



**Corpus Christi Aquatic Alliance
Is Proud to Sponsor the
2009 South Texas Junior Olympics – Long Course
July 24 – 26, 2009
Sanction Number ST-09-52**

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: July 24-26 Hosted by CCAA to include the following teams: AAAA, BAS, BEAT, CBA, CCAA, CISD, CLAN, CLUB, DRD, HAT, MSC, RAC, SWIJ

Welcome: Corpus Christi Aquatic Alliance (CCAA) invites you to join us at the Corpus Christi Independent School District (CCISD) Natatorium to compete in the South Texas Junior Olympics Championship meet.

Facility: The CCISD Natatorium is located 3202 Cabaniss Parkway, Corpus Christi, TX 78415 near the intersection of Saratoga and Kostoryz. Pool Telephone numbers: (361) 878-2337, (361) 878-2334, or (361) 878-2337. This meet will be conducted in an indoor 8 lane, 50 meter pool with a 6 foot minimum water depth and a Daktronics timing and starting system. The instructional pool will be available for continuous warm-up and cool down. Hy-Tek Meet Manager software will be utilized. Spectator areas and dressing rooms are available.

A reasonably-priced concession stand will be available in the area throughout the 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.

Pool Measurement: The competition course has not been certified in accordance with 104.2.2C(4).

Liability: In granting a sanction for this meet, it is understood and agreed that USA Swimming, South Texas Swimming, CCAA, and the CCISD Natatorium 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.

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, 400 and 1500 freestyles are age combined, alternating female/male, and swum fastest to slowest.
There will be a 10 minute break after the relays.

- 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 their corresponding Championship meet may not compete in that event or that stroke/distance within a relay at Junior Olympics.
- Qualifying Times:** Swimmers may enter any event for which they have not achieved or exceeded the minimum qualifying time for the corresponding Championship 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 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 or better qualifying time for the age group that swimmer is participating in for the 2009 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 ten (10) 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 July 14, 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 attachment of a Word/PDF document listing the entries by swimmer
 - An attachment of a Word/PDF document of the meet entry fees report

Entry Procedures: \$6.00 per individual event and \$12.00 per relay event. Time Trial events will be \$5.00 per event. This includes the South Texas Swimming splash fee of \$1.25 per splash. Check for entry fees made out to CCAA 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.

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. Please make checks payable to CCAA.

Deck Entries: Deck entries will be accepted at \$12.00 per individual event, \$24.00 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 at Clerk of Course to deck enter. No exceptions.

**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.

**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 multiple warm – up sessions of 35 minutes each morning. (Include info if there are additional warm-up facilities available throughout the meet. Warm-up times and lane assignments for each team will sent to the coach via email. COACHES WILL BE RESPONSIBLE FOR SUPERVISING THEIR SWIMMERS.

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 not previously entered in the meet must present their USA swimming registration card at Clerk of Course to enter.** No events longer than 200-yards will be offered for Time Trial. 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 10 allowed overall meet entries. Time trial entries do count against the five per day limit. Time trial results will be posted with the meet results.

Scratch Rules:

Scratch Rule:

- 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 400 IM and 400 and 1500 meter 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.

Awards: Awards will be presented to single age groups as follows: 8 and under, 9, 10, 11, 12, 13, and 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.
Note: 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 (1st through 8th place)
Relay Events: 18-14-12-10-8-6-4-2 (1st through 8th place)

Meet

Administration: Meet Director/Entry Chair:
Raychel Laya
6606 Clarion Dr.
Corpus Christi, TX 78412
361-739-0290
meetdirector@ccaquaticfb.com
Meet Referee:
Pat O'Connell
8018 Mt. Zion Drive
Christi, TX 78413
Phone: 361-814-5212
Email: patoc@jjoconnell.com
Head Coach:
Annette DuVall
4902 Snowgoose
Corpus Christi, TX 78413
361-946-5815
aduvall@flash.net

Officials: Help from visiting officials is always welcome. Visiting officials are asked to email the meet referee 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.

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.

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.

Parking: Free parking is available.

Daily Schedule

<u>Friday, July 24, 2009</u>	
<u>Session 1:</u>	
Warm-up session:	5:00 pm
Check-in for 1500 closes:	5:30 pm
Clear Pool:	5:45 pm
Session 1 begins	6:00 pm
<u>Saturday, July 25, 2009</u>	
<u>Session 2:</u>	
1 st warm-up session:	6:30 a.m.
2 nd warm-up session:	7:05 a.m.
3 rd warm-up session:	7:40 a.m.
Saturday Relay Forms due	7:50 a.m.
Clear Pool:	8:15 a.m.
Coach's meeting:	8:20 a.m.
Session 2 begins	8:30 a.m.
<u>Sunday, July 26, 2009</u>	
<u>Session 3:</u>	
1 st warm-up session:	6:30 a.m.
2 nd warm-up session:	7:05 a.m.
3 rd warm-up session:	7:40 a.m.
Sunday Relay Forms due	7:50 a.m.
Clear Pool:	8:15 a.m.
Coach's meeting:	8:20 a.m.
Session 3 begins	8:30 a.m.

