



Round Rock Unclassified Meet

September 25, 26, 27, 2009

Micki Krebsbach Pool, 301 Deepwood Dr., Round Rock, TX

ALL ENTRIES, INCLUDING ENTRY FEES, ARE DUE TUESDAY, SEPTEMBER 15TH
 This meet is sanctioned by South Texas Swimming; 2009 USA Swimming rules apply.

SCHEDULE:

Friday	All Swimmers	Warm-up	4:30 pm
		Check-in/Late Entries	5:00 pm
		Meet start	5:30 pm
Saturday	12 & Under	Warm-up	7:30 am
		Late Entries	8:30 am
		Start	9:00 am
	Open	Warm-up	1:00 pm
		Late Entries	1:30 pm
		Start	2:00 pm or later
Sunday	All Swimmers	Warm-up	7:45 am
		Late Entries	8:30 am
		Start	9:00 am

CLASSIFICATION/ELIGIBILITY: This meet is unclassified. There are no qualifying times. All swimmers currently registered with USA Swimming are welcome to enter this meet. Swimmer's age on September 25, 2009 will determine his/her age group for this meet.

We also reserve the right to cap the number of swimmers entered in each session in order to stay within the four hour rule. Swimmers will be entered in the order entries are received.

FACILITY: Micki Krebsbach Pool is a 25 yard, 8 lane, outdoor facility (with starting blocks), using an automatic Colorado Timing System and Hy-tek Meet Management system, in Round Rock, located next to Round Rock High School. There is an adjacent 20 yard, three lane warm-up pool that may be used during the meet for continuous warm-up, warm-down. Horseplay in the warm-up pool will NOT be tolerated. Swimmers violating this rule will be asked to leave the pool at once. Coaches, please supervise your swimmers.

NO ONE MAY ENTER THE RECREATIONAL POOL OR USE THE SLIDE AT ANY TIME.
 We strongly suggest that you bring adequate provision for shade and seating. There is plenty of parking, and there are dressing rooms. Swimmers may bring coolers, however; no glass containers are permitted.

DIRECTIONS:

- From I-35: Exit I-35 at Hwy 620. Head west on 620, and take a left on Deepwood Dr. Pool will be about ½ mile on your left.
- From Mopac: Continue north on Burnet Rd. (1325) after Mopac ends. (Past Wells Branch Parkway and Shoreline Church.) Take a left on County Rd. 172. Take a right on McNeil Dr. Take a left (almost immediately) on Deepwood Dr. You will go through a neighborhood. Once you see playing fields and a softball complex, the pool is on your right.
- From Hwy.183. turn east on Hwy. 620. Go past Round Rock Hospital, and at Deepwood Dr., turn right. The pool is about ½ mile on the left.

ENTRIES: Swimmers may enter FIVE (5) individual events each day. Entry fee is \$5.00 per individual event. This includes the South Texas Swimming splash fee of \$1.25 per splash, and \$10.00 per relay.

*(Swimmers – ONE PER FAMILY- will receive a heat sheet with entry fees. Heat sheets will be distributed through coaches.) Make entry fee check to "AquaTex Swim Team". Once accepted, no entry refunds will be given for any reason. LATE ENTRIES WILL BE ACCEPTED AT A RATE OF \$10.00 PER INDIVIDUAL EVENT, AND \$20.00 PER RELAY. 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.

Entry Procedures:

- Entries **MUST** be submitted by Hy-Tek Commlink either on disk or via e-mail.(See below.) *Hard copy must accompany *Please format disks before utilizing for entries. **DO NOT SEND ENTRIES BY EXPRESS, OVERNIGHT MAIL, ETC., WITHOUT A WAIVER OF SIGNATURE.

E-mail Entries (preferred mode)

- Entries in Commlink Format only, may be sent to mparshal@swbell.net
- E-mail submissions to any other address cannot (server dictated) and will not be accepted.
- The Commlink File must be renamed to clearly identify the entering team – shorter is better.
- Athletes included in improperly identified Commlink Files, e.g. 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 if the Meet Entry Report (hard copy) is not received.
- The Entry Report may be attached to the e-mail message along with the Commlink File (recommended).
- Athletes **WILL NOT** be permitted to compete in the meet until satisfactory fee payment arrangements have been made with the Meet Entries Chair or designee.
- You will receive an e-mail reply that your entries have been received.

Mail entries to:

MEET DIRECTOR and HEAD COACH
MARK PARSHALL,
 1103 Cedar Falls St.
 Round Rock, TX. 78681
 (512) 636-8577

MEET REFEREE
 Linda Ballo
 2300 Falkirk Cove
 Round Rock, TX 78681
 (512) 733-1391

SWIMMERS WITH DISABILITIES: In any meet sanctioned by the LSC that may include one or more swimmers with visual, hearing, mental, or physical disabilities, the judging of such competitions 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.

