



2021 South Texas Age Group (STAGS) Championship Meet Information



Posted 4/20/2021

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

Dates: Thursday through Sunday, July 15 – 18, 2021

**Sanction
Number:** ST-21-54

Venue: Bill Walker Pool
12002 Jones Maltsberger Rd (at Starcrest and Bitters Road)
San Antonio, Texas 78216

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 STSI STAGS Qualifying Time Standards or faster in long course meters, short course meters, or yards (see pages 9 - 10).

Athletes with disabilities may enter any event for which they have achieved the [LSC Para Motivational Time Standards](#) as published by the U.S. Paralympic Swimming qualifying time.

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 12 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 the 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 2:30 pm on Thursday, July 15, 2021.

Format: Championship Format: preliminaries and finals. 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 8, 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, in 10 lanes. 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, in 8 lanes. Finals heats will swim in oldest to youngest age group order (15-18, 13-14, 11-12, 10 & under).

The 800 Free, 1500 Free, 400 IM, and 400 Free events will be seeded on deck after positive check-in and will swim fastest to slowest. Check-in for the Thursday afternoon events (800 Free, 1500 Free, 12-14 400 IM, and 10&U 400 Free) **is required by 2:30 pm at the General Meeting. Check in for Friday, Saturday, and Sunday distance events will be at 9:00 am the morning of the event.** The 800 Free, 1500 Free, and 10 & Under 400 Free events will be contested as timed finals only, age combined, and will swim fastest to slowest. For the 11-12 and 13-18 400 Free and 15-18 400 IM, there will be an A Final heat ONLY. Swimmers must provide their own backup timers for the 800 Free, 1500 Free, 400 Free, and 400 IM events. Swimmers must provide their own lap counters for the 800 and 1500 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 (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, 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 STSI STAGS Qualifying Times or faster in long course meters, short course meters, or yards (see pages 9 and 10). Qualifying times must be achieved prior to the meet start date. There are no qualifying times for relay events. South Texas Swimming athletes with disabilities may enter any event for which they have achieved the [LSC Para Motivational Time Standards](#) as published by the USA Swimming National Disability Committee.

If entering with a non-conforming time (SCY 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: long course meters, short course meters, and 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 15, 2021.

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 Friday and Saturday at the discretion of the meet management (time permitting). Time trials will start no later than 30 minutes after the conclusion of the last preliminary 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 STAGS 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 \$24.00 – includes the STSI \$1.25 per event splash fee & \$10.00 per athlete facility charge for athletes not already entered into the meet.

Relay

Entries: Relay entries are due no later than **Monday, July 12, 2021** 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 Administrative Official/Referee or designee:

Friday Relay Events	Cards due in on Friday @ 8:00 am
Saturday Relay Events	Cards due in on Friday @ 4:30 pm
Sunday Relay Events	Cards due in on Saturday @ 4:30 pm

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-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:**

Entry deadline is **Monday, July 12, 2021 by 12 noon**

**Entry
Procedures:**

All teams will submit their entries via USA Swimming's OME (Online Meet Entry).

Any team submitting entries under the LSC Para Motivational Time Standards qualifying times may send an email to the entry 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. Proof of time must be submitted with the entries.

When submitting entries, please register coaches for deck passes.

Questions can be sent to:

Bill Spurgeon (Entry Chairman)
wspurg@neisd.net

If you do not receive an email confirmation, please contact the entry chairman.

Entry Fees: \$12.00 per individual event (includes the STSI \$1.25 per event splash fee), \$24.00 per relay event, & \$10.00 per athlete facility charge.

Checks made payable to **AAAA-NEAT**.

Please mail entries and fees to

**Alamo Area Aquatic Assoc – NEAT
Bill Walker Pool
c/o David Johnson
12002 Jones Maltzberger Road
San Antonio, Texas 78216**

Entries Fees must be received by July 15, 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.

