



2009 South Texas Long Course Senior Championships

Hosted by
Brownsville Aquatics &
McAllen Swim Club



- Dates:** •Friday, Saturday, and Sunday, August 7, 8 & 9, 2009
- Sanction:** •ST-09-47
- Venue:** •**Margaret Clark Aquatic Center**
•2901 FM 802
•Brownsville, TX 78520
•(956) 698-0060
- Facility:** •Eight lane, 50 meter pool
•All automatic starting and timing
•Concession available
•Four-lane warm-up / cool down pool adjacent
- Liability:** •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, (STSI), McAllen Swim Club, Brownsville Aquatics, the Brownsville Independent School 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.
- 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 who fail to meet this requirement will not be allowed to compete
- Meet Format:** •Championship Format
•A and B finals for the all 50 meter events, 100 meter events, 200 Freestyle, and 200 IM. All other events will have an A final only.
•Preliminary events will be seeded by time and gender according to the Senior Championship Order of Events on Page 6
•All preliminary events will be swum slowest to fastest unless otherwise noted
•Finals will be contested as follows: 13, 14, 15-16, and 17 and older
•800 free and 1500 free are timed finals, age combined, alternating male and female, swimming fastest to slowest. They will be seeded on deck. They will be contested in the preliminary session. Swimmers must provide their own backup timers and lap counters.
•Relay events are timed finals and will be swum only during the preliminary sessions.
•Please refer to the Order of Events on page 6
•10 minute break after the relays
•Relay only swimmers are permitted
- Rules:** •The most current edition of the USA Swimming Rules and Regulations and any relevant portions of the STSI Handbook will apply
•For events 400Y/M or longer, positive check-in is required on the day of the race. The events will be seeded after the close of check-in.
- Qualifying Times:** •The minimum qualifying time standards (2008-2009 South Texas Time Standards) for this meet will be found on pages 6 and 7 as well as the STSI web sites.
•Qualifying times must be achieved prior to the entry deadline
•If entering with a non-conforming time (e.g., SCM or SCY), enter with the nonconforming time. Do not enter at the LCM qualifying times. Nonconforming times will be seeded last.

Proof of Time	<ul style="list-style-type: none"> •Annotate this entry to the entry chairman at the time of entry submission •Proof of time must be submitted with the entries •The only acceptable sources for proof of time are computer software (Team Manager, USA-S SWIMS, Meet Manager) generated results, and web site posting from USA-S Sanctioned, Approved, or Observed meets •All results must also appear in the USA-S SWIMS database •In cases where a proof of time does not appear in SWIMS due to a clerical or posting error, a copy of the official meet results, signed by the meet referee, will be an acceptable proof of time. •Times used to enter a meet must have been achieved in a USA-S Sanctioned, Approved, or Observed met •All proof of times are the responsibility of the entering teams, not the meet host •<u>Entries without an acceptable proof of time will not be accepted.</u>
Entry Limitations:	<p>An individual swimmer may <u>enter</u> a maximum of seven (7) individual events for the entire meet over the three days, and may participate in a maximum of three (3) individual and two (2) relay events per day.</p>
Relay Entries:	<ul style="list-style-type: none"> •All relays and timed finals are swum in the preliminary sessions only •There are time standards for all relays •Relay team entry times may be determined by the sum of the individual team member's times for the like strokes/distances or the actual time of that relay team achieved in sanctioned competition •Composite relay times used for proof, must have the same four swimmers entered on the entry form and eligible in the same age group •Unlimited number of relays per team (A, B, C, etc) but only two relays per team (A and B) will score •It is recommended that relay swimmer names be included with entries to help enter the relays efficiently at the start of the session •Relay cards must be turned in with final relay line-up prior to the designated time (as shown on the schedule). <u>If a relay card is not turned in, it is assumed that the relay is scratched.</u> •Relay teams will not be allowed to participate unless a relay card has been submitted •The order of swimmers on the relay team will be strictly enforced in accordance with 102.4.7, 2008 USA-S Rules and Regulations
Entry Deadline:	<ul style="list-style-type: none"> •The deadline is 6:00 p.m. Tuesday, July 28, 2009 <ul style="list-style-type: none"> •These entries will be for all the athletes achieving qualifying times prior to this date •This deadline is required to verify swimmers and times in the SWIMS database and correct errors
Requirements:	<ul style="list-style-type: none"> •All entries must contain the following information: <ul style="list-style-type: none"> •The name, email address, and phone number of the person preparing the entries in case clarification is needed •An attachment of the Hy-Tek Team Manager export file •An attached Word Document listing the entries (by swimmer) with proofs of time •An attached Word Document of the meet entry fees report •If the entry time is not available in SWIMS, proof of time requires all of the following: <ul style="list-style-type: none"> •Name and date of meet •Website address where the results are posted OR a hard copy of the results signed by the meet referee •Page number where the results can be found •Final entries are only required if there was a change in a preliminary entry <ul style="list-style-type: none"> •The final entries must indicate, by swimmer, the change that was made to the preliminary entry •Teams with exceptions will be e-mailed notice of any exceptions •Teams and entrants are responsible to check the exception report when notified.
Entry Procedures:	<ul style="list-style-type: none"> •\$6.00 per individual events and \$12.00 per relay event (entry fees include STSI splash fees) •Checks made payable to McAllen Swim Club •Entry fees must be received by 12 noon on August 5, 2009 •If payment is not received on time the affected swimmers will be removed from the meet •Please include the meet entry fee report with your check •Once the entry fees are accepted, they will not be refunded for any reason, even if a swimmer should fail to compete •No paper, phone, or fax entries will be accepted

