



Alamo Area Aquatic Association

www.aaaa-sa.org
Meet Information
Posted 05/05/09



Nadadores

- Name:** •2009 San Antonio Nadadores B+ Long Course Juneteenth / Cinco International Invitational
- Approval Number:** •ST-09-25A
- Dates:** •Saturday and Sunday, June 20 and 21, 2009
- Venue:** •San Antonio Natatorium
•1430 West Durango
•San Antonio, Texas 78207 (2 blocks South of Colorado and Commerce)
•210-299-1560
- Facility:** •Eight- 25-meter lanes
•5.5 to 4.5-feet deep
•Daktronics Timing System
•Seating is for 500 - It is recommended that attendees bring chairs
•Concessions available
- Liability** •In granting Approval for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, (STSI), the Alamo Area Aquatic Association (AAAA), the San Antonio I.S.D., and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet
- USA Swimming**
- Registration:** •All swimmers, coaches, and officials participating in this competition must be currently registered with USA Swimming
•All should also be prepared to present their USA Swimming ID Card as proof of their Registration to the Meet Director or designee at any time
•Swimmers who **1)** chose to enter time trials when offered, **2)** late enter when possible, or **3)** need to be entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID Card or accomplish a USA Swimming Registration Form and pay the necessary fees prior to being allowed to compete
•National and LSC Regulations do not allow for any exceptions to these policies.
- Rules:** •The 2009 USA Swimming Rules and any relevant sections of the STSI Handbook will apply
•Inasmuch as there will likely be swimmers participating in this meet who are not current members of USA Swimming, this meet has been Approved as opposed to Sanctioned
•The meet will nevertheless be officiated according to USA Swimming Rules only by USA Swimming Certified officials
- Format:** •Individual events only
•No relays
•Timed finals
•All events will be seeded by time and gender without regard to age
- Entry Restrictions:** •This meet is open to any swimmer currently registered with USA Swimming
•Age as of June 20, 2009 determines age for the entire meet
•Maximum of five individual events per day
•Swimmers must at some time (life time best) achieved at least the National Motivational "B" Time for any event they enter
•Entries will be capped at 400 swimmers

Qualifying

Times:

- The qualifying times for this meet are equal to or FASTER than the 2009 – 2012 National Motivational Top-16 Based "B" long course meter times — Please see pages six (6) and seven (7)
- Those time standards are also available on the USA Swimming Web Site (www.usa-swimming.org)
- Entries received with seed times SLOWER than the National "B" Standard will not be accepted and any entry fees will not be refunded
- There are no qualifying times for eight and under swimmers, however, they must nevertheless be entered with a seed time, i.e. No Time (NT) entries WILL NOT be accepted

Entry

Deadline:

- 6:00 PM, Tuesday, June 9, 2009

Proof

of Time:

- No!

Late/Deck

Entries:

- Yes, however, entries received after the entry deadline will be treated as LATE entries and accepted at twice the normal entry fee
- Late entering USA Swimming swimmers must present their current 2009 USA Swimming Registration card to in order to enter*

Entry

Procedures

- The only acceptable mode of entry is via Hy-Tek Commlink or File or disk
- A hard copy and Entry Fee Report must be included with your entry
- If you have questions on this procedure contact Don Walker at the e-mail address noted below
- Please format any disks before utilizing for entries
- An "HYV" File for Team Manager is available on the USA Swimming Page of the AAAA Web Site (www.aaaa-sa.org)
- Entries received without a seedtime (NT) will not be entered into this pre-seeded meet and any entry fees will not be refunded
- Mail or hand-deliver entries to the Entries Chair noted below
- Entries may also be submitted via e-mail
- Please be certain to confirm your acceptance into this meet prior to making your air and hotel reservations

E-Mail

Entries:

- Entries in Commlink Format only, MUST be sent to: dmw15479@aol.com
- The Commlink File must be renamed to clearly identify the entering team, the shorter the better
- Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded.
- Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (hard copy) is received as an attachment to the e-mail or hand-delivered to the meet director.

FAX

Entries:

- Under no circumstances will entries be accepted via FAX.