**Deck (late)
Entries:**

Deck entries will be accepted at \$24.00 per individual event (which includes the \$1.25 per event STSI splash fee), \$48.00 per relay event, & the \$10.00 per athlete facility charge for athletes not already entered in the meet. Meet management will not re-seed any pre-seeded event. 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. 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. Fines must be paid to the hosting team.

Cell phone

Restrictions:

Use of audio or visual recording devices, including a cell phone, is not permitting 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 and Events Committee Chair or designee.

Deck

Changing:

Deck changes are prohibited.

Special

Needs:

Please notify the Facility Program & Safety Supervisory listed under Meet Management 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 800 Free, 1500 Free, 10 & Under 400 Free, and 12-14 400 IM are timed finals only. There are A & B finals for each individual event, except for the 400 IM (15-18) and the 400 Free (11-12, 13-14, and 15-18), which will have an A final 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:

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

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

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

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

Bill Spurgeon
Meet Director/Entry Chair
NEISD Pool Manager
wspurg@neisd.net
210) 356-6929

Doug Donofrio
Meet Referee
Doug311@sbcglobal.net
210-884-3860

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, Concussion Protocols test, 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 June 28, 2021. Applications for evaluation can be obtained from the South Texas Swimming website. The USA Swimming evaluator will be (TBD). **Officials may apply to be evaluated for the following: TBD.**

Daily

Schedule:

Thursday (Timed Finals)

2:30 pm	General Meeting (Piper Bass Student Center)
2:30 pm	Facility Doors Open
3:30 pm	Warm-up begins
4:45 pm	Clear Competition Pool
5:00 pm	Session begins

Check in time for Thursday afternoon distance events (12-14 400IM, 10&U 400 Free, 800 Free and 1500 Free) is required by 2:30pm Thursday afternoon.

Preliminaries (Fri, Sat, & Sun):

7:00 am - Facility Doors Open
7:20 am - Warm-up begins
8:30 am - Push-Pace Lanes 0 & 9
One Way Sprints Lanes 1 – 8
8:45 am - Clear Competition Pool
9:00 am – Session begins

Finals *(Friday, Saturday, and Sunday)

4:00 pm - Warm-up begins
4:30 pm - Push-Pace Lanes 0 & 9
One Way Sprints Lanes 1 – 8
4:45 pm - Clear Competition Pool
5:00 pm - Session begins

***Sunday finals competition will begin at 4:00 pm unless the number of entries does not permit the earlier start time.**

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

The check in times for the 15-18 400 IM, 11-12 400 Free, and 13-18 400 Free events is required by **9:00 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: **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, 800 & 1500 freestyle and 400 individual medley events must provide their own back-up timers. Swimmers competing in the 800 and 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. Warm-up times and lane assignments for each team will be posted on the STSI website and on www.aaa-sa.org along with the psych sheet by July 14, 2021. Warm-ups MUST be under the direct supervision of a coach at all times.



2021 STSI Long Course STAGS Championships Order of Events



Women's Event #	Thursday July 15, 2021	Men's Event#
1	12-14 400 IM * +	2
3	10 & Under 400 Free *	4
5	11-18 800 Free *	6
7	11-18 1500 Free * ++	8

* The 12-14 400 IM, 10 & Under 400 Free, 800 Free, and 1500 Free events will be contested as Timed Finals, age combined, alternating female and male heats, and will swim *fastest to slowest*. These events require positive check-in by 2:30pm on Thursday and will be deck seeded.

+ The qualifying time standard for the 12-14 400 IM is 13-14 time standard for each gender. The time standard for 15-18 events is the 15-16 time standard for each gender.

++ Swimmers in the 1500 Free can request an 800 split time.

