

# Swim Belton

**Is Proud to Sponsor the  
2009 South Texas Junior Olympics (North)  
Summer Short Course Championships  
July 24, 2009 – July 26, 2009  
Sanction Number ST-09-48**

**Dates:** There will be three Junior Olympic Championship meets. Teams must attend the meet based on assignments shown below:

**NORTH:** JO's North – July 24-26, hosted by Swim Belton, to include the following teams: AG, CPS, FHD, NTRO, PFST, SB, TASC, TCAC

**CENTRAL:** Hosted by WFLY to include the following teams: AMSC, AQTX, ATP, COTA, GOLD, HOT, HSC, KST, LAKE, LCA, LSAC, MM, NBAC, SASA, TXLA, UT, WAVE, WAWA, WFLY, WWW

**SOUTH:** Hosted by CCAA to include the following teams: AAAA, BAS, BEAT, CBA, CCAA, CISD, CLAN, CLUB, DRD, HAT, MSC, RAC, SWIJ

**Welcome:** Swim Belton invites you to join us at the Roy and Jean Potts Belton Swim Center to compete in the South Texas (North) Junior Olympics Championship Meet.

**Facility:** The Roy and Jean Potts Belton Swim Center is located at 600 Lake Rd, Belton, Texas 76513 on the Belton High School Campus. This meet will be conducted in one, indoor, 8-lane, 25-yard pool using a Daktronics Timing System and Hy-Tek Meet Manager software. The pool has 7- foot lanes with a 5-foot minimum water depth. Telephone numbers: (254) 215-2444, (254) 718-7270, or (254) 939-1574. The facility has a separate 3-lane 25 yard pool with depths of 3' to 4'9" which will be available for continuous warm-up and cool down. Parking and spectator areas are adequate. Dressing rooms have limited space.

A reasonably-priced concession stand will be available in the area throughout the meet. Spectators and athletes may not bring food nor drink into the facility from outside sources.

**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

**Liability:** In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, (STSI), Swim Belton Swim Club, the Roy and Jean Potts Belton Swim Center, Belton ISD 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.

- Meet Format:**
- Events will be seeded by time and gender. All events will be timed finals. All events will be swum slowest to fastest unless otherwise noted.
  - The 400 IM, 500 and 1650 freestyles are age combined, alternating female / male, and swum fastest to slowest.
  - There will be a 10 minute break after the relays

- Rules:**
- The most current edition of the USA Swimming Rules and Regulations and any relevant portions of the STSI Handbook will apply

**Meet Eligibility:**

- This meet is open only to South Texas USA Swimming registered swimmers age 18 and under.

Entries received without a complete USA Swimming Registration number will not be processed. It is strongly recommended that swimmers have their USA Swimming ID card with them.

- Deck entries will not be accepted for a swimmer not already in the meet unless the swimmer's USA Swimming registration can be verified.
- Swimmers must compete in age groups based on their age as of **July 24, 2009**.
- Each contestant may compete only in the age group for which she/he is eligible.
- Any swimmer age 9 or older who is currently eligible to compete in an event at the South Texas Age Group Championship (STAGS) may not compete in that event or that stroke/distance within a relay at Junior Olympics.

**Qualifying Times:**

**• 12 & under swimmers may enter any event for which they have not achieved or exceeded the minimum qualifying time for the corresponding South Texas Age Group Championship (STAGS) meet (long or short course) event. 13 & over swimmers may enter any event for which they have not achieved or exceeded the minimum qualifying time for the corresponding South Texas Senior Championships Meet (long or short course) event. Eight and under events are unclassified. The time standard for each event is .01 second slower than the currently published minimum STAGS/Senior Championship time standard. For swimmers that have not swum an event before, please provide a "best estimate" time rather than NT for seeding purposes. NT will not be accepted.**

- Swimmers 9 and older may not swim an event for which they have a STAGS/Senior Championship or better qualifying time for the age group that swimmer is participating in for the 2009 Short or Long Course Season
- A \$25.00 fine will be imposed by South Texas Swimming, Inc. for the first infraction of the above rule, and expulsion from the meet will result for a second infraction of this rule
- Relay teams must consist of only officially entered contestants ("relay only" swimmers are not permitted)
- Swimmers who are not included in the original entry will not be allowed to participate on relay teams

**Proof of Time:**

There is no proof of time requirement for this meet.

