

*The University of Texas at Austin***LONGHORN AQUATICS**
**2009 TXLA Long Course Kick Off 2**  
**June 19 - 22, 2009**

**Welcome:** Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in our June long-course meet. This meet is open to all USA Swimming registered swimmers and will be conducted in one 50 meter course, using a Colorado Timing System and Hy-Tek Meet Manager software. Designated warm-up lanes will be available during the meet.

**Location:** The Swim Center is located on the University of Texas Campus, 1900 Robert Dedman Drive, one block west of I-35 on the northwest corner of the intersection of Martin Luther King Boulevard and Red River Street.

**Liability:** USA Swimming, South Texas Swimming, The University of Texas, The Lee and Joe Jamail Texas Swimming Center, and Longhorn Aquatics accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

**Sanctions:** This meet is sanctioned by South Texas Swimming and 2009 rules apply. All swimmers must be registered as athletes for 2009 with USA Swimming by the entry deadline. Athletes that register with USA Swimming after the entry deadline may deck enter the meet only if they can present their 2009 USA card.

**Schedule:** Friday evening is for all swimmers. Saturday and Sunday, the meet will be split into morning and afternoon sessions based on age. The morning sessions each day are planned for swimmers 12 & under and the afternoon sessions for swimmers 13 & over. However, we reserve the right to split the sessions differently or to combine sessions based on the entries received. Warm-ups may be split if a large number of swimmers enter the meet.

Friday	All swimmers	Warm-up	5:10PM	Start	6:40 PM
Saturday	12 & under	Warm-up	7:30 AM	Start	9:00 AM
	13 & over	Warm-up	**	Start:	**
Sunday	12 & under	Warm-up	7:30 AM	Start	9:00 AM
	13 & over	Warm-up	**	Start	**

\*\* The warm-up for the afternoon session will begin immediately after the morning session. The exact time will be posted on the Longhorn Aquatics website by Saturday, June 6th after entries close.

**Swim Wear Restrictions:** Swimsuits worn by males in all 14 and under STSI Age Group competition shall not extend above the waist and nor extend further down the legs than to the top of the kneecap (patella). Swimsuits worn by females in all 14 and under STSI Age Group competition shall not extend past the top of the shoulder, cannot cover any part of the arms nor extend further down the torso than the buttocks. Violators will be barred from competition until the swimmer's swimsuit meets the requirements of this paragraph.

During the afternoon sessions, results will not be broken out by age group nor will any awards be given so the swim wear restrictions will **not** apply to the afternoon sessions on Saturday and Sunday.

**Qualifying Times:** There are qualifying times for events of 200 meters and longer. Refer to the order of events for specific qualifying times. Athletes who do not finish an event within the LCM qualifying time noted will be required to prove their entry time. Only times in the USA Swimming database can be used as proof of time. **Swimmers that can not prove their entry time will be fined \$25** payable to the University of Texas. These swimmers will be barred from competition (at this and/or subsequent meets at the Swim Center) until the fines are paid.

**Meet Format:** All events are timed finals, swum in one long course meter pool, seeded only by time and gender. Age groups will be combined. All events will swim fastest to slowest. Depending on the number of swimmers, chase starts and/or flyover starts may be used. If there are enough swimmers to run both ends of the pool, even heats will finish at the American Flag end and odd heats will finish at the Texas Flag end.

Friday's 12& under 400 IM will be pre-seeded. All other events Friday night require positive check-in. We are requesting courtesy scratches for all other sessions (see "Scratches" below).

The 400 free, 800 free, 1500 free, and 13 & over 400 IM require positive check-in. The 400s will swim alternating heats of girls and boys. Effectively this means that boys will swim at the Texas Flag end of the pool, girls will swim at the American Flag end of the pool UNTIL we run out of boy's heats and then the girls will swim at both ends, even heats at the American Flag end and odd heats at the Texas Flag end.

**We reserve the right to cap the number of swimmers entered in order to stay within the four hour rule. Friday evening's session will be capped at 3 hours.** Swimmers will be entered in the order **Debbie** receives entries.

**Scratches:** We are asking swimmers to scratch events they will not swim the next day. By 7 PM on Friday, swimmers should scratch any events they will not swim on Saturday. Coaches, please help us out and scratch any athletes that will not attend the meet on Saturday.

