



# Palo Alto College Natatorium

Posted 05/12/09

- Meet:** •2009 AAAA TAGS / Sectional Qualifier
- Dates:** •Friday, Saturday and Sunday, July 10, 11 and 12, 2009
- Sanction Number:** •ST-09-30
- Venue:** •Palo Alto College Natatorium  
•1400 West Villaret  
•San Antonio, TX 78224  
•210-486-3800  
•Specifically located in far south-central San Antonio in the northeast corner of Loop 410 and State Route 422 (Palo Alto Road), just east of I-35 South  
•There is an entrance to the campus close to the Natatorium off of westbound Loop 410 at the Palo Alto Road exit
- Facility:** •Eight FINA-width (2.75-meters) lanes  
•0.33-meter buffers outside lanes one and eight  
•2-meter minimum depth  
•All automatic DAKTRONICS starting and timing  
•Full scoreboard  
•On-deck seating for 1500  
•Concessions and swim shop in the lobby.
- Liability** •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, (STSI), the Alamo Area Aquatic Association (AAAA), the Alamo Community College District, 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:** •Age as of July 10, 2009 determines age for the entire meet  
•All swimmers, coaches, and officials participating in this competition must be currently (2009) 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, **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
- Entry**
- Restrictions:** •This Meet is open only to currently (2009) South Texas USA Swimming Registered Swimmers  
•No more than three events per session, nor more than five events per day  
•If entering with a non-conforming time (short course meters/yards), the swimmer **MUST** enter at the qualifying time for that event  
•Converted times are NOT acceptable
- Qualifying Times:** •There are minimum qualifying times for each and every event  
•Entering swimmers must at some time (lifetime best), have achieved the minimum time specified for each event entered – please see page five
- Proof-of-Time:** •Proofs-of-time will not be required  
•However, entry times may be challenged against the SWIMS Database  
•Two successful challenges will disqualify a swimmer from further participation in the meet

- Meet Format:**
- Long course meters (LCM) with minimum qualifying times
  - Timed finals
  - No relays
  - Events will be seeded by gender without regard to age
  - The meet will not be scored and there will be no awards
  - The 2009 USA Swimming Rules and any relevant sections of the STSI Handbook will apply

#### 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
  - For purposes of Article 102.9 of the USA Swimming Rules & Regulations, Swimwear, the use of more than one swimsuit at a time during any USA Swimming sanctioned or approved competition is prohibited

- Entries:**
- Entries may be submitted only via Hy-Tek Commlink File or Disk
  - Please format disks before utilizing for entries
  - Entries may be submitted via e-mail or hand delivered.
  - E-mail entries to: [dryther@mail.accd.edu](mailto:dryther@mail.accd.edu).
  - Each individual may swim a maximum of five events per day
  - All entrants must be currently registered in South Texas with USA Swimming
  - All entries MUST include a seed time
  - Entries received without a seed time will not be accepted, will not be entered into the meet and any entry fees WILL NOT be refunded.
  - An HYV File for Team Manager is available on the AAAA Web Site at [www.aaaa-sa.org](http://www.aaaa-sa.org).

**•UNDER NO CIRCUMSTANCES WILL ENTRIES BE ACCEPTED BY FAX!**

<b>Schedule:</b>	•Friday afternoon:	First Warm-ups	2:30 PM	Meet begins	3:30 PM
		Second Warm-ups	One hour after completion of the 800 Free, or 4:30 PM — which ever is later		
				Meet begins	5:30 PM or one Hour after 2nd warm-ups begin
	•Saturday morning:	Warm-ups	8:00 AM	Meet begins	9:00 AM
	•Saturday evening:	Warm-ups	4:30 PM	Meet begins	5:30 PM
	•Sunday morning	Warm-ups	8:00 AM	Meet begins	9:00 AM

- Awards/ Scoring:**
- None

#### Meet Management:

**Entries Chair:**  
Dennis P. Ryther  
1400 West Villaret  
San Antonio, TX 78224  
210-486-3800  
[dryther@mail.accd.edu](mailto:dryther@mail.accd.edu)

**Meet Director:**  
Patricia A. Estrada  
1400 West Villaret  
San Antonio, TX 78224  
210-486-3800  
[pestrada@mail.accd.edu](mailto:pestrada@mail.accd.edu)

**Meet Referee:**  
Mack Umack  
3202 Twining Drive  
San Antonio, TX 78211  
210-535-5232  
[maxumac@aol.com](mailto:maxumac@aol.com)

- Entry Fees:**
- \$6.00 per individual event
  - Includes the STSI Splash Fee
  - Please submit your entries and fees to the Entries Chairman noted below
  - Make checks payable to: *Palo Alto College*

#### Entry

- Deadline:**
- 6:00 PM, Tuesday, June 30, 2009
  - No exceptions and no late entries!