**Entry**

**Limitations:** ●An individual swimmer may enter a maximum of eleven (11) individual events for the entire meet over the course of the meet and may participate in a maximum of five (5) individual and one (1) relay event per day.

**Relay**

**Entries:** ● Relay team entry times may be determined by the sum of the individual team member's times for like strokes/distances, or the actual time of that relay team achieved in sanctioned competition.  
● Any swimmer who has achieved a STAGS time in an event (distance and stroke) may not swim that distance and stroke in the relay.  
● It is recommended that relay swimmer names be included with entries to help enter the relays efficiently at the start of sessions. Relay cards must be turned in with final relay line-up prior to the designated time (as shown on the schedule).  
● If a relay card is not turned in, it is assumed that the relay is scratched. No relays will swim without a relay card submitted  
● The order of swimmers on the relay team will be strictly enforced in accordance with 102.4.7, 2007 USA Swimming Rules and Regulations

**Entry**

**Deadline:** ●Entry deadline is 6:00 PM on July 10th, 2009.

**Requirements:** ● All entries must contain the following:  
●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)  
●An attached Word Document of the meet entry fees report

**Entry**

**Procedures:** ●\$6.50 per individual event and \$15.00 per relay event  
●This includes the South Texas Swimming splash fee of \$1.25 per splash.  
●Check for entry fees made out to Swim Belton must be received by July 22, 2009.  
● If payment is not received on time, your swimmers will be removed from the meet. Please include the meet entry fee report with your check.  
● **Because of limitations in the Meet Manager software, Meet Manager is only able to detect "slower than times" in yards. However, if an athlete has a time faster than a STAGS qualifying time in any course, the swimmer is ineligible to compete in that event. Entry personnel should load the Team Manager Entry file in Team Manager, go to the "Meets" tab, and double click the Junior Olympic meet. A Meet maintenance screen will then appear. Place a check mark in the box marked "Swimmer must meet slower than Q time in all courses." Then click OK. This will allow the Team Manager software to search all courses for event eligibility.**  
●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 email confirmation, your entries were not received

- Deck Entries:**
- Deck entries will be accepted at \$13.00 per individual event, \$30.00 per relay
  - 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.
  - New heats will be created at the discretion of the meet referee.
  - Swimmers not previously entered in the meet must present their USA swimming registration card or provide proof of electronic registration at Clerk of Course to deck enter.** No exceptions.

**Warm-up Procedures:** South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet (see Attachment). South Texas Swimming, Inc. warm-up procedures will be enforced. **Violators may be disqualified.** The pool will be available for open warm-ups as shown on the schedule. There will be up to three (3) warm – up sessions of 35 minutes each morning. Warm-up times and lane assignments for each team will sent to the coach via email. **COACHES WILL BE RESPONSIBLE FOR SUPERVISING THEIR SWIMMERS.**

- Scratch Rules:**
- There are no penalties for scratching from a pre-seeded timed final event
  - However, it is always a courtesy to other competitors and the Meet Host to notify the Meet Director of any known scratches in advance
  - The 500 yard freestyle and 400 yard individual medley, plus the 1650 freestyle will require a positive check-in and will be seeded on deck
  - Swimmers who check-in for these events and subsequently fail to appear for competition will be disqualified from their next scheduled event.

- 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.
- 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.**

**Special Needs:** Please notify the meet director in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The 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.

- Awards:**
- Awards will be presented to single age groups as follows: 8 and under, 9, 10, 11, 12, 13, 14, and 15 -18
  - Custom medals for places one through three in individual events.
  - Custom ribbons for places four through eight in individual events.
  - Custom ribbons for places one through three in relay events
  - Junior Olympic Flags, places one through three for Team High Point.
  - There will be no awards presentation at the Meet (Clubs to pickup awards during the meet from the Award Desk area.)
  - Points are awarded for team scores
    - Individual Events: 9-7-6-5-4-3-2-1 (1<sup>st</sup> through 8<sup>th</sup> place)
    - Relay Events: 18-14-12-10-8-6-4-2 (1<sup>st</sup> through 8<sup>th</sup> place)