On Saturday, before you leave your session, please scratch any event you will not swim on Sunday.

There is no penalty for failing to scratch an event, BUT our experience with this courtesy scratch during long course season will shape our decision about positive check-in for all events in the future. Please help us eliminate empty lanes and allow the greatest number of swimmers to participate.

**Check-in:** Positive check-in is required for the 400 free, 800 free, 1500 free, and 13 & over 400 IM. Check-in sheets will be available on the day of the event as swimmers enter the pool for warm-up and will close approximately one hour before the event is scheduled to swim. Exact times will be posted at Clerk of Course on the day of the event.

Swimmers that **check-in for an event and fail to swim will be fined \$25** payable to the University of Texas. These swimmers will be barred from competition (at this or subsequent TXLA meets at the Swim Center) until the fines are paid.

**Entry Dates:** Entries will **OPEN:**

- on Monday, June 1<sup>st</sup> at noon for teams entered in the original Long Course Kick Off (scheduled for May 1 – 3) and
- on Tuesday, June 2<sup>nd</sup> at noon for all other teams.

No entries will be accepted prior to this date and time. Any entries received prior to the entry opening date and time will be deleted.

Entries will **CLOSE** the earlier of:

- a) Friday June 5th, 2009 at noon
- b) when a session reaches an estimated 4 hours in length (except Friday's session which will be limited to 3 hours).

**Entries:** Swimmers may enter a **maximum of 4** individual events per day and a maximum of 8 individual events for the meet. The age of the swimmer will be his/her age on June 19th, 2009. Enter all events with previous best times achieved in **Long Course Meters**. Although athletes may enter the meet with NT, we would

encourage you to estimate a time. A good estimated time will ensure your athlete is seeded in the proper heat.

All teams with five or more swimmers entered in the meet must submit their entries using Version 3 or 4 of Hy-Tek Team Manager or Team Unify software.

Email entries to **Debbie Norval** at [anorval@austin.rr.com](mailto:anorval@austin.rr.com). When you email the entries, also attach a Word document of the Hy-Tek Meet Entry Report **by swimmer**. If you don't receive an email confirmation, your entries were not received.

Teams with fewer than five swimmers may send an email including the team, team abbreviation, LSC, the swimmers full name (as registered with USA Swimming), USA ID, event numbers, event description, and entry times for each swimmer.

**Entry fees must be received by Friday, June 12, 2009 or your entries may be removed from the meet to accommodate any teams on a waiting list.** Please include the meet entry fees report with your check. You do NOT need to mail a copy of the entries you emailed earlier.

No paper, phone, fax, or USPS mailed entries will be accepted. Entries received without accurate USA Swimming registration numbers will NOT be accepted or processed.

**Entry Fees:** \$7.50 per individual event. This includes the South Texas Swimming splash fee of \$1.25 per splash. Please send only one check per team location please. Refunds will not be given for any reason.

Make checks payable to The University of Texas at Austin and

Mail to: Jonathan Salazar  
Longhorn Aquatics  
The University of Texas at Austin  
1 University Station D 4050  
Austin, TX 78712-0364  
512-471-7703

**Deck Entries:** Deck entries will be accepted only for open lanes. No new heats will be created. You may deck enter for the current session beginning at the start of warm-up. Deck entries will close 30 minutes before the start of each session. You may deck enter the future sessions' events after deck entries close for the current session. Deck entries will be seeded if they are received before the scratch deadline (i.e. deck entries for Sunday morning received before the end of the Saturday morning session will be seeded).

The deck entry fee is \$20.00 per event. **Swimmers not previously entered in the meet must present their USA swimming registration card** at Clerk of Course to be able to deck enter.

**Awards:** Ribbons, first through eighth place will be awarded according to the following age groupings: boys and girls 8 and under, 9, 10, 11, and 12. No other awards will be given.

**Volunteers:** All teams entering 30 or more swimmers are expected to provide one timer per session. All teams entering 60 or more swimmers are expected to provide 2 timers per session. Lanes will be assigned to these teams. The assignments will be available on our website after the entry deadline and prior to the meet.