#### Special

- Needs:**
- Please notify the Palo Alto College Natatorium (210-486-3800) in advance of this event with the name and age of any member on your team who needs assistance to enter the building
  - The facility 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

- Warm-ups:**
- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page four
  - A six-lane 25-yard warm-up / could down pool will be constantly available.
- Officials:**
- All deck officials must be current (2009) members of USA Swimming, certified by at least one LSC and their credentials must be prominently displayed while on deck
  - The uniform will be white over blue (no jeans or short shorts please)
  - Please report to the Meet Referee at least 30 minutes prior to the scheduled start of each session to receive assignments
  - The wearing of name tags is strongly encouraged

## Order of Events

### Session One – Friday, July 10th – 3:30 PM

Women's #	Distance in meters	Stroke	Men's #
1*	800*	Freestyle*	2*
One hour break –Second warm-up begins			
3	100	Breaststroke	4
5	200	Backstroke	6
7	50	Butterfly	8
9	100	Freestyle	10
11	200	Individual Medley	12

### Session Two – Saturday, July 11th – 9:00 AM

Women's #	Distance in meters	Stroke	Men's #
13	200	Breaststroke	14
15	50	Backstroke	16
17	100	Butterfly	18
19	200	Freestyle	20
21	400	Individual Medley	22

### Session Three – Saturday, July 11th – 5:30 PM

Women's #	Distance in meters	Stroke	Men's #
23	50	Breaststroke	24
25	100	Backstroke	26
27	200	Butterfly	28
29	50	Freestyle	30
31	400	Freestyle	32

### Session Four – Sunday, July 12th – 9:00 AM

Women's #	Distance in meters	Stroke	Men's #
33*	1500*	Freestyle*	34*

\* These events (1-2-33-34) will require a positive check-in by 3:00 PM on Friday (1 and 2) and 8:30 AM on Sunday (33 and 34). They will be seeded by gender, swum fastest to slowest, alternating girls boys girls, etc. Competitors must provide their own backup timers and lap counters.

# **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.**

<b>LANE USE</b>			
<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!
- 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.**

# TAGS / Sectional Qualifier Time Minimum Time Standards

## Single Year Age Groups Short Course Yards (SCY)

Boys						Events	Girls					
10-un	11	12	13	14	15 & O		10-un	11	12	13	14	15 & O
31.89	29.99	27.99	26.39	25.29	23.69	50 FR	32.29	29.89	28.39	27.19	26.99	26.49
1:10.39	1:05.69	1:02.09	57.39	55.09	51.49	100 FR	1:09.39	1:05.49	1:01.89	59.09	58.29	56.79
2:30.79	2:22.99	2:14.59	2:05.09	2:00.79	1:52.89	200 FR	2:32.89	2:22.99	2:14.39	2:07.69	2:05.29	2:02.39
6:43.29	6:19.39	5:59.29	5:37.69	5:22.29	5:09.19	500 FR	6:52.29	6:18.99	6:00.09	5:40.49	5:36.99	5:29.29
-----	-----	11:37.69	11:37.69	11:03.69	10:39.59	1000 FR	-----	-----	11:51.99	11:51.99	11:28.79	11:20.69
-----	-----	19:54.39	19:54.39	18:30.99	18:05.29	1650 FR	-----	-----	19:41.89	19:41.89	19:19.19	19:16.69
37.29	34.89	33.09	-----	-----	-----	50 BK	37.19	34.69	32.19	-----	-----	-----
1:21.09	1:15.49	1:10.39	1:05.79	1:03.29	59.29	100 BK	1:20.39	1:14.79	1:10.59	1:07.19	1:06.29	1:04.39
-----	2:40.59	2:32.09	2:21.69	2:16.89	2:08.59	200 BK	-----	2:43.69	2:31.79	2:23.99	2:23.39	2:17.79
43.29	39.99	37.59	-----	-----	-----	50 BR	42.49	39.19	37.19	-----	-----	-----
1:35.29	1:24.59	1:21.29	1:15.69	1:11.39	1:06.99	100 BR	1:31.59	1:25.59	1:20.79	1:16.19	1:15.29	1:13.49
-----	3:10.29	2:56.29	2:44.19	2:35.99	2:27.99	200 BR	-----	3:05.79	2:54.49	2:43.69	2:42.99	2:37.49
35.89	33.59	31.49	-----	-----	-----	50 FY	35.79	32.99	31.39	-----	-----	-----
1:21.69	1:15.29	1:11.29	1:05.39	1:01.79	56.99	100 FY	1:22.79	1:15.39	1:10.59	1:06.09	1:04.79	1:02.59
-----	3:03.19	2:36.69	2:26.69	2:18.79	2:08.99	200 FY	-----	3:02.09	2:40.59	2:27.69	2:24.69	2:18.59
1:21.29	1:15.09	1:11.79	-----	-----	-----	100 IM	1:20.79	1:15.09	1:11.39	-----	-----	-----
2:54.49	2:40.59	2:32.79	2:23.09	2:17.19	2:08.49	200 IM	2:55.49	2:40.99	2:32.79	2:24.29	2:22.99	2:18.69
-----	-----	5:07.79	5:07.79	4:52.79	4:37.49	400 IM	-----	-----	5:07.79	5:07.79	5:03.09	4:54.89