2009 Junior Olympic Long Course Championship

Month July 24 – 26, 2009

Order of Events

Friday, July 24, 2009

Girls #	Age	Event	Boys #
1	11 & Over	1500 Free (Note 1)	2
3	10 & Under	400 Free (Note 1)	4

Saturday, July 25, 2009

Girls #	Age	Event	Boys #
5	10 & Under	200 Free Relay	6
7	11-12	200 Free Relay	8
9	13 & Over	400 Free Relay	10
11	OPEN	100 Breast	12
13	12 & Under	50 Back	14
15	11 & Over	200 Back	16
17	OPEN	50 Free	18
19	11 & Over	200 Breast	20
21	14 & Over	100 Fly	22
23	OPEN	200 Free	24
25	11 & Over	400 IM (Note 1)	26

Sunday, July 26, 2009

Girls #	Age	Event	Boys #
27	10 & Under	200 Medley Relay	28
29	11-12	200 Medley Relay	30
31	13-14	400 Medley Relay	32
33	OPEN	100 Free	34
35	12 & Under	50 Fly	36
37	OPEN	100 Back	38
39	OPEN	200 IM	40
41	12 & Under	50 Breast	42
43	11 & Over	200 Fly	44
45	11 & Over	400 Free (Note 1)	46

*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.

2008-2009 South Texas Championship 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	50 Free	29.89	32.29	33.79
1:12.39	1:08.29	1:04.69	100 Free	1:07.09	1:11.09	1:13.09
2:43.09	2:32.79	2:23.19	200 Free	2:25.99	2:38.89	2:43.29
7:39.49	7:05.99	6:31.49	500 Free	6:35.09	7:05.49	7:35.19
		23:27.89	1650 Free	23:10.49		
39.89	37.49	35.69	50 Back	36.49	39.49	40.29
1:24.99	1:21.19	1:16.49	100 Back	1:18.99	1:24.49	1:27.09
	2:58.29	2:47.09	200 Back	2:45.59	2:58.39	
44.79	42.09	40.49	50 Breast	40.79	44.29	47.09
1:36.89	1:30.09	1:26.79	100 Breast	1:27.79	1:35.09	1:41.99
	3:21.19	3:11.69	200 Breast	3:07.29	3:21.69	
38.79	36.29	34.69	50 Fly	34.79	38.19	40.19
1:35.59	1:26.99	1:20.19	100 Fly	1:18.69	1:25.79	1:40.29
	3:04.99	2:51.79	200 Fly	2:48.49	3:01.19	
1:25.29	1:20.49	1:17.19	100 IM	1:17.59	1:23.69	1:28.39
3:08.39	2:58.59	2:43.99	200 IM	2:49.39	3:03.09	3:10.69
		6:04.19	400 IM	5:56.29		
2:26.59		2:04.79	200 FR R	2:09.19		2:30.59
		4:33.19	400 FR R	4:44.39		
2:54.49		2:27.09	200 MR	2:34.29		2:49.99
		5:26.59	400 MR	5:36.49		

Long Course Meters

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

		6:55.89	400 IM	6:51.79		
2:47.19		2:23.59	200 FR R	2:27.99		2:48.79
		5:17.19	400 FR R	5:27.99		
3:19.29		2:50.09	200 MR	2:56.49		3:22.39
		6:18.79	400 MR	6:27.29		

Short Course Meters

Girls				Boys		
10 & Under	11	12		12	11	10 & Under
36.69	34.39	31.99	50 Free	32.89	35.59	37.09
1:19.69	1:15.19	1:10.79	100 Free	1:13.79	1:18.19	1:20.39
2:59.39	2:48.09	2:35.79	200 Free	2:40.59	2:54.77	2:59.69
6:42.09	5:57.29	5:33.29	400 Free	5:45.79	6:12.39	6:38.39
		12:11.59	800 Free	12:03.29		
		23:19.69	1500 Free	23:02.49		
43.89	41.29	38.69	50 Back	40.19	43.39	44.39
1:33.49	1:29.39	1:23.79	100 Back	1:26.89	1:32.99	1:35.79
	3:16.19	3:03.79	200 Back	3:02.19	3:16.22	
49.29	46.29	44.59	50 Breast	44.89	48.79	51.79
1:46.59	1:39.09	1:35.49	100 Breast	1:36.59	1:44.59	1:52.19
	3:41.39	3:30.89	200 Breast	3:26.09	3:41.89	
42.69	39.99	36.59	50 Fly	38.29	41.99	44.29
1:45.19	1:34.59	1:27.39	100 Fly	1:26.59	1:34.39	1:50.39
	3:23.49	3:08.99	200 Fly	3:05.39	3:19.39	
1:33.89	1:28.59	1:24.99	100 IM	1:25.39	1:32.09	1:37.29
3:27.29	3:14.19	2:57.09	200 IM	3:06.39	3:21.39	3:29.79
		6:40.69	400 IM	6:31.99		
2:41.29		2:17.59	200 FR R	2:23.39		2:44.79
		5:00.79	400 FR R	5:12.79		
3:11.99		2:41.99	200 MR	2:49.79		3:06.99
		5:58.29	400 MR	6:10.19		

Approved by the STS Board of Director, 11 Nov 08

Relay standards
revised, 18 Mar
09

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

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

- 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

Hotel Information