



**Corpus Christi Aquatic Alliance
Is Proud to Host the
2009 Long Course South Texas Age Group Championships –
August 6 – 9, 2009
Sanction Number ST-09-53**

Welcome: CCAA invites you to join us at the Corpus Christi Independent School District (CCISD) Natatorium to compete in the South Texas Age Group Long Course 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.

Liability: USA Swimming, South Texas Swimming, Corpus Christi Aquatic Alliance, 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.

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

Sanctions: This meet is sanctioned by South Texas Swimming. The most current edition of the USA Swimming Rules and Regulations and any relevant portions of the STSI Handbook will apply. All swimmers must be registered for 2009 with USA swimming by the entry deadline.

Meet Format: Prelim events will be seeded by time and gender as the STAGS event order allows. All preliminary events will be swum slowest to fastest unless otherwise noted. Finals will be swum by single year age groups: 10 and under, 11, and 12. The 400 IM, 400 Freestyle, 800 Freestyle, and 1500 Freestyle are timed finals, age combined, and alternating female/male, swum fastest to slowest.

Relays will be swum at the beginning of each session. There will be a 10 minute break after the relays and then the individual events will begin. Relay events are timed finals and will be swum during the preliminary sessions. Relay only swimmers are permitted in the meet provided that the team of four swimmers meets the entry qualification time.

Meet Eligibility: This meet is open only to South Texas USA Swimming registered swimmers age 12 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 August 6, 2009. Each contestant may compete only in the age group for which she/he is eligible.

Qualifying Times: The minimum qualifying time standards (2009 South Texas Time Standards) for this meet are attached, and may also be found on the STSI Website. Qualifying times must be achieved prior to the entry deadline. No exception will be made including Time Trials at STAGS. If a STAGS qualifying time is achieved during a STAGS time trial, the swimmer cannot deck enter that event at STAGS. If entering with a non-confirming time (i.e., SM or SCY for the LCM championships), enter at the cut time for that age group. Annotate this entry to the entry chairman at the time of entry submission.

Proof of Time: **Proof-of-times must be submitted with the entries.** The only acceptable sources for proof-of-time are computer software (Team Manager, USAS SWIMS, Meet Manager, Website Postings) generated final results from USA-S Sanctioned, Approved, or Observed meet. All results must appear in the USAS 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 be achieved under a USA sanctioned, approved, or observed meet. All proof-of-times are the responsibility of the entering teams, not the meet host. **Entries without correct proof- of- time will not be accepted.**

Entry Limitations: An individual swimmer may enter a maximum of seven (7) individual events for the entire meet over the four days, and may participate in a maximum of three (3) individual and one (1) relay event per day.

Relay Entries: All relays are timed finals, and will be swum at the beginning of each preliminary session. There will be time standards for all relays. 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. Relay times used for proof, achieved at a prior meet, must have the same four swimmers entered and swam at STAGS. Unlimited number of relays per team (A, B, C, etc.), but only two relays per team (A & B) can score. 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: There will be two entry deadlines for this meet. The first deadline is 6:00 p.m. July 27, 2009. 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. Final entry deadline- is 12:00 noon, August 3, 2009. This will also be the deadline for relay entries. All swimmers who have achieved a qualifying time prior to the second deadline may enter this meet.

- 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.
 - The number of coaches your team is bringing
 - An attachment of the Hy-tek Team Manager export file
 - An attachment of a Word or PDF document of the entries (by swimmer) with proof of times and an attachment of a Word or PDF document of the meet entry fees report. If the entry time is not posted on the USA Swimming website, proof of time means all of the following:
 - Name and date of the 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 to a preliminary entry. The final entries must indicate by swimmer the change that was made to the preliminary entry.

Teams with exceptions will be emailed notice of any exceptions. Teams and entrants are responsible to check the exceptions report when notified.

Entry Procedures: \$6.00 per individual event and \$12.00 per relay 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 **August 4, 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. 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. Additionally, you must be able to prove your time before a deck entry will be accepted.

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 on all four days. There will be one (1) warm – up session of 45 minutes on Thursday afternoon, and multiple warm – up sessions of 35 minutes each morning. There will be one warm-up session for finals. The heated instructional 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 and sent to the coaches no later August 4, 2009. Warm-ups are under direct supervision of the coach.**

Scratch Rules: Scratch Rule: The top 16 qualifiers in each preliminary event will be posted and announced after the final heat. The top 16 qualifiers, have 30 minutes to decide whether they will swim in finals. If they don't want to swim in finals, they must scratch, or declare intent to scratch, at the clerk of course within 30 minutes following the announcement.

