Muscle Pain
- Headache
- Sore Throat
- Loss of taste or smell
- Diarrhea
- Fever of 100 degrees or greater
- Known close contact with a person who is lab confirmed to have Covid-19