- If you don't receive an e-mail confirmation, your entries were not received.

**Deck
Entries:**

- Deck entries will be accepted a \$12.00 per individual event and \$24.00 per relay
- Swimmers may deck enter for the current session beginning at the start of warm-ups
- Deck entries will close 30 minutes prior to the start of each session
- Swimmers may deck enter for subsequent sessions after deck entries close for the current session
- No new heats will be created
- Swimmers not previously entered in the meet must present their USA Swimming registration card at Clerk of Course to deck enter. No exceptions
- Additionally, the swimmer must present a hard copy of the proof-of-time before a deck entry will be accepted.

**Warm-up
Procedures:**

- The South Texas Swimming Safety Guidelines and Warm-up Procedures on page eight will be in effect at this meet.
- The adjacent pool will be available for warm-ups throughout the meet
- Warm-up times and lane assignments for each team will be posted on the STSI website along with the psyche sheet
- There will be a warm-up session on Thursday evening, and multiple warm-up sessions Friday, Saturday, and Sunday mornings
- There will be a single session for finals
- Warm-ups must be under the direct supervision of the coaches at all times

Time Trials:

- Time trials will be held immediately following Friday and Saturday's preliminary session, time permitting
- There will be no time trials on Sunday
- Swimmers must already be entered in this meet in order to enter a time trial
- No events longer than 200-meters will be offered
- An individual swimmer may enter no more than two (2) time trial events during the entire meet
- Time trial entries do not count against the 7 allowed overall meet entries
- Time trial entries do count against the three per day limit
- Please Note: Senior Champ Times made during the Senior Champ Time Trials cannot be used to enter that event in the meet
- Time trial results will be posted with the meet results