**Meet Referee:** Frank Swigon  
210 831-4313  
[fswigon@yahoo.com](mailto:fswigon@yahoo.com)

**Meet Director:** Debbie Norval  
512-329-9110  
[anorval@austin.rr.com](mailto:anorval@austin.rr.com)

**Head Coach:** Doug Rusk  
206 291-5471  
[doug.rusk@austin.utexas.edu](mailto:doug.rusk@austin.utexas.edu)

# Order of Events

## FRIDAY, June 19, 2009

### SESSION 1 – All Ages

Girls Event #	LCM Q time	Event	LCM Q time	Boys Event #
1	7:21.00	12 & under 400 IM	7:39.00	2
3	6:30.00	12 & under 400 Free (1)	6:30.00	4
5	10:25.00	Girls 13 & over 800 Free (2)		
		Boys 13 & over 1500 Free (2)	19:30.00	6

(1) Check-in event.

(2) Check-in event AND swimmers must provide their own timers and counters.

## SATURDAY, June 20, 2009

### SESSION 2 - 12 & Under

Girls Event #	LCM Q time	Event	LCM Q time	Boys Event #
7	3:40.00	200 IM	3:50.00	8
9		100 Free		10
11		50 Back		12
13	3:55.00	200 Breast	4:00.00	14
15		100 Fly		16
17	3:25.00	200 Back	3:30.00	18
19		50 Breast		20

## SATURDAY, June 20, 2009

### SESSION 3 - 13 & Over

Girls Event #	LCM Q time	Event	LCM Q time	Boys Event #
21	3:10.00	200 IM	3:05.00	22
23		100 Free		24
25		50 Back		26
27	3:31.00	200 Breast	3:30.00	28
29		100 Fly		30
31	3:10.00	200 Back	3:12.00	32
33		50 Breast		34
35	5:25.00	400 free (1)	5:26.00	36

(1) Swimmers must provide their own timers.

## SUNDAY, June 21, 2009

### SESSION 4 - 12 & Under

Girls Event #	LCM Q time	Event	LCM Q time	Boys Event #
37	3:19.00	200 Free	3:26.00	38
39		50 Fly		40
41		100 Back		42
43		100 Breast		44
45	3:39.00	200 Fly	3:39.00	46
47		50 Free		48

## SUNDAY, June 21, 2009

### SESSION 5 - 13 & Over

Girls Event #	LCM Q time	Event	LCM Q time	Boys Event #
49	2:58.00	200 Free	2:54.00	50
51		50 Fly		52
53		100 Back		54
55		100 Breast		56
57	3:00.00	200 Fly	3:00.00	58
59		50 Free		60
61	6:20.00	400 IM (1)	6:00.00	62

(1) Swimmers must provide their own timers.

**Officials:** Help from visiting officials is always welcome. Visiting officials are asked to email the Meet Referee with their certification level and availability so she can plan accordingly. Nametags are very helpful, please bring and wear yours if you have one.

**Special Needs:** Please notify the Jamail Texas Swimming Center Staff (512-471-7703) in advance of this event with the name and age of any member on your team who needs assistance to enter the building. TSC 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 this LSC that 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.

**Deck Access:** Only USA Swimming registered athletes swimming in the meet, coaches, officials and volunteers will be allowed access beyond the front desk of the Texas Swimming Center. Those wishing to volunteer as a timer will be given a pass to access the deck and help for that specific purpose. Coaches and officials will be required to show their current USA Swimming registration card at the front desk in order to be on deck.

Please be aware that swimmers will not be allowed onto the deck until one of their team coaches has checked in and is on deck.

Any non-registered individuals not respecting these rules will be removed from that area or from the facility at the discretion of the meet director, Longhorn Aquatics Program Director or Texas Swimming Center staff.

**TSC Rules:** As guests of The University of Texas, all must adhere to the Texas Swim Center (TSC) rules. Coaches must supervise their swimmers. Chewing gum and glass containers are not permitted in the building. Locks may not be left on lockers overnight. Wet swimmers cannot leave pool deck. Children must be supervised at all times.

**Spectators and athletes may not bring food nor drink into the Texas Swim Center from outside sources. Teams ARE permitted to bring two (2) coolers on to the deck.**

**Parking:** After 5:45 PM on weekdays and all day Saturday and Sunday parking is open on a space available basis San Jacinto and Trinity Streets below the Swim Center. Please read all signs carefully as some spaces are reserved "At All Times." Parking in these spaces will likely result in a parking citation.