**Meet**

**Management: Meet Director**

**Lenore Burt**

Address: 7267 Woodlake Circle

Belton, Texas 76513

Phone Number: 254-939-1574

Email: coachmike@swimbelton.com

**Meet Referee: Susan Nickel**

Address: 4904 Ascot Pkwy

Temple, TX 76502

Phone Number: (254) 774-8643

E-mail: anickel@aol.com

**Head Coach: Michael Burt**

7267 Woodlake Circle

Belton, TX 76513

Phone: 254-215-2444, 254-718-7270

e-mail: [coachmike@swimbelton.com](mailto:coachmike@swimbelton.com)

**Entry Chair: Lenore Burt**

Address: 7267 Woodlake circle

Belton, TX 76513

Phone Number: 254-939-1574

Email: [coachmike@swimbelton.com](mailto:coachmike@swimbelton.com)

**Officials:** Help from visiting officials is always welcome. Visiting officials are asked to email the meet referee Susan Nickel, [anickel@aol.com](mailto:anickel@aol.com) prior to the meet. Uniform will be white over blue. Officials shall prominently display both their USA Swimming and STSI credentials while on deck. Wearing of name tags is strongly encouraged.

**Friday Schedule:**

**Warm ups begin at 6 PM. Meet starts at 7:00 PM**

**Saturday and Sunday  
Schedule:**

- Warm-ups begin 6:30 AM
- Clear competition pool 8:15 AM
- Coaches' meeting (Sat only) 8:15 AM
- Sessions begins 8:30 AM
- Check-ins for the 500 / 1000 / freestyle and 1650 freestyle not later than 10:00 AM on the day of the event

**Timers:** ● Each team will be required to provide timers in proportion to the number of swimmers entered in the meet. Lane assignments will be made by club.

**Parking:** There is parking immediately in front of the pool and there is plenty of additional space in the student parking lot of the school.

**2009 Junior Olympic Summer Short Course Championship**  
**Dates: July 24, 25, 26, 2009**  
**Order of Events**

<b>Friday, July 24, 2009</b>		
<b>1</b>	11-18 1650 Free (Note 1)	<b>2</b>
<b>Saturday, July 25, 2009</b>		
<b>Girls #</b>		<b>Boys #</b>
<b>3</b>	10 & Under 200 Free Relay	<b>4</b>
<b>5</b>	11-12 200 Free Relay	<b>6</b>
<b>7</b>	13-14 400 Free Relay	<b>8</b>
<b>9</b>	15 -18 400 free Relay	<b>10</b>
<b>11</b>	18 & under 100 Breast	<b>12</b>
<b>13</b>	12 & Under 50 Back	<b>14</b>
<b>15</b>	12 & under 100 IM	<b>16</b>
<b>17</b>	11-18 200 Back	<b>18</b>
<b>19</b>	18 & Under 50 Free	<b>20</b>
<b>21</b>	11-18 200 Breast	<b>22</b>
<b>23</b>	18 & Under 100 Fly	<b>24</b>
<b>25</b>	18 & Under 200 Free	<b>26</b>
<b>27</b>	11-18 400 IM (Note 1)	<b>28</b>
<b>Sunday, March 8, 2009</b>		
<b>29</b>	10 & Under 200 Medley Relay	<b>30</b>
<b>31</b>	11-12 200 Medley Relay	<b>32</b>
<b>33</b>	13-14 400 Medley Relay	<b>34</b>
<b>35</b>	15-18 400 Medley Relay	<b>36</b>
<b>37</b>	18 & Under 100 Free	<b>38</b>
<b>39</b>	12 & Under 50 Fly	<b>40</b>
<b>41</b>	18 & Under 100 Back	<b>42</b>
<b>43</b>	18 & Under 200 IM	<b>44</b>
<b>45</b>	12 & Under 50 Breast	<b>46</b>
<b>47</b>	11-18 200 Fly	<b>48</b>
<b>49</b>	18 and Under 500 Free (Note 1)	<b>50</b>

\*Note 1: These events will require a positive check-in, be age combined, alternate female/ male, seeded on deck by time only, and then be swum **fastest to slowest**. Competitors should expect to provide their own backup timers.