Entry Fees:

(Includes Splash Fee)

- Normal . \$ 6.00 per event
- Late \$12.00 per event
- Checks payable to: San Antonio Nadadores

Meet

Management:

•Entries Chair & Meet Director:

- Don Walker
- 110 Tuleta Drive
- San Antonio, TX 78212
- 210-299-1560
- dmw15479@aol.com

•Meet Referee:

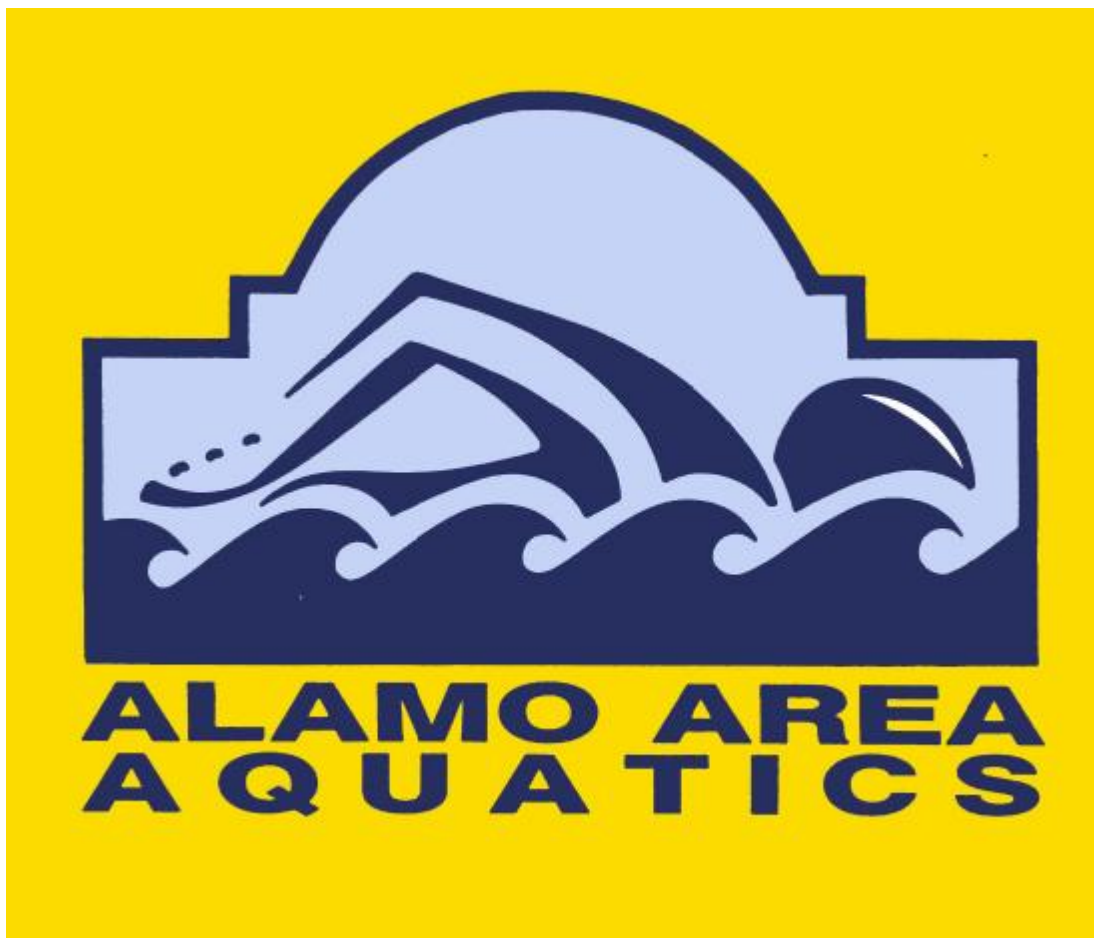
- Jonathan. Rightmyer
- 3730 Longridge
- San Antonio TX, 78228
- 210-857-4950
- john_rightmyer@yahoo.com

