

*The University of Texas at Austin***LONGHORN AQUATICS****2009 End of School Splash  
May 22-24, 2009**

- Welcome:** Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in our long course meet. This meet will be conducted in one indoor 50 meter course using a Daktronics 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 Redman 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 or liability for 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 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 membership card.
- Schedule:** Friday night's schedule is for all ages. Saturday and Sunday the meet will be split into morning and afternoon sessions based on age. The morning sessions each day are for swimmers 12 and under and the afternoon sessions are for swimmers 13 and over. Depending on how the entries come in, we reserve the right to split the sessions differently and/or combine sessions. Friday night session is all ages.

Friday	All Ages	Warm-up Start	5:00PM 6:00PM
Saturday	Session 1 - 12 & Under	Warm-up Start	8:00 AM 9:00 AM
	Session 2 - 13 & Over	Warm-up Start	***** *****
Sunday	Session 3 - 12 & Under	Warm-up Start	8:00 AM 9:00 AM
	Session 4 - 13 & Over	Warm-up Start	***** *****

\*\*\*\*\* The warm-up for the afternoon session will begin immediately following the morning session. The exact start times for the afternoon sessions will be posted on the Longhorn Aquatics website on **Tues, May 12th** after entries are received. The diving well will be available for warm-up before the end of the morning session.

**Swimwear Restrictions:**

Swimsuits worn by males in all 14 and under STSI Age Group competition shall not extend above the waist 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 over. Refer to the order of events for the specific qualifying times. Athletes that do not finish an event within the LCM qualifying time as listed will be required to prove their entry time. The entry time must be in the USA Swimming database. **Swimmers that cannot prove an entry time will be fined \$25** payable to the University of Texas. These swimmers will be barred from competition (at this or subsequent meets at the Swim Center) until the fines are paid.

**Meet Format:**

All events are timed finals, except for the **50 Shoot-Out** events, 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 over/under starts may be used. If there are enough swimmers to run both ends of the pool, then even **heats** shall finish at the American Flag end and Odd **heats** shall finish at the Texas Flag end.

The 400 meter Free, 400 meter IM, 800 meter Free and 1500 meter Free require positive check-in. Swimmers in these four events must provide their own timers. Swimmers in the 800 meter free and 1500 meter free must provide their own counters. The 400 Free, 400 IM, 800 Free and the 1500 Free will be swum fastest to slowest. The 400 Free and 400 IM will alternate girls and boys heats. Please be aware that boys and girls may be combined to minimize the number of heats.

In order to stay within the four hour rule, **we reserve the right to cap the number of swimmers entered in the meet or to divide the sessions differently.** For example, if we have a large number of young swimmers and fewer older swimmers, we could move the 12 year olds into the afternoon session, still stay within the four hour rule and let more swimmers compete. The number of swimmers in the 400s will be limited to the first 16 swimmers of 12 and under girls and the first 16 swimmers of 12 and under boys who enter (2 heats each); and the first 40 swimmers of boys 13 and up and the first 40 swimmers of girls 13 and up who enter (5 heats each).

Swimmers will be entered in the order entries are received.

**50 Shoot-Out:**

Swimmers, 13 and over, are invited to participate in the **50 Shoot-Out Events**. Swimmers may participate in only one Shoot Out, either the 50 Free, 50 Breast, 50 Fly or 50 Back. The Shoot-Out events are prelim/semi/final events. Prelims will be swum Friday Night, with the top 16, **13 and over**, finishers moving to Semi-Finals Saturday afternoon. The top eight finishers from Saturday will then swim Finals Sunday Afternoon, with an award going to the first place finishers. Swimmers who cannot commit to continue swimming both Saturday and Sunday must scratch 30 minutes after results are posted Friday evening.

**Scratches:**

We are asking swimmers to scratch events they will not swim the next day. **By 6PM 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, you will need to 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 IM, 400 Freestyle, 800 Freestyle and 1500 Freestyle. Check in sheets will be available as the swimmers enter the pool for warm-ups **on the day of the event** and will close one hour before the events are swum. Exact times will be posted on the day of the event.

