

# 2019 ST LCM STAGS Championship Meet

Palo Alto College Natatorium, 1400 W. Villaret Blvd San Antonio, TX 78224  
July 11th- July 14th, 2019

## Thursday: Timed Finals

Arrive: 3:15PM  
Meet Start: 4:30PM

Warm-up: 3:30-4:15PM  
Estimated End Time: 9:04PM

(General Warm-ups)

## Friday: Prelims

Arrive: 6:50AM  
Meet Start: 9:00AM

Warm-up: 7:00-7:35AM (Lanes 1-5)  
Estimated End Time: 1:09PM

(Assigned Warm-ups)

## Friday: Finals

Arrive: 3:50PM  
Meet Start: 5:00 PM

Warm-up: 4:00-4:45PM  
Estimated End Time:TBD

(General Warm-ups)

## Saturday: Prelims

Arrive: 8:00AM  
Meet Start: 9:00 AM

Warm-up: 8:10-8:45 (Lanes 1-5)  
Estimated End Time: 1:16PM

(Assigned Warm-ups)

## Saturday: Finals

Arrive: 3:50PM  
Meet Start: 5:00PM

Warm-up: 4:00-4:45PM  
Estimated End Time: TBD

(General Warm-ups)

## Sunday: Prelims

Arrive: 7:25AM  
Meet Start: 9:00 AM

Warm-up: 7:35-8:10AM (Lanes 1-5)  
Estimated End Time: 1:06PM

(Assigned Warm-ups)

## Sunday: Finals

Arrive: **2:50 PM**  
Meet Start: **4:00 PM**

Warm-up: **3:00-3:45 PM**  
Estimated End Time: TBD

(General Warm-ups)

## Coaches:

**CP:** Coach Jeremy, Coach Dan, Coach Alex, and Coach Adam  
**BC:** Coach Randy, Coach Allison, and Coach Felix

## Timers:

Please Volunteer to time [HERE](#)

## Important Info:

- Thursday swimmers all need to provide their own timers and lap counters for the 800 Free and the 1500 Free.
- All events on Thursday are positive check in.
- All 50's will start at the north end (diving board side) of the pool.

## Distance Events:

- Check-in for the Thursday afternoon events (800 Free, 1500 Free, 12-14 400 IM, and 10&U 400 Free) is required by **3:30pm on Thursday**.
- Check-in time for the 15-18 400 IM, 11-12 400 Free, and 13-18 400 Free events is required by **9:00am on 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, alternating female and male heats, 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.

### Time Trials:

- Time trials will be conducted on Friday and Saturday at the discretion of the meet management (time permitting). There will be NO time trials on Sunday. 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 Trials are \$20.

### Scratch Rule:

- 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.**
- ***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. 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.
- 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.