- Warm-ups:**
- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page five
 - AAAA will warm up from 12:30 - 1:10 PM Saturday and 8:30 - 9:10 AM Sunday
 - All other teams will warm up from 1:10 - 1:50 PM Saturday and 9:10 - 9:50 AM Sunday
 - Meet Starts at 2:00 PM on Saturday and 10:00 AM on Sunday
- Time Trials:**
- None
- Scratch**
- Rules:**
- There are no penalties for scratching from a pre-seeded, timed final meet
 - However, known scratches will allow for additional late / deck entries
- Scoring:**
- None
- Awards:**
- Custom medals will be provided by Hasty Awards and will be awarded for places one through three
 - Custom ribbons from will be awarded to places four through eight
 - High Point Awards for each category
 - Age Groups may be combined in the interest of time but will be scored separately for high point awards
 - A swimmer may only score points for high points in a Nationally recognized event for her/his age group
 - An exception will be made for the 8 and under Divisions
 - Please note, high point awards, medals and ribbons will be used from the Cinco De Mayo Meet originally scheduled for May 1-3
 - Age-Groups: 6 and under, 7, 8, 9, 10, 11, 12, 13, 14, 15 and 16 and Up (Girls and Boys)
- Special Needs:**
- Please notify the San Antonio Natatorium (210-299-1560) in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
 - The Natatorium 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.
- Daily**
- Schedule:**
- Warm Up Session One 12:30 - 1:10 PM AAAA Saturday
8:30 - 9:10 AM AAAA Sunday
 - Warm Up Session Two 1:10 - 1:50 PM all other teams on Saturday
9:10 - 9:50 AM all other teams on Sunday
 - Diving well available for constant warm-up / cool down
 - Coaches' meetings 1:50 PM Saturday and 9:50 AM Sunday
 - Sessions begin 2:00 PM Saturday and 10:00 AM Sunday)
- Timers:**
- Teams will be required to provide timers proportionate to their entries
- Officials:**
- All currently certified and in training USA Swimming officials are cordially invited to participate.
 - Please report to the Meet Referee at least 30 minutes prior to the schedule starts time to receive your assignments
 - The wearing of name tags is strongly encouraged



Orders of Events – Distances are in long course meters

Saturday, June 20th, 2:00 PM			Sunday, June 21st, 10:00 AM		
Girls No.	Age / Event	Boys No.	Girls No.	Age / Event	Boys No.
1	11 & Over 200 Back	2	13	9 & Over 100 Free	14
3	5 & Over 50 Free	4	15	11 & Over 200 Breast	16
5	9 & Over 100 Breast	6	17	5 – 12 50 Fly	18
7	5 – 12 50 Back	8	19	9 & Over 100 Back	20
9	9 & Over 100 Fly	10	21	5 – 12 50 Breast	22
11	9 & Over 200 Free	12	23	11 & Over 200 Fly	24
			25	9 and Over 200 I-M	26



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(s) supervising that lane
- c. Dive sprints may be done only under the direct supervision of the coach

II. Open warm-up procedures.

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first ½ of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace Lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times - one way only!
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes - circle swimming only.
- f. No kick boards, 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 (4) 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 must be members of United States Swimming.
 3. Marshals will have 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.
 4. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 5. 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."
 6. 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.
 7. Hazards in locker rooms, on deck, or 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.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the 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.

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
45.09	40.79	36.39	50 Free	36.09	40.19	44.29
1:43.99	1:32.99	1:21.89	100 Free	1:20.59	1:31.09	1:41.59
3:48.59	3:23.59	2:58.49	200 Free	2:52.39	3:13.99	3:35.49
7:37.29	6:51.59	6:05.89	400 Free	6:06.79	6:52.69	7:38.49
55.99	49.89	43.69	50 Back	43.89	50.09	56.39
2:02.39	1:48.89	1:35.29	100 Back	1:33.29	1:45.69	1:58.09
1:01.59	54.89	48.29	50 Breast	48.49	55.09	1:01.59
2:17.49	2:02.29	1:46.99	100 Breast	1:45.99	1:59.79	2:13.59
55.09	48.59	42.09	50 Fly	40.99	46.89	52.89
2:12.59	1:55.19	1:37.89	100 Fly	1:36.49	1:53.19	2:09.79
4:12.99	3:46.49	3:19.89	200 I-M	3:18.89	3:44.79	4:10.69
2009 – 2012 National Motivational Time Standards						
Long Course Meters						
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
39.19	36.39	32.39	50 Free	32.59	35.29	37.99
1:25.79	1:19.59	1:13.49	100 Free	1:11.39	1:17.39	1:23.29
3:03.89	2:50.79	2:37.69	200 Free	2:34.89	2:47.79	3:00.69
6:27.79	6:00.09	5:32.39	400 Free	5:27.09	5:54.39	6:21.69
13:31.69	12:33.69	11:35.69	800 Free	11:30.99	12:28.59	13:26.19
26:04.19	24:12.39	22:20.69	1500 Free	22:14.19	24:05.29	25:56.49
45.49	42.29	38.99	50 Back	36.69	42.19	45.69
1:38.89	1:31.09	1:23.29	100 Back	1:23.59	1:31.39	1:39.19
3:30.29	3:15.29	3:00.19	200 Back	2:56.39	3:11.09	3:25.79
49.09	45.59	42.09	50 Breast	43.09	47.09	51.09
1:49.99	1:41.89	1:33.79	100 Breast	1:32.49	1:40.89	1:49.19
3:57.59	3:40.59	3:23.69	200 Breast	3:20.79	3:37.49	3:54.19
42.39	39.39	36.29	50 Fly	36.19	39.59	42.99
1:38.69	1:30.79	1:22.89	100 Fly	1:21.49	1:29.49	1:37.49
3:29.09	3:14.19	2:59.29	200 Fly	2:58.49	3:13.39	3:28.29
3:29.69	3:14.79	2:59.79	200 I-M	2:58.09	3:13.89	3:29.59
7:27.89	6:55.89	6:23.99	400 I-M	6:20.19	6:51.79	7:23.49