South Texas Age Group Championship Time Standards  
(must be slower than posted time)

**2008-2009 South Texas Championships Time Standards Single Year Age Groups  
Short Course Yards**

Girls				Boys		
10 & Under	11	12		12	11	10 & Under
33.29	31.19	29.59	<b>50 Free</b>	29.89	32.29	33.79
1:12.39	1:08.29	1:04.69	<b>100 Free</b>	1:07.09	1:11.09	1:13.09
2:43.09	2:32.79	2:23.19	<b>200 Free</b>	2:25.99	2:38.89	2:43.29
7:39.49	7:05.99	6:31.49	<b>500 Free</b>	6:35.09	7:05.49	7:35.19
		23:27.89	<b>1650 Free</b>	23:10.49		
39.89	37.49	35.69	<b>50 Back</b>	36.49	39.49	40.29
1:24.99	1:21.19	1:16.49	<b>100 Back</b>	1:18.99	1:24.49	1:27.09
	2:58.29	2:47.09	<b>200 Back</b>	2:45.59	2:58.39	
44.79	42.09	40.49	<b>50 Breast</b>	40.79	44.29	47.09
1:36.89	1:30.09	1:26.79	<b>100 Breast</b>	1:27.79	1:35.09	1:41.99
	3:21.19	3:11.69	<b>200 Breast</b>	3:07.29	3:21.69	
38.79	36.29	34.69	<b>50 Fly</b>	34.79	38.19	40.19
1:35.59	1:26.99	1:20.19	<b>100 Fly</b>	1:18.69	1:25.79	1:40.29
	3:04.99	2:51.79	<b>200 Fly</b>	2:48.49	3:01.19	
1:25.29	1:20.49	1:17.19	<b>100 IM</b>	1:17.59	1:23.69	1:28.39
3:08.39	2:58.59	2:43.99	<b>200 IM</b>	2:49.39	3:03.09	3:10.69
		6:04.19	<b>400 IM</b>	5:56.29		
2:26.59		2:04.79	<b>200 FR R</b>	2:09.19		2:30.59
		4:31.79	<b>400 FR R</b>	4:28.59		
2:54.49		2:14.29	<b>200 MR</b>	2:29.09		2:49.99
		5:07.89	<b>400 MR</b>	5:21.89		

**2008-2009 South Texas Championships Time Standards Single Year Age Groups  
Long Course Meters**

Girls				Boys		
10 & Under	11	12		12	11	10 & Under
38.29	35.89	32.99	<b>50 Free</b>	34.49	36.99	38.79
1:25.89	1:19.29	1:12.79	<b>100 Free</b>	1:17.29	1:21.99	1:26.39
3:06.69	2:56.99	2:39.79	<b>200 Free</b>	2:47.79	3:00.49	3:13.99
6:51.59	6:23.99	5:41.29	<b>400 Free</b>	5:54.39	6:21.69	6:52.69
		12:33.69	<b>800 Free</b>	12:28.59		
		24:12.39	<b>1500 Free</b>	24:05.29		
45.99	42.99	39.69	<b>50 Back</b>	42.19	45.39	47.59
1:40.59	1:36.49	1:25.79	<b>100 Back</b>	1:31.39	1:38.59	1:46.09
	3:22.69	3:09.79	<b>200 Back</b>	3:11.09	3:25.79	
51.19	48.99	45.59	<b>50 Breast</b>	47.09	51.09	54.59
1:52.89	1:46.39	1:39.49	<b>100 Breast</b>	1:40.89	1:49.19	1:59.79
	3:51.69	3:37.79	<b>200 Breast</b>	3:37.49	3:54.19	
45.69	42.19	37.59	<b>50 Fly</b>	39.59	42.99	46.89
1:48.79	1:36.59	1:29.09	<b>100 Fly</b>	1:29.49	1:37.49	1:53.19
	3:29.09	3:14.19	<b>200 Fly</b>	3:13.39	3:28.29	
3:34.89	3:18.19	3:01.09	<b>200 IM</b>	3:13.89	3:25.69	3:44.79
		6:55.89	<b>400 IM</b>	6:51.79		



2:47.19		2:23.59	<b>200 FR R</b>	2:27.99		2:48.79
		5:11.79	<b>400 FR R</b>	5:21.99		
3:19.29		2:43.79	<b>200 MR</b>	2:50.69		3:22.39
		5:39.49	<b>400 MR</b>	6:16.29		

