



Alamo Area Aquatic Association

www.aaaa-sa.org

Meet Information

Posted 06/04/09



- Meet Name:** •2009 Alamo Area LCM Senior Series IV
- Sanction Number:** •Sanction Number: ST-09-55
- Meet Date(s):** •June 26, 27 and 28, 2009
- Meet Venue:** •Northside Aquatics Center
•7001 Culebra Road
•San Antonio, TX 78238
•210-397-8985.
- Facility:** •Six 50-meter competitive lanes, with two 50-meter warm-up lanes
•Depth four to twelve feet
•Automatic starting and timing
•Stadium type seating for 700 spectators
•Concessions available
- Liability** •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, (STSI), the Alamo Area Aquatic Association (AAAA), the Northside I.S.D., 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
- Rules:** •The 2009 USA Swimming Rules and any relevant sections of the STSI Handbook will apply.
- Meet Format:** •Timed finals
•Individual events only - no relays.
•No time trials
- USA Swimming Registration:** •All swimmers, coaches, and officials participating in this competition must be **currently** registered with USA Swimming
•All should also be prepared to present their USA Swimming ID Card as proof of their Registration to the Meet Director or designee at any time •Swimmers who **1)** chose to enter time trials when offered, **2)** late enter when possible, or **3)** need to be entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID Card or accomplish a USA Swimming Registration Form and pay the necessary fees prior to being allowed to compete
•National and LSC Regulations do not allow for any exceptions to these policies.
- Entry Restrictions:** •This meet is open to all 13 and over 2009 USA Swimming registered swimmers
•Age as of Friday, June 26, 2009 determines age for the entire meet
•Maximum of five events per day
•Entry times in long course meters only!
- Qualifying Times:** •None
- Proof of Time:** •No!
- Entry Deadline:** •6:00 PM, Monday, June 15, 2009
- Late/Deck Entries:** •Yes, but to fill empty lanes only – no new heats will be created

Entry Procedures

- The **only** acceptable mode of entry via Hy-Tek Commlink Disk or File
- Hard copy **MUST** accompany
- Please format disks before utilizing for entries
- An "HYV" File for Team Manager is available on the USA Swimming Page of the AAAA Web Site (www.aaaa-sa.org)
- Entries received without a seedtime will not be entered into the meet and fees will not be refunded
- Mail or hand deliver entries to the Entry Chair noted below
- Entries may also be submitted via e-mail.

E-Mail Entries:

- Entries in Commlink Format only, **MUST** be sent to: marcykirk@gaggle.net
- The Commlink File must be renamed to clearly identify the entering team, the shorter the better
- Athletes included in improperly identified Commlink Files (cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded
- Athletes WILL NOT be entered into Meet Manager until the Meet Entry Report (hard copy) is received as an attachment to the e-mail, via FAX (210-706-7502), or hand-delivered and fees are paid
- Under no circumstances will entries be accepted via FAX.
- ONLY Entry Reports WILL be accepted via FAX.

Entry Fees: (Incl. Splash Fee)

- Normal (Commlink)** **\$6.00** per event
- Late** **\$12.00** per event
(Late entries close 30 minutes before the start of each session)
- Checks payable to:** N.I.S.D.
- Payment by credit card may be made at:** www.nisd.net/aquaww/payment.htm

Meet Administration:

- | | | |
|--|--|--|
| • Meet Director | • Meet Referee | • Entries Chair |
| •Terry Veters | •Dennis Guill | •Marcy Kirk |
| •7001 Culebra Road | •131 Eagle Vail | •7001 Culebra Road |
| •San Antonio, TX 78238 | •San Antonio, TX 78258 | •San Antonio, TX 78238 |
| •210-397-8985 | •210-497-1803 | •210-397-7587 |
| • terry.veters@nisd.net | • daguill@att.net | • marcykirk@gaggle.net |

Swim Wear Restrictions:

Swimsuits worn by males in all 14 and under STSI Age Group competition shall not extend above the waist and 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 wearing of more than one swimsuit at a time during any USA Swimming Sanctioned or Approved competition is prohibited

Special Needs:

- Please notify the Northside Aquatics Center (210-397-8985) in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
- The NISD 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 judged under Article 105.

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page four

- Scoring:** •None
- Awards:** •None
- Daily Schedule:**
- Warm-ups begin 8:00 AM
 - Late Entries close 8:30 AM
 - Clear pool 8:45 AM
 - Coaches' meeting 8:46 AM Friday only!
 - Sessions begin 9:00 AM
 - Check-ins for the 400 / 1500 freestyles and 400 I-M no later than 9:00 AM on the day of the event
- Timers:**
- The Meet Host will attempt to provide one timer per lane
 - Volunteers will undoubtedly be needed and greatly appreciated
 - Swimmers competing in the 1500-meter freestyle and 400 I-M must provide their own backup timers and lap counters
- Officials:**
- All currently certified and in-training USA Swimming officials are cordially invited to participate
 - Please report to the Meet Referee at least 30 minutes prior to the starting time of each session receive your assignments
 - The wearing of name tags is strongly encouraged

ORDER OF EVENTS

Distances are in meters

| Friday, June 26th | | |
|---|------------------------|-------|
| Women # | Event | Men # |
| 1 | 50 Freestyle | 2 |
| 3* | 400 Freestyle* | 4* |
| 5* | 400 Individual Medley* | 6* |
| Saturday, June 27th | | |
| Women # | Event | Men # |
| 7 | 100 Freestyle | 8 |
| 9 | 200 Butterfly | 10 |
| 11 | 200 Breaststroke | 12 |
| 13 | 100 Backstroke | 14 |
| 15 | 200 Individual Medley | 16 |
| Sunday, June 28th | | |
| Women # | Event | Men # |
| 17 | 100 Butterfly | 18 |
| 19 | 200 Backstroke | 20 |
| 21 | 200 Freestyle | 22 |
| 23 | 100 Breaststroke | 24 |
| Ten Minute Break | | |
| 25* | 1500 Freestyle* | 26* |
| *These events will require a positive check-in, be seeded on deck and swum <i>fastest to slowest</i> alternating women – men – women, etc. -Please enter these events with a long course time! | | |

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!
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes - circle swimming only.
- f. No kick boards, pull buoys, or hand paddles may be used.

III. 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 and 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

- I. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroke waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. 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.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups 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.