2009 – 2012 National Motivational Time Standards						
Long Course Meters						
13 and 14 Girls			Event	13 and 14 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.89	35.19	32.49	50 Free	30.29	32.79	35.39
1:22.09	1:16.19	1:10.39	100 Free	1:05.99	1:11.49	1:16.99
2:57.09	2:44.39	2:31.79	200 Free	2:23.29	2:35.19	2:47.09
6:09.39	5:42.99	5:16.59	400 Free	5:02.79	5:27.99	5:53.29
12:35.99	11:41.99	10:47.99	800 Free	10:29.39	11:21.79	12:14.29
24:06.39	22:23.09	20:39.79	1500 Free	19:55.89	21:35.29	23:14.99
1:30.79	1:24.29	1:17.79	100 Back	1:14.49	1:20.59	1:26.89
3:15.29	3:01.29	2:47.39	200 Back	2:40.69	2:54.09	3:07.49
1:43.89	1:36.39	1:29.99	100 Breast	1:21.29	1:28.09	1:34.89
3:43.99	3:27.99	3:11.99	200 Breast	3:01.99	3:17.19	3:32.39
1:29.19	1:22.89	1:16.49	100 Fly	1:11.09	1:16.99	1:22.89
3:16.29	3:02.29	2:48.29	200 Fly	2:38.79	2:51.99	3:05.19
3:19.99	3:05.69	2:51.49	200 I-M	2:42.39	2:55.99	3:09.49
7:01.19	6:31.09	6:00.99	400 I-M	5:44.49	6:13.19	6:41.89
2009 – 2012 National Motivational Time Standards						
Long Course Meters						
Senior Girls			Event	Senior Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
37.09	34.49	31.79	50 Free	28.79	31.19	33.59
1:20.09	1:14.39	1:08.59	100 Free	1:03.09	1:08.39	1:13.59
2:51.79	2:39.49	2:27.19	200 Free	2:17.19	2:28.59	2:39.99
6:00.39	5:34.69	5:08.89	400 Free	4:50.19	5:14.39	5:38.59
12:23.29	11:30.19	10:37.09	800 Free	10:01.89	10:52.09	11:42.19
23:53.09	22:10.69	20:28.39	1500 Free	19:13.39	20:49.49	22:25.59
1:28.99	1:22.69	1:16.29	100 Back	1:10.59	1:16.49	1:22.39
3:11.69	2:57.99	2:44.29	200 Back	2:31.29	2:43.89	2:56.49
1:41.09	1:33.89	1:26.69	100 Breast	1:19.69	1:26.39	1:32.99
3:36.59	3:21.19	3:05.69	200 Breast	2:54.29	3:08.79	3:23.29
1:26.59	1:20.39	1:14.19	100 Fly	1:07.69	1:13.39	1:19.99
3:09.69	2:56.19	2:42.69	200 Fly	2:30.59	2:43.19	2:55.69
3:15.19	3:01.19	2:47.29	200 I-M	2:35.89	2:48.89	3:01.79
6:48.99	6:19.79	5:50.59	400 I-M	5:27.09	5:54.39	6:21.59