# TAGS / Sectional Qualifier Time Minimum Time Standards

## Single Year Age Groups Long Course Meters (LCM)

Boys						Events	Girls					
10-un	11	12	13	14	15 & O		10-un	11	12	13	14	15 & O
35.69	33.69	32.09	30.19	29.19	26.89	50 FR	35.49	33.49	32.29	31.19	30.59	30.19
1:18.59	1:13.79	1:09.89	1:05.59	1:03.39	58.49	100 FR	1:18.59	1:13.29	1:09.69	1:07.29	1:06.09	1:04.79
2:52.79	2:38.89	2:31.29	2:23.59	2:17.39	2:09.09	200 FR	2:51.09	2:39.59	2:33.79	2:25.59	2:22.79	2:20.09
6:01.99	5:34.19	5:17.09	5:02.69	4:50.49	4:38.79	400 FR	5:56.59	5:36.59	5:20.19	5:05.09	5:01.89	4:56.89
-----	-----	10:26.49	10:26.49	9:56.59	9:28.09	800 FR	-----	-----	10:26.09	10:26.09	10:17.99	9:59.09
-----	-----	20:13.69	20:13.69	19:09.49	17:56.89	1500 FR	-----	-----	20:19.29	20:19.29	19:52.49	19:18.49
43.49	39.99	37.69	-----	-----	-----	50 BK	42.69	38.09	38.49	-----	-----	-----
1:33.69	1:26.39	1:21.59	1:17.19	1:13.49	1:08.59	100 BK	1:31.19	1:25.49	1:21.79	1:18.69	1:17.69	1:15.29
-----	3:05.29	2:54.39	2:44.49	2:38.89	2:28.69	200 BK	-----	3:01.79	2:54.59	2:47.29	2:44.99	2:40.89
49.39	45.29	42.99	-----	-----	-----	50 BR	48.29	44.19	42.09	-----	-----	-----
1:46.89	1:37.19	1:34.49	1:25.39	1:24.19	1:16.39	100 BR	1:44.29	1:38.49	1:33.29	1:28.59	1:27.39	1:24.99
-----	3:30.89	3:21.39	3:10.29	3:00.29	2:48.69	200 BR	-----	3:29.69	3:17.39	3:09.59	3:06.69	3:03.59
40.69	37.69	35.99	-----	-----	-----	50 FY	40.39	37.29	35.29	-----	-----	-----
1:38.09	1:25.59	1:20.99	1:14.59	1:10.09	1:04.19	100 FY	1:34.79	1:25.49	1:19.59	1:15.89	1:14.29	1:11.49
-----	3:07.49	3:04.89	2:46.79	2:40.19	2:28.29	200 FY	-----	3:08.29	3:00.89	2:50.79	2:46.59	2:42.99
3:18.59	3:00.19	2:52.19	2:44.39	2:37.49	2:28.29	200 IM	3:14.39	3:02.09	2:52.99	2:46.29	2:43.19	2:40.59
-----	-----	5:50.49	5:50.49	5:34.89	5:16.79	400 IM	-----	-----	5:52.89	5:52.89	5:45.09	5:41.99

May 2009