**2008-2009 South Texas Championships Time Standards Single Year Age Groups**  
**Short Course Meters**

<b>Girls</b>				<b>Boys</b>		
<b>10 &amp; Under</b>	<b>11</b>	<b>12</b>		<b>12</b>	<b>11</b>	<b>10 &amp; Under</b>
36.69	34.39	31.99	<b>50 Free</b>	32.89	35.59	37.09
1:19.69	1:15.19	1:10.79	<b>100 Free</b>	1:13.79	1:18.19	1:20.39
2:59.39	2:48.09	2:35.79	<b>200 Free</b>	2:40.59	2:54.77	2:59.69
6:42.09	5:57.29	5:33.29	<b>400 Free</b>	5:45.79	6:12.39	6:38.39
		12:11.59	<b>800 Free</b>	12:03.29		
		23:19.69	<b>1500 Free</b>	23:02.49		
43.89	41.29	38.69	<b>50 Back</b>	40.19	43.39	44.39
1:33.49	1:29.39	1:23.79	<b>100 Back</b>	1:26.89	1:32.99	1:35.79
	3:16.19	3:03.79	<b>200 Back</b>	3:02.19	3:16.22	
49.29	46.29	44.59	<b>50 Breast</b>	44.89	48.79	51.79
1:46.59	1:39.09	1:35.49	<b>100 Breast</b>	1:36.59	1:44.59	1:52.19
	3:41.39	3:30.89	<b>200 Breast</b>	3:26.09	3:41.89	
42.69	39.99	36.59	<b>50 Fly</b>	38.29	41.99	44.29
1:45.19	1:34.59	1:27.39	<b>100 Fly</b>	1:26.59	1:34.39	1:50.39
	3:23.49	3:08.99	<b>200 Fly</b>	3:05.39	3:19.39	
1:33.89	1:28.59	1:24.99	<b>100 IM</b>	1:25.39	1:32.09	1:37.29
3:27.29	3:14.19	2:57.09	<b>200 IM</b>	3:06.39	3:21.39	3:29.79
		6:40.69	<b>400 IM</b>	6:31.99		
2:41.29		2:17.59	<b>200 FR R</b>	2:23.79		2:44.79
		4:58.99	<b>400 FR R</b>	4:55.49		
3:11.99		2:27.79	<b>200 MR</b>	2:43.99		3:06.99
		5:31.49	<b>400 MR</b>	5:54.09		

Approved by the STS Board of Director, 11 Nov 08

**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	<b>50 Free</b>	25.69	26.49	28.19
1:00.39	1:00.29	1:00.09	<b>100 Free</b>	55.59	57.39	1:00.49
2:13.59	2:11.99	2:11.79	<b>200 Free</b>	2:04.79	2:04.89	2:09.49
6:07.69	6:07.59	6:07.49	<b>500 Free</b>	6:03.09	6:03.19	6:18.19
14:08.89	13:08.29	13:08.19	<b>1000 Free</b>	12:34.29	12:34.39	13:32.49
23:34.19	21:53.19	21:53.09	<b>1650 Free</b>	19:21.99	20:51.99	22:28.29
1:12.39	1:11.39	1:11.29	<b>100 Back</b>	1:09.49	1:09.59	1:14.99
2:36.49	2:33.79	2:33.69	<b>200 Back</b>	2:29.69	2:29.79	2:41.29
1:21.69	1:21.59	1:21.49	<b>100 Breast</b>	1:17.99	1:18.09	1:24.09
2:55.49	2:55.39	2:55.29	<b>200 Breast</b>	2:49.29	2:49.39	3:02.19
1:15.09	1:13.49	1:13.39	<b>100 Fly</b>	1:07.99	1:08.09	1:13.29
2:53.39	2:40.99	2:40.89	<b>200 Fly</b>	2:31.89	2:31.99	2:43.69
2:37.99	2:33.59	2:33.49	<b>200 IM</b>	2:30.19	2:30.29	2:40.79
5:43.79	5:31.49	5:31.39	<b>400 IM</b>	5:25.39	5:25.49	5:50.59
	1:52.79	1:52.79	<b>200 FR R</b>	1:42.79	1:52.79	
	4:01.59	4:00.39	<b>400 FR R</b>	3:42.39	4:01.99	
	2:07.29	2:07.19	<b>200 MR</b>	2:05.09	2:05.19	
	4:49.59	4:48.99	<b>400 MR</b>	4:37.39	4:52.89	