Women's Event #	Friday July 16, 2021	Men's Event #	Women's Event #	Saturday July 17, 2021	Men's Event #
9	12 & Under 200 Free Relay	10	25	12 & Under 200 Medley Relay	26
11	13-18 400 Medley Relay	12	27	13-18 400 Free Relay	28
10-minute break			10-minute break		
13	12 & Under 50 Fly	14	29	12 & Under 50 Breaststroke	30
15	18 & Under 100 Free	16	31	18 & Under 200 Free	32
17	11-18 200 Backstroke	18	33	18 & Under 100 Backstroke	34
19	18 & Under 100 Breaststroke	20	35	11-18 200 Fly	36
21	15-18 400 IM *	22	37	13-18 400 Free *	38
23	11-12 400 Free *	24			

- There will be a 10-minute break after the relay events.
- All relay events are timed final events only and will swim in prelims.
- There are A & B Finals for each individual event, except for the 400 IM (15-18) and the 400 Free (11-12, 13-14, 15-18), which will have an A Final only.
- The time standard for 15-18 events is the 15-16 time standard for each gender.

* Swimmers in the 400 IM and 400 Free events must provide their own back-up timer.

* The 400 IM and 400 Free events on Friday require positive check-in by 9:00am on Friday and will be deck seeded.

* The 400 Free events on Saturday require positive check-in by 9:00am Saturday and will be deck seeded.

Women's Event #	Sunday July 18, 2021	Men's Event#
39	12 & Under 400 Free Relay	40
41	13-18 200 Free Relay	42
10-minute break		
43	12 & Under 50 Backstroke	44
45	18 & Under 100 Fly	46
47	11-18 200 Breaststroke	48
49	18 & Under 50 Free	50
51	18 & Under 200 IM	52

- There will be a 10-minute break after the relay events.
- All relay events are timed final events only and will swim in prelims.
- The time standard for 15-18 events is the 15-16 time standard for each gender.

South Texas Swimming STAGS Championship Qualifying Times

Revised 4/20/21

	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	35.59	34.69
100 Free	1:09.99	1:20.29	1:17.89
200 Free	2:34.59	2:56.29	2:51.89
500/400 Free	6:44.29	6:05.39	5:54.29
50 Back	36.69	42.89	40.59
100 Back	1:19.29	1:32.69	1:27.69
50 Breast	41.69	47.49	46.19
100 Breast	1:31.89	1:44.89	1:41.49
50 Fly	36.19	40.79	39.99
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	1:19.79	1:16.99
200 Free	2:29.39	2:50.79	2:44.99
500/400 Free	6:37.39	5:59.49	5:47.79
50 Back	36.99	42.99	40.99
100 Back	1:18.79	1:30.99	1:27.49
50 Breast	40.99	46.99	45.29
100 Breast	1:29.99	1:42.69	1:39.59
50 Fly	35.39	40.19	39.09
100 Fly	1:22.79	1:34.49	1:32.29
100 IM	1:18.99	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	30.39
100 Free	1:00.19	1:08.19	1:06.59
200 Free	2:10.89	2:28.29	2:25.09
500/400 Free	5:56.99	5:19.79	5:13.39
800 Free		11:29.29	11:06.19
1650/1500 Free	21:20.59	22:04.99	21:13.09
50 Back	32.39	37.39	36.29
100 Back	1:09.49	1:19.49	1:18.29
200 Back	2:30.19	2:51.59	2:47.29
50 Breast	36.89	41.99	40.79
100 Breast	1:20.19	1:32.79	1:28.89
200 Breast	2:52.19	3:19.39	3:12.39
50 Fly	30.59	34.09	33.39
100 Fly	1:09.09	1:18.89	1:17.49
200 Fly	2:34.29	2:55.59	2:51.29
100 IM	1:10.39	N/A	1:19.89
200 IM	2:30.69	2:53.99	2:50.79
400 IM (12 only)	5:02.99	5:49.19	5:42.79