**Swimmers that positive 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 Sunday April 19th at noon for South Texas** teams and on **Monday April 20th** 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) **Monday, May 11, 2009** at noon
- b) **when a session reaches an estimated 4 hours in length.**

**Entries:** Swimmers may enter a **maximum of 4 individual events per day, 8 maximum individual events total for the meet.** The semi-final and finals of the 50 Shoot-Out events do not count towards either the 4 events per day or the 8 event maximum. The age of the swimmer will be his/her age on **May 22, 2009**. Enter all events with previous best times achieved in **long course meters**. Although swimmers may enter events under 200 meters with a NT, we would encourage you to estimate a LCM time. Coaches: Please be diligent in entering the 50 meter events. Since they are offered all three days, it is easy to enter the swimmer for the wrong day. If this should happen, every attempt will be made to accommodate the error, but there is no guarantee given.

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

Email entries to Dorothy Palmore at [palmore@swbell.net](mailto:palmore@swbell.net) When you email the entries, also attach a Word document (or pdf) of the entries (**by swimmer**) and a Word document (or pdf) of the meet entry fees report. If you don't receive an email confirmation, your entries were not received. **If you email entries, we must receive your entry fees by noon on Friday, May 15<sup>th</sup>, or your entries will be removed from the meet database.**

Teams with fewer than five swimmers should 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.

No paper, phone, or fax 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, with the exception of the Shoot-Out event. The entry fee for the 50 Shoot-Out is \$10.00. This includes the South Texas Swimming splash fee of \$1.25 per splash. Please only send one check per team location. Refunds will not be given for any reason.

Make checks payable to: **The University of Texas at Austin.**

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 prior to the start of each session. You may deck enter for subsequent sessions after deck entries close for the current session.

The deck entry fee is \$20.00 per event. **Swimmers not previously entered in the meet must present their current USA swimming registration card at Clerk of Course to deck enter.** No exceptions.

**Awards:** Ribbons, first through eighth place, will be awarded according to the following age groups: boys and girls 8 & under, 9, 10, 11 and 12. A cash award, in the form of a **\$10** gift card, will be made to the first place finalist in each 50 Shoot-Out Event.

**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.

If we still fall short of timers, please help us out by responding to a call for timers.

**Meet Referee:**  
Ron Zolno  
512-329-8239  
[rzolno@brsgroup.com](mailto:rzolno@brsgroup.com)

**Meet Director:**  
Dorothy Palmore  
512-918-1889  
[palmore@swbell.net](mailto:palmore@swbell.net)

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

## ORDER OF EVENTS FRIDAY, May 22, 2009

Girls Event #	13 & Over Q Times LCM	12 and Under Q times LCM	Event	13 & Over Q Times LCM	12 and Under Q Times LCM	Boys Event #
1	3:30.00	3:45.00	200 Breast	3:30.00	3:45.00	2
3			50 Fly			4
5			50 Back			6
7			50 Free			8
9			50 Breast			10
11	5:25.00	6:00.00	400 free*	5:26.00	6:00.00	12

### Session One

\*Positive check-in for the 400 Free is required; swimmers must provide their own timers.

## SATURDAY AM, May 23, 2009

### SESSION 2 - 12 & Under

Girls Event #	Qualifying Time LCM	Event	Qualifying time LCM	Boys Event #
13	3:17.74	200 Free	3:25.71	14
15		50 Breast		16
17		100 Fly		18
19		50 Back		20
21		50 Fly		22
23	3:20.00	200 Back	3:20.00	24
25		50 Free		26
27	7:21.00	400 IM*	7:39.00	28

\*Swimmers must provide their own timers. Positive Check-In is required for the 400 IM

**SATURDAY PM, May 17, 2008****SESSION 3 - 13 & Over**

<b>Girls Event #</b>	<b>Qualifying time LCM</b>	<b>Event</b>	<b>Qualifying time LCM</b>	<b>Boys Event #</b>
29	2:57.40	200 Free	2:53.71	30
**	Fastest 16 from Friday evening	50 Breast Shoot-Out Semi-Final	Fastest 16 from Friday evening	**
31		50 Breast		32
33		100 Fly		34
35		100 Breast		36
**	Fastest 16 from Friday evening	50 Back Shoot-Out Semi-Final	Fastest 16 from Friday evening	**
37		50 Back		38
**	Fastest 16 from Friday evening	50 Fly Shoot- Out Semi- Final	Fastest 16 from Friday evening	**
39		50 Fly		40
41	3:08.70	200 Back	3:11.95	42
**	Fastest 16 from Friday evening	50 Free Shoot-Out Semi-Final	Fastest 16 from Friday evening	**
43		50 Free		44
45	5:35.08	400 IM*	5:35.08	46