**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	<b>50 Free</b>	29.29	30.09	32.29
1:09.79	1:09.39	1:09.29	<b>100 Free</b>	1:05.39	1:05.49	1:09.99
2:30.99	2:30.89	2:30.79	<b>200 Free</b>	2:21.69	2:26.09	2:30.79
5:29.99	5:29.89	5:29.79	<b>400 Free</b>	5:06.19	5:27.99	5:53.29
12:35.99	11:41.99	11:41.89	<b>800 Free</b>	11:21.69	11:21.79	12:14.29
24:06.39	22:23.09	22:22.99	<b>1500 Free</b>	21:35.19	21:35.29	23:14.99
1:22.89	1:22.69	1:22.59	<b>100 Back</b>	1:20.49	1:20.59	1:24.89
2:58.19	2:58.09	2:57.99	<b>200 Back</b>	2:53.99	2:54.09	2:58.39
1:34.09	1:33.99	1:33.89	<b>100 Breast</b>	1:27.99	1:28.09	1:34.89
3:26.79	3:26.69	3:26.59	<b>200 Breast</b>	3:17.09	3:17.19	3:32.39
1:22.49	1:22.39	1:22.29	<b>100 Fly</b>	1:16.89	1:16.99	1:22.89
3:16.29	3:02.29	3:02.19	<b>200 Fly</b>	2:51.89	2:51.99	3:05.19
2:55.09	2:54.09	2:53.99	<b>200 IM</b>	2:48.19	2:48.29	3:00.29
6:42.39	6:31.09	6:30.99	<b>400 IM</b>	6:13.09	6:13.19	6:41.89
	2:08.79	2:08.29	<b>200 FR R</b>	1:57.19	2:09.19	
	4:39.19	4:44.09	<b>400 FR R</b>	4:22.79	4:39.99	
	2:30.79	2:30.69	<b>200 MR</b>	2:30.59	2:33.09	
	5:29.29	5:21.29	<b>400 MR</b>	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	<b>50 Free</b>	28.29	29.09	31.09
1:06.49	1:06.39	1:06.09	<b>100 Free</b>	1:01.19	1:03.19	1:06.59
2:26.99	2:25.19	2:24.99	<b>200 Free</b>	2:17.29	2:17.39	2:22.49
5:21.59	5:21.49	5:15.89	<b>400 Free</b>	4:58.19	5:17.79	5:32.89
11:35.59	11:25.99	11:25.89	<b>800 Free</b>	11:00.19	11:00.29	11:50.99
23:19.59	21:45.59	21:45.49	<b>1500 Free</b>	19:18.51	20:44.69	22:20.49
1:19.69	1:18.59	1:18.49	<b>100 Back</b>	1:16.49	1:16.59	1:22.49
2:52.19	2:49.19	2:49.09	<b>200 Back</b>	2:44.69	2:44.79	2:54.59
1:29.89	1:29.79	1:29.69	<b>100 Breast</b>	1:25.79	1:25.89	1:32.49
3:13.09	3:12.99	3:12.89	<b>200 Breast</b>	3:06.29	3:07.09	3:20.49
1:20.49	1:20.39	1:20.29	<b>100 Fly</b>	1:14.79	1:14.89	1:20.69
3:13.52	2:57.89	2:56.99	<b>200 Fly</b>	2:47.09	2:47.19	3:00.09
2:51.94	2:48.99	2:48.89	<b>200 IM</b>	2:44.19	2:44.29	2:53.98
6:18.19	6:04.69	6:04.59	<b>400 IM</b>	5:57.99	5:58.09	6:25.69
	2:04.39	2:04.29	<b>200 FR R</b>	1:53.19	2:04.39	
	4:25.99	4:24.39	<b>400 FR R</b>	4:04.79	4:26.39	
	2:20.29	2:19.99	<b>200 MR</b>	2:17.69	2:17.79	
	5:16.59	5:13.29	<b>400 MR</b>	5:06.19	5:22.29	

**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**

Revised 29SEP03

# **Hotel Information**

## **La Quinta Inn & Suites**

**Belton**

**229 West Loop 121**

**Belton, TX 76513**

**Phone: (254) 939-2772**

## **Holiday Inn Express Hotel & Suites**

**SALADO**

**1991 N. STAGECOACH ROAD IH-35 NORTH**

**SALADO, TX 76561 UNITED STATES**

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