	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	31.19	30.39
100 Free	1:00.89	1:08.79	1:07.19
200 Free	2:12.49	2:32.19	2:27.49
500/400 Free	5:57.69	5:21.89	5:12.99
800 Free		11:18.59	10:54.59
1650/1500 Free	20:52.99	21:37.39	20:45.69
50 Back	32.09	36.99	35.69
100 Back	1:09.19	1:20.49	1:16.59
200 Back	2:27.39	2:50.99	2:43.49
50 Breast	36.09	41.29	39.99
100 Breast	1:17.49	1:30.29	1:26.59
200 Breast	2:46.39	3:12.59	3:04.59
50 Fly	30.89	34.49	33.79
100 Fly	1:09.29	1:18.59	1:16.89
200 Fly	2:28.39	2:51.89	2:47.29
100 IM	1:09.09	N/A	1:16.39
200 IM	2:30.69	2:53.19	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	26.09	29.79	29.09
100 Free	56.79	1:04.79	1:03.19
200 Free	2:03.69	2:20.69	2:17.49
500/400 Free	5:35.09	5:02.49	4:56.09
800 Free		10:47.99	10:31.59
1650/1500 Free	20:02.99	20:39.79	19:55.99
100 Back	1:03.49	1:15.19	1:13.99
200 Back	2:18.79	2:39.79	2:37.39
100 Breast	1:14.29	1:26.59	1:23.99
200 Breast	2:41.19	3:08.29	3:01.89
100 Fly	1:03.29	1:12.59	1:11.19
200 Fly	2:25.79	2:45.49	2:41.09
200 IM	2:21.99	2:42.09	2:38.89
400 IM	5:02.99	5:49.19	5:42.79

	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	24.29	28.19	27.39
100 Free	52.89	1:00.39	58.79
200 Free	1:57.79	2:13.89	2:10.69
500/400 Free	5:21.79	4:47.39	4:40.99
800 Free		10:22.19	10:00.99
1650/1500 Free	19:07.59	19:48.39	19:00.89
100 Back	1:01.19	1:11.89	1:08.19
200 Back	2:13.99	2:35.19	2:28.79
100 Breast	1:09.69	1:21.29	1:17.09
200 Breast	2:31.39	2:56.09	2:48.89
100 Fly	59.79	1:07.69	1:06.29
200 Fly	2:15.59	2:35.09	2:29.99
200 IM	2:13.29	2:33.39	2:30.19
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	25.69	29.69	28.89
100 Free	55.69	1:04.29	1:02.69
200 Free	2:01.69	2:20.49	2:17.29
500/400 Free	5:25.79	4:59.29	4:52.89
800 Free		10:35.39	10:22.09
1650/1500 Free	19:47.29	20:20.49	19:40.39
100 Back	1:02.09	1:14.89	1:14.19
200 Back	2:19.69	2:41.49	2:35.49
100 Breast	1:12.99	1:25.29	1:22.39
200 Breast	2:37.49	3:05.09	2:58.19
100 Fly	1:01.69	1:12.69	1:11.09
200 Fly	2:22.89	2:40.59	2:37.99
200 IM	2:20.09	2:43.59	2:39.29
400 IM	5:04.99	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	23.19	26.89	26.09
100 Free	49.99	58.49	56.89
200 Free	1:50.89	2:08.29	2:05.09
500/400 Free	5:02.79	4:39.59	4:33.19
800 Free		10:00.09	9:39.89
1650/1500 Free	18:30.39	18:59.09	18:23.89
100 Back	57.09	1:08.69	1:04.79
200 Back	2:06.89	2:28.89	2:21.99
100 Breast	1:04.49	1:16.99	1:13.49
200 Breast	2:24.09	2:47.49	2:39.79
100 Fly	55.49	1:03.99	1:02.59
200 Fly	2:09.69	2:27.69	2:23.39
200 IM	2:05.19	2:26.29	2:23.09
400 IM	4:40.29	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
10 Lanes	0 and 9	1,2,,6, and 7	3 through 5
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.

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