**Scratch
Rules:**

- There is no penalty for failing to scratch from a pre-seeded preliminary event.
- The top 16 qualifiers in each preliminary event will be announced and posted shortly after the final heat
- All swimmers have 30 minutes in which to scratch if they do not desire to compete in the finals
- Swimmers who elect NOT to compete in finals, must scratch or declare an INTENT to scratch with the Official Scorer within 30 minutes of the announcement*
- Swimmers who declare intent to scratch, then have 15 minutes after the completion of their last individual event of the session to confirm the scratch
- Following the 15 minute deadline, if scratch confirmation is not received it will be assumed the swimmers **will compete** in the finals event
 - Parents are not allowed on deck for this purpose. Check-ins and scratches must be done by that swimmer's coach.
- Any swimmer qualifying for finals, does not scratch, and fails to appear for competition will be disqualified from further participation in the meet
 - Illness and injury may be excused by the Meet Referee
 - In the event that the no show is on Sunday, the swimmer will be fined \$100
 - Swimmers will be barred from competition in South Texas until any such fines are paid
- Swimmers and relay teams who check in for deck seeded events and subsequently fail to appear for competition will be disqualified from further participation in the meet
 - Swimmers who fail to appear for the 1500 freestyle, after checking-in, will be fined \$100 and banned from further participation in the meet
 - Illness and injury may be excused by the Meet Referee

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.
- Only one suit may be worn during competition per Article 102.9.

Special

Needs:

- Please notify the BISD Aquatics Center in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
- The BISD 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 judges under Article 105.

Awards:

- Individual events: first through third place: Medals
- Individual events: fourth through eighth place Ribbons
- Relay Events: first through third place Ribbons
- Team Awards: first through fifth place Banners
- There will be no awards presentation
- Clubs must pick-up awards during the meet from the awards desk area

Scoring:

A Finals ⇒	1	2	3	4	5	6	7	8
Individual events	20	17	16	15	14	13	12	11
Relay events	40	34	32	30	28	26	24	22
B Finals ⇒	9	10	11	12	13	14	15	16
Individual events	9	7	6	5	4	3	2	1
Relay events	18	14	12	10	8	6	4	2

Meet

Management:

• Meet Director/Entries Chair
Janice Merritt
5113 W. Hackberry Ave.
McAllen, TX 78501
(956) 972-0824
jmerritt@rgv.rr.com

• Meet Referee
Miguel Gonzalez
7025 N. 5th St.
McAllen, TX 78504
(956) 994-0996
gonzalezma@panam.edu

• Head Coach
Roxanne Balducci
2117 Deborah
Edinburg, TX 78539
(956) 380-0279
rbalducci2002@yahoo.com

Swimming

Officials

Please Make

Special Note:

- All deck officials must be currently (2009) certified / registered with USA-S and STSI
- Please notify the meet referee if you intend to participate, and specify the sessions for which you will be available
- Uniforms for deck officials will be as follows:
 - **Preliminaries** – white shirts/blouses over navy blue pants, skirts, or Bermuda length shorts (NO JEANS PLEASE)
 - **Finals** – navy blue shirts/blouses over white pants or skirts (NO SHORTS OR JEANS, PLEASE)

•Please report to the Meet Referee at 8:00 AM for prelims and 5:30 PM for finals to receive your assignments.

Daily

Schedule:

•Preliminaries:

- Warm-ups begin 7:00 AM
- Clear competition pool 8:20 AM
- Coaches' meeting (Sat only) 8:20 AM
- Sessions begin 8:30 AM

•Check-ins for the 400 / 800 / freestyle and 1500 freestyle not later than 10:00 AM on the day of the event

•Finals:

- Warm-ups begin 4:00 PM
- Clear competition pool 4:45 PM
- National Anthem 4:57 PM
- Sessions begin 5:00 PM

Alternates:

- Swimmers who qualify as alternates for final events and wish to compete should no shows occur, must be within an area previously designated by the Meet Referee and be immediately available
- Immediately is defined as being properly attired, behind the block and ready to swim within 30 seconds of being called.

Timers:

- Swimmers competing in the 400 / 800 / 1500 freestyle events must provide their own back-up timers and lap counters.