**\*Positive Check-In is required. Swimmers must provide their own timers**

**SUNDAY AM, May 18, 2008****SESSION 4 - 12 & Under**

<b>Girls Event #</b>	<b>Qualifying time LCM</b>	<b>Event</b>	<b>Qualifying time LCM</b>	<b>Boys Event #</b>
47	3:40.00	200 IM	3:40.00	48
49		50 Fly		50
51		100 Back		52
53		50 Breast		54
55		100 Breast		56
57	3:39.00	200 Fly	3:39.00	58
59		50 Free		60
61		50 Back		62
63		100 Free		64

**SUNDAY PM, May 18, 2007****SESSION 5 - 13 & Over**

<b>Girls Event #</b>	<b>Qualifying time LCM</b>	<b>Event</b>	<b>Qualifying time LCM</b>	<b>Boys Event #</b>
65	3:09.77	200 IM	3:04.09	66
**	Fastest 8 from Saturday	50 Fly Shoot- out Finals	Fastest 8 from Saturday	**
67		50 Fly		68
69		100 Back		70
**	Fastest 8 from Saturday	50 Breast Shoot-out Finals	Fastest 8 from Saturday	**
71		50 Breast		72
**	Fastest 8 from Saturday	50 Free Shoot-out Finals	Fastest 8 from Saturday	**
73		50 Free		74
75	2:59.00	200 Fly	2:59.00	76
**	Fastest 8 from Saturday	50 Back Shoot-out Finals	Fastest 8 from Saturday	**
77		50 Back		78
79		100 Free		80
81	21:00.00	1500 Free*		
		800 Free*	10:35.00	82

\* **Positive Check-in is required. Swimmers must provide their own timers and counters**

**Officials:** Help from visiting officials is always welcome. Visiting officials are asked to indicate their availability with the team's entry forms or contact the meet referee, Ron Zolno, directly at [rzolno@brsgroup.com](mailto:rzolno@brsgroup.com).

The Official's uniform will be white polo over navy slacks, skirt, or shorts.

**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 who are entered 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.

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.

**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.**

**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 the 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 5:45PM on weekdays and all day Saturday and Sunday parking is open on a space available basis on 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 garages beginning as of January, however it is not always enforced. For more information, check the Parking and Transportation website 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 dates.



*The University of Texas at Austin*

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

1900 Robert Dedman Drive

Austin, Texas 78712-0363

### 2008-2009 Sponsor Hotels

#### **Radisson Hotel & Suites on Town Lake**

111 Cesar Chavez  
Austin TX 78701



**Contact: Emily Hastings**  
(512) 478-9611

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

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

#### **Holiday Inn Town Lake**

20 N IH-35  
Austin, TX 78701



**Contact: Bridgitte Ards**  
(512) 634-1274

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

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

#### **Hampton Inn & Suites Downtown**

200 San Jacinto  
Austin, Texas 78701



**Group Contact: Carrie Bond** (512) 744-0825

[cbondvalencia@aol.com](mailto:cbondvalencia@aol.com)

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

#### **Hampton Inn and Suites Airport**

7712 E Riverside Drive, Austin, TX 78744

**Contact: Cynthia Garcia** (512) 356-6602

[cynthia\\_garcia@hilton.com](mailto:cynthia_garcia@hilton.com)

#### **AT&T Executive Education & Conference Center**

1900 University Avenue  
Austin, Texas 78705



**Contact: Divya Saighal**

(512) 404-3620

(877) 744-8822

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

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!

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

#### **DoubleTree Club Hotel**

1617 N IH-35  
Austin, Texas 78702



**Contact: Brianna Look**  
(512) 479-4000 ext. 7030

[brianna.look@hilton.com](mailto:brianna.look@hilton.com)

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

#### **Crowne Plaza Hotel**

6121 North IH 35  
Austin, Texas 78752



**Contact: Shelley Staff**

(512) 371-5243

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

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

#### **Embassy Suites**

North - 5901 North I-35



**Contact: Kris Paulson** (512) 454-8004 ext. 7025

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

Downtown – 300 South Congress Ave

Contact: Craig Harms (512) 617-2574

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

#### **Drury Hotels of Austin North**

6711 North I-35



**Contact: Bekah Ragland** (10+ rooms)

(800) 436-1167

[Bekah.Ragland@druryinn.com](mailto:Bekah.Ragland@druryinn.com)

Individual Reservations: (800) 378-7946

[www.druryhotels.com/properties/austinnorth.cfm](http://www.druryhotels.com/properties/austinnorth.cfm)

**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 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.
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**