LIABILITY STATEMENT: USA Swimming, South Texas Swimming, AquaTex Swim Team, City of Round Rock, and all Meet Officials accept no responsibility and shall be free from liability or claim or damage arising by reason of injuries to anyone to, during, or from 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.

TIMERS AND OFFICIALS: Host team will attempt to provide most of the timers. (Others are welcome to help and may be asked!) Two timers per lane will be used. All currently certified and "in-training" USA Swimming officials are cordially invited to participate. Please contact Mark Parshall at 636-8577, if you will be available for this meet.

AWARDS: Ribbons will be given for all 12 & under events, through eight places. *Six & unders will receive separate ribbons when they are competing in 8 & under events. HEAT RIBBONS will also be given in all 12 & under events.

CONCESSIONS: We will be selling breakfast and lunch items, drinks, and snack foods during the meet, and dinner on Friday night. All items will be reasonably priced. Coolers are permitted. No glass at any time.

WARM-UPS: South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect for this meet. (See last page.)

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.

Pool Measurement: The competition course has not been certified in accordance with 104.2.2C(4). If a swimmer expects to, or does break a record, please inform meet director or referee. In accordance to 104.2/2/C/4/C... Where a moveable Bulkhead is used, course measurement of the lane in which the record was set must be confirmed at the conclusion of the session during which the time was achieved.

ORDER OF EVENTS**Friday, September 25, 2009****Warm-up, 4:30pm. Check-in/Late Entries close 5:00pm* Meet starts 5:30 pm.**

Girls	Events	Boys
1	11/Over 100 Ind. Medley	2
3	10/U 200 Freestyle	4
5	12/U 500 Freestyle *	6
7	13/Over 500 Freestyle *	8
9	11/12 50 Freestyle	10
11	13/Over 50 Freestyle	12

Saturday Morning, September 26, 2009**Warm-up, 7:30 am. Late Entries Close 8:30am. Meet starts 9:00 am.**

Girls	Events	Boys
13	12/U 200 Free Relay**	14
15	8/U 25 Freestyle	16
17	9/10 25 Freestyle	18
19	8/U 100 IM	20
21	9/10 100 IM	22
23	12 & under 200IM	24
25	8/U 25 Backstroke	26
27	9/10 25 Backstroke	28
29	12 & Under 100 Back	30
31	8/U 50 Freestyle	32
33	9/10 50 Freestyle	34
35	12 & Under 200 Free	36
37	8/U 25 Breaststroke	38
39	9/10 25 Breaststroke	40
41	12 & Under 50 Breaststroke	42
43	8/U 25 Butterfly	44
45	9/10 25 Butterfly	46
47	12 & Under 100 Butterfly	48

****Relay Cards due by 7:30am****Saturday Afternoon, September 26, 2008.****Warm-up 2:00 pm. Late entries close 2:30pm. Meet starts 3:00pm**

Girls	Events	Boys
49	Open 200 Free Relay**	50
51	13/Over 200 Ind. Medley	52
53	Open 200 Backstroke	54
55	13/Over 200 Freestyle	56
57	13/Over 100 Breaststroke	58
59	Open 200 Butterfly	60

****Relay Cards due by 2:30pm**

ORDER OF EVENTS
(CONTINUED)

Sunday Morning, September 27, 2007
Warm-up, 7:45 am. Late entries close 8:30am. Meet starts 9:00 am.

Girls	Events	Boys
61	Open 200 Medley Relay**	62
63	13/Over 100 Freestyle	64
65	10/U 100 Freestyle	66
67	11/12 100 Freestyle	68
69	10/U 50 Backstroke	70
71	11/12 50 Backstroke	72
73	13/Over 100 Backstroke	74
75	10/U 50 Breaststroke	76
77	12/U 100 Breaststroke	78
79	Open 200 Breaststroke	80
81	10/U 50 Butterfly	82
83	11/12 50 Butterfly	84
85	13/Over 100 Butterfly	86

****RELAY CARDS DUE BY 8:30AM**



SOUTH TEXAS SWIMMING, Inc.
Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

1. General Warm-up (First 30 - 45 minutes).
 - a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
 - b. Dive sprints may be done only under the direct supervision of the coach.
2. Final 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. Push/Pace Lanes will push off one or two lengths from starting end.
 - b. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times. One way only!
 - c. There will be no diving in the general warm-up lanes. Circle swimming only.
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 backstroker 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