Order of Events

Distances are in yards

Friday, Aug. 7, 2009 -8:30 AM			Saturday, Aug. 8, 2009 - 8:30 AM			Sunday, Aug. 9, 2009 - 8:30 AM		
Women's Number	Distance & Stroke	Men's Number	Women's Number	Distance & Stroke	Men's Number	Women's Number	Distance & Stroke	Men's Number
1	400 Free Rly	2	11	200 Free Rly	12	25	400 Med Rly	26
3	100 Fly	4	13	400 I-M (TF)	14	27	200 Free	28
5	200 I-M	6	15	100 Free	16	29	100 Back	30
7	200 Breast	8	17	200 Back	18	31	200 Fly	32
9	400 Free (TF)	10	19	100 Breast	20	33	50 Free	34
			21	200 Med Rly	22	35	1500 Free (TF)	36
			23	800 Free (TF)	24			

Notes:

1. All 50 meter events, 100 meter events, 200 Freestyle, 200 IM "A" and "B" Final
2. All events 200 meters and longer (except 200 Free & 200 IM) "A" Final only.
3. 400 IM, 400 Freestyle: Timed Final, Positive Check-in by 8:15 a.m.
4. 800 Freestyle, 1500 Freestyle: Timed Final, Positive Check-in by 10:00AM on the day of the event, alternating female/male, and swum fastest to slowest. Deck seeded.

2008-2009 Sr. Championship Time Standards						
Short Course Yards						
Girls				Boys		
13	14	15 and older		15 and older	14	13
28.19	28.09	27.99	50 Free	25.69	26.49	28.19
1:00.39	1:00.29	1:00.09	100 Free	55.59	57.39	1:00.49
2:13.59	2:11.99	2:11.79	200 Free	2:04.79	2:04.89	2:09.49
6:07.69	6:07.59	6:07.49	500 Free	6:03.09	6:03.19	6:18.19
14:08.89	13:08.29	13:08.19	1000 Free	12:34.29	12:34.39	13:32.49
23:34.19	21:53.19	21:53.09	1650 Free	19:21.99	20:51.99	22:28.29
1:12.39	1:11.39	1:11.29	100 Back	1:09.49	1:09.59	1:14.99
2:36.49	2:33.79	2:33.69	200 Back	2:29.69	2:29.79	2:41.29
1:21.69	1:21.59	1:21.49	100 Breast	1:17.99	1:18.09	1:24.09
2:55.49	2:55.39	2:55.29	200 Breast	2:49.29	2:49.39	3:02.19
1:15.09	1:13.49	1:13.39	100 Fly	1:07.99	1:08.09	1:13.29
2:53.39	2:40.99	2:40.89	200 Fly	2:31.89	2:31.99	2:43.69
2:37.99	2:33.59	2:33.49	200 IM	2:30.19	2:30.29	2:40.79
5:43.79	5:31.49	5:31.39	400 IM	5:25.39	5:25.49	5:50.59
	1:52.79	1:52.79	200 FR R	1:42.79	1:52.99	
	4:01.59	4:00.39	400 FR R	3:42.39	4:01.99	
	2:07.29	2:07.19	200 MR	2:05.09	2:05.19	

	4:49.09	4:48.99	400 MR	4:37.39	4:52.29	

2008-2009 Sr. Championship Time Standards						
Long Course Meters						
Girls				Boys		
13	14	15 and older		15 and older	14	13
32.19	31.99	31.89	50 Free	29.29	30.09	32.29
1:09.79	1:09.39	1:09.29	100 Free	1:05.39	1:05.49	1:09.99
2:30.99	2:30.89	2:30.79	200 Free	2:21.69	2:26.09	2:30.79
5:29.99	5:29.89	5:29.79	400 Free	5:06.19	5:27.99	5:53.29
12:35.99	11:41.99	11:41.89	800 Free	11:21.69	11:21.79	12:14.29
24:06.39	22:23.09	22:22.99	1500 Free	21:35.19	21:35.29	23:14.99
1:22.89	1:22.69	1:22.59	100 Back	1:20.49	1:20.59	1:24.89
2:58.19	2:58.09	2:57.99	200 Back	2:53.99	2:54.09	2:58.39
1:34.09	1:33.99	1:33.89	100 Breast	1:27.99	1:28.09	1:34.89
3:26.79	3:26.69	3:26.59	200 Breast	3:17.09	3:17.19	3:32.39
1:22.49	1:22.39	1:22.29	100 Fly	1:16.89	1:16.99	1:22.89
3:16.29	3:02.29	3:02.19	200 Fly	2:51.89	2:51.99	3:05.19
2:55.09	2:54.09	2:53.99	200 IM	2:48.19	2:48.29	3:00.29
6:42.39	6:31.09	6:30.99	400 IM	6:13.09	6:13.19	6:41.89
	2:08.39	2:08.29	200 FR R	1:57.19	2:09.19	
	4:39.19	4:44.09	400 FR R	4:22.79	4:39.99	
	2:30.79	2:30.69	200 MR	2:30.59	2:33.09	
	5:29.29	5:21.29	400 MR	5:20.99	5:32.69	