Any swimmer included in finals who fails to report to the starting blocks in finals will be disqualified from the remainder of the meet. In the event that the no show is on Sunday, the swimmer will be fined \$100 will be barred from competition in South Texas until fines are paid.

There is no penalty for failing to scratch from a pre-seeded preliminary event.

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.

**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.

Awards: Awards will be as follows: 10 and under, 11, and 12.
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.
STAGS Flags, places one through five for Team High Point.
Note: There will be no awards presentation at the STAGS Meet (Clubs to pickup awards during the meet from the Award Desk area.)
Points are awarded for team scores as follows:

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

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 for the preliminary sessions and blue over white for the finals. Officials shall prominently display both their USA Swimming and STSI credentials while on deck.

Timers: Each team will be required to provide timers in proportion to the number of swimmers entered in the meet.

Parking: Free parking is available at the CCISD Natatorium

Daily Schedule

Thursday, August 6, 2009

<u>Session 1</u>	
2:15 p.m.	10 and under 400 meter freestyle and 1500 meter freestyle check in deadline
2:00 to 2:45 p.m.	Warm up for events 1-4
3:00 p.m.	Timed Finals Events 1-4
Following events 1-4	Warm-up

Friday, August 7, 2009

<u>Preliminaries – Session 2:</u>		<u>Finals – Session 3:</u>	
1st warm-up session:	7:00 a.m.	Warm ups:	4:00 p.m.
2nd warm-up session:	7:35 a.m.	Clear Pool:	4:50 p.m.
3rd warm-up session:	8:10 a.m.	National Anthem:	4:57 p.m.
Relay forms for Friday due:	8:30 a.m.	Finals start Events 9-18	5:00 p.m.
Clear Pool:	8:45 a.m.		
Coach's meeting:	8:50 a.m.		
Preliminaries start Events 9-18; Finals for 19-24	9:00 a.m.		

Saturday, August 8, 2009

<u>Preliminaries - Session 4:</u>		<u>Finals – Session 5:</u>	
1st warm-up session:	7:00 a.m.	Warm ups:	4:00 p.m.
2nd warm-up session:	7:35 a.m.	Clear Pool:	4:50 p.m.
3rd warm-up session:	8:10 a.m.	National Anthem:	4:57 p.m.
Saturday Relay Forms due	8:30 a.m.	Finals start Events 25-32	5:00 p.m.
Clear Pool:	8:45 a.m.		
Coach's meeting:	8:50 a.m.		
Preliminaries start Events 25-32; Finals for 33-40	9:00 a.m.		

Sunday, August 9, 2009

<u>Preliminaries – Session 6:</u>		<u>Finals – Session 7:</u>	
1st warm-up session:	7:00 a.m.	Warm ups:	4:00 p.m.
2nd warm-up session:	7:35 a.m.	Clear Pool:	4:50 p.m.
3rd warm-up session:	8:10 a.m.	National Anthem:	4:57 p.m.
Clear Pool:	8:45 a.m.	Finals start Events 41-48	5:00 p.m.
Coach's meeting:	8:50 a.m.		
Preliminaries start Events 41-48; Finals for 49-50	9:00 a.m.		

Long-Course STAGS Order of Events

Girls #	Age	Thursday Events	Boys #
1	10 & Under	400 meter Freestyle (Note 1)	2
3	11 – 12	800 meter Freestyle (Note 1)	4

Girls #	Age	Friday Events	Boys #
5	11 – 12	400 Free relay	6
10 minute break			
7	12 & Under	200 IM	8
9	12 & Under	50 Fly	10
11	12 & Under	100 Back	12
13	11 – 12	200 Breast	14
15	12 & Under	50 Free	16
17	11 - 12	400 Free (Note 1)	18

*Note 1: These events will be swum as Timed Finals, ONLY in the preliminary sessions. They 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.

Girls #	Age	Saturday Events	Boys #
19	10 & under	200 Free Relay	20
21	11 – 12	200 Free Relay	22
10 minute break			
23	12 & Under	100 Free	24
25	11 – 12	200 Back	26
27	12 & Under	100 Fly	28
29	12 & Under	50 Breast	30
31	12	400 IM (Note 1)	32

*Note 1: These events will be swum as Timed Finals, ONLY in the preliminary sessions. They 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.

Girls #	Age	Sunday Events	Boys #
33	10 & Under	200 Medley Relay	34
35	11 – 12	400 Medley Relay	36
10 minute break			
37	12 & Under	200 Free	38
39	12 & Under	50 Back	40
41	11 – 12	200 Fly	42
43	12 & Under	100 Breast	44
45	12	1500 Free(Note 1)	46

*Note 1: These events will be swum as Timed Finals, ONLY in the preliminary sessions. They 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