The University of Texas began charging for parking in surface lots as well as the garages beginning in January, however it is not always enforced. For more information, check the Parking and Transportation web site at <http://www.utexas.edu/parking/> or call the TSC Front Desk at 512-471-7703.

More detailed parking information will be posted on the Longhorn Aquatics website (<http://www.utexas.edu/longhornaquatics>) closer to the meet.

**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 may be done only under the direct supervision of the coach

**II. Open warm-up procedures.****LANE USE**

<b>POOL</b>	<b>PUSH/PACE</b>	<b>DIVES/SPRINTS</b>	<b>GENERAL WARMUP</b>
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! Dive sprints may only be done under the direct supervision of the coach.
- d. There will be no diving in the general warm-up lanes. Circle swimming only.
- e. No kick boards, pull buoys, or hand paddles may be used.

**3. 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. 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**

1. Backstrokers will ensure that they are not starting as 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.
2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
3. 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.
4. Warm-up procedures will be enforced for any breaks scheduled during the competition.
5. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warmup 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.***

**STSI Safety Guidelines and Warm-up Procedures**



*The University of Texas at Austin*

## Lee and Joe Jamail Texas Swimming Center & Longhorn Aquatics

1900 Robert Dedman Dr  
Austin, TX 78712-0363

# 2008-2009 Hotel Sponsors

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1900 University Avenue  
Austin, Texas 78705



Rates:

Located directly on the UT campus! The AT&T Conference Center offers 297 sleeping rooms, three dining facilities, fitness center, pool & underground parking. Contact us for your reservation today!

Contact: Divya Saighal

(512) 404-3620

(877) 744-8822

[divya.saighal@attconf.utexas.edu](mailto:divya.saighal@attconf.utexas.edu)

### Radisson Hotel & Suites on Town Lake

111 Cesar Chavez  
Austin TX 78701



Rates:

Located in the heart of downtown Austin, minutes from the UT Swim Center, Home of Starbucks coffee and home of T.G.I. Fridays restaurant

Contact: Emily Hastings

(512) 478-9611

[ehastings@radissonaustin.com](mailto:ehastings@radissonaustin.com)

### Holiday Inn Town Lake

20 N IH-35

Austin, TX 78701

Rates:

Located directly on the Town Lake hike and bike trail, minutes from the UT pool, with free parking



Contact: Bridgette Ards

(512) 634-1274

[bards@pacificahost.com](mailto:bards@pacificahost.com)

### Hampton Inn & Suites Downtown

1500

200 San Jacinto

Austin, Texas 78701

Rates:

Complimentary breakfast, fitness room, pool, walk to over 75 restaurants, and only 1 mile to the swim center



(512) 742-

### Hampton Inn and Suites Airport

(512) 389-1616

### DoubleTree Austin-University Area

1617 N IH-35

Austin, Texas 78702

Rates:

Located just east of the Texas Swim Center (across I-35), free parking, complimentary high speed internet access, warm chocolate chip cookie at check-in



Contact: Pamela Bates

(512) 479-4000 ext. 7030

[pamela.bates@hilton.com](mailto:pamela.bates@hilton.com)

### Crowne Plaza Hotel

6121 North IH 35

Austin, Texas 78752

Rates:

Located north of the Texas Swim Center, free parking, complimentary high speed internet access, and beautiful newly renovated guest rooms.



Contact: Shelly Staff

(512) 371-5243

[sstaff@cphaustin.com](mailto:sstaff@cphaustin.com)

### Embassy Suites

North - 5901 North I-35

[www.embassysuitesaustinnorth.com](http://www.embassysuitesaustinnorth.com)



EMBASSY  
SUITES

Downtown -

300 South Congress Ave

[www.austindowntown.embassysuites.com](http://www.austindowntown.embassysuites.com)

Contact: Kris Paulson

(512) 454-8004 ext. 7025

Contact: Craig Harms

(512) 617-2574

### Drury Hotels of Austin North

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Contact: Bekah Ragland 10+ Rooms: (800) 436-1167

Individual Reservations: (800) 378-7946



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