2008-2009 Sr. Championship Time Standards						
Short Course Meters						
Girls				Boys		
13	14	15 and older		15 and older	14	13
31.09	30.89	30.79	50 Free	28.29	29.09	31.09
1:06.49	1:06.39	1:06.09	100 Free	1:01.19	1:03.19	1:06.59
2:26.99	2:25.19	2:24.99	200 Free	2:17.29	2:17.39	2:22.49
5:21.59	5:21.49	5:15.89	400 Free	4:58.19	5:17.79	5:32.89
11:35.59	11:25.99	11:25.89	800 Free	11:00.19	11:00.29	11:50.99
23:19.59	21:45.59	21:45.49	1500 Free	19:18.51	20:44.69	22:20.49
1:19.69	1:18.59	1:18.49	100 Back	1:16.49	1:16.59	1:22.49
2:52.19	2:49.19	2:49.09	200 Back	2:44.69	2:44.79	2:54.59
1:29.89	1:29.79	1:29.69	100 Breast	1:25.79	1:25.89	1:32.49
3:13.09	3:12.99	3:12.89	200 Breast	3:06.29	3:07.09	3:20.49
1:20.49	1:20.39	1:20.29	100 Fly	1:14.79	1:14.89	1:20.69
3:13.52	2:57.89	2:56.99	200 Fly	2:47.09	2:47.19	3:00.09
2:51.94	2:48.99	2:48.89	200 IM	2:44.19	2:44.29	2:53.98
6:18.19	6:04.69	6:04.59	400 IM	5:57.99	5:58.09	6:25.69
	2:04.39	2:04.29	200 FR R	1:53.19	2:04.39	
	4:25.99	4:24.39	400 FR R	4:04.79	4:26.39	
	2:20.29	2:19.99	200 MR	2:17.69	2:17.79	
	5:16.59	5:13.29	400 MR	5:06.19	5:22.29	

Approved by the STS Board of Directors, 11 Nov 08



SOUTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

I. Assigned warm-up Procedures (**Preliminaries**).

- Warm-up lanes and times will be assigned to competing teams based on number of entrants.
- All warm-up activities will be coordinated by the coach(es) supervising that lane
- Dive sprints may be done only under the direct supervision of the coach

II. Open warm-up procedures (**Finals**).

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

- The first $\frac{1}{2}$ of the assigned warm-up time shall be general warm-up for all lanes.
- Push/Pace Lanes will push off one or two lengths from starting end.
- 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.
- There will be no diving in the general warm-up lanes. Circle swimming only.
- No kick boards, pull buoys, or hand paddles may be used.

3. Safety Guidelines

a. Coaches are responsible for the following:

- Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices
- Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
- 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.

- 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).
- Referees 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.
- The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
- 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."
- 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.
- Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials will be either removed or clearly marked.

B. MISCELLANEOUS NOTES

- Coaches will ensure that backstrokers 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.
- Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- 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.
- Warm-up procedures will be enforced for any breaks scheduled during the competition.
- No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-up 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.

