

The University of Texas at Austin**LONGHORN AQUATICS**

**2009 Fall Kickoff
October 23 - 25, 2009**

Welcome: Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in our 2009 Fall Kickoff. This meet is open to all USA Swimming registered swimmers and will be conducted in two 25 yard courses, using a Colorado Timing System and Hy-Tek Meet Manager software. Designated warm-up lanes will be available during the meet.

Facility: The Lee and Joe Jamail Texas Swimming Center has an indoor 8 lane 50 meter competition pool. The pool is 9 feet deep and is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate and lane width. There are two movable, power-operated bulkheads. For the October 2009 meet, the length of the short course competition pools will NOT be certified before the start of the meet. However, in accordance with the 2009 USA Swimming Rules (Article 104), if a US or World record is broken at this unclassified meet, we will have the course measured and certified by a qualified, licensed professional immediately following the session during which the time was achieved. There have been many US and/or World records broken at the Texas Swim Center and the measured length of the course has never been an issue.

The Swim Center is located on the University of Texas Campus, 1900 Robert Dedman Drive, one block west of I-35 on the northwest corner of the intersection of Martin Luther King Boulevard and Red River Street.

Liability: USA Swimming, South Texas Swimming, The University of Texas, the Lee and Joe Jamail Texas Swimming Center, and Longhorn Aquatics accept no responsibility for liability or 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.

Sanction: This meet has been sanctioned by South Texas Swimming and 2009 rules will apply. All swimmers must be registered as athletes for 2009 or 2010 with USA Swimming by the entry deadline. Athletes that register with USA Swimming after the entry deadline may deck enter the meet only if they can present their 2009 or 2010 USA card.

Schedule: Saturday and Sunday the meet will be split into morning and afternoon sessions based on age. The morning sessions each day are planned for swimmers 12 & under and the afternoon sessions for swimmers 13 & over. However, we reserve the right to split the sessions differently or to combine sessions based on the entries received. Warm-ups may be split if a large number of swimmers enter the meet.

Friday	All Swimmers	Warm-up	5:15 PM	Start	6:20 PM
Saturday	12 & Under	Warm-up	9:15 AM	Start	10:45 AM
	13 & Over	Warm-up	**	Start:	**
Sunday	12 & Under	Warm-up	8:00 AM	Start	9:30 AM
	13 & Over	Warm-up	**	Start	**

** The warm-up for the afternoon session will begin immediately after the morning session. The exact time will be posted on the Longhorn Aquatics' website no later than October 14th or as soon as entries close.

Swim Wear Restrictions: Swimmers shall be limited to one swimsuit, which shall be constructed of a woven/knit textile material, permeable to water and air, constructed so as not to aid in buoyancy, and shall not contain zippers or other fastening systems. In addition the suit shall be constructed so that the style/shape for males shall not extend above the waist or below the top of the kneecap and for females shall not extend beyond the shoulders or below the top of the kneecap, and it shall not cover the neck.

Qualifying Times: There are no qualifying times.

Meet Format: All events are timed finals and will swim in two short course yard pools seeded only by time and gender. Age groups will be combined. Even heats will swim at the American flag end of the pool, odd heats at the Texas flag end of the pool. All events will swim fastest to slowest.

The 500 free, 400 IM, and the 1000 free require positive check-in. Swimmers in these events must provide their own timer (and counter for the 1000). For these 3 distance events, we will swim girls at the Texas Flag end of the pool and boys at the American Flag end of the pool. If we run out of boys heats, the girls will swim at both ends -- even heats at the American Flag end and odd heats at the Texas Flag end.

We reserve the right to cap the number of swimmers entered in order to stay within the four hour rule. Friday evening, we will cap the meet at about 3 hours. Swimmers will be entered in the order entries are received.

Scratch Rule: Except for Friday, each session will be seeded the evening before. BEFORE the 500 free on Friday and the 400 IM on Saturday, please scratch any event you will not swim the next day. There is not a penalty for failing to scratch a prelim event; this is a courtesy to the other swimmers by eliminating an empty lane in prelims. All deck entries for the next day's events received before the distance events will be seeded.

Check-in: Positive check-in is required for the 500 free, 400 IM and 1000 free. Positive check-in will be available as athletes enter the pool deck and will close 1 hour before the event is scheduled to swim. Exact times will be posted at Clerk of Course on the day of the event.

Swimmers that check-in for an event and fail to swim will be fined \$30 payable to the University of Texas. These swimmers, and their team, will be barred from competition at subsequent TXLA meets at the Swim Center until the fines are paid.

Entry Dates: Entries will open for South Texas teams at noon on Friday, October 9th. Entries for teams outside the South Texas LSC will open at 4 PM on Friday, October 9th. Entries will not be accepted before these times. South Texas teams will not have a priority after 4 PM. You should **not** make nonrefundable travel arrangements before you know your entries are accepted – entries will be processed in the order received. Entries will close the earlier of:

- a) Monday, October 12, 2009 at 6 PM or
- b) when a session reaches an estimated 4 hours in length. Individual sessions may close before the entire meet closes. If we have to close a session early, this will be posted on our website (www.utexas.edu/longhornaquatics).

Entries: Swimmers may enter a maximum of 4 individual events per day. The age of the swimmer will be his/her age on October 23, 2009. Enter all events with previous best times achieved in short course yards.

All teams with five or more swimmers entered in the meet must submit their entries using Version 4 or 5 of Hy-Tek Team Manager or Team Unify software.

Email entries to Debbie Norval at anorval@austin.rr.com. When you email the entries, also attach a report of the entries by swimmer. **Entries/emails with only a zip file (i.e. without the entry report) will not be accepted.** If you don't receive an email confirmation, your entries were not received.

Teams with fewer than five swimmers may send an email including the team, team abbreviation, LSC, the swimmers full name (as registered with USA Swimming), USA ID, event numbers, event description, and entry times for each swimmer.

Entry fees must be postmarked by Tuesday, October 13. Please include the meet entry fees report with your check. Please do NOT send a copy of the entries you emailed earlier.

No paper, phone or fax entries will be accepted. Entries received without accurate USA Swimming registration numbers will **NOT** be accepted or processed.

Entry Fees: \$8.00 per individual event. This includes the South Texas Swimming splash fee of \$1.25 per splash. Please send only one check per team location please. Refunds will not be given for any reason.

Make checks payable to The University of Texas at Austin and
Mail to: Jonathan Salazar
Longhorn Aquatics
The University of Texas at Austin
1 University Station D 4050
Austin, TX 78712-0364
512-471-7703

Deck Entries: Deck entries will be accepted only for open lanes. No new heats will be created. You may deck enter the current session beginning at the start of warm-up. Deck entries will close 30 minutes before the start of each session. You may deck enter events for later sessions after the start of the current session. Deck entries for the next day's session will be seeded if they are received before the 500 on Friday or the 400 IM on Saturday.

The deck entry fee is \$20.00 per event. **Swimmers not previously entered in the meet must present their 2009 or 2010 USA Swimming registration card** at Clerk of Course to be able to deck enter.

Awards: Ribbons, first through eighth place will be awarded according to the following age groupings: boys and girls 8 and under, 9 – 10 and 11 - 12. No other awards will be given.

Meet Referee: Pat O'Connell
(361) 814-5212
patoc@jjoconnell.com

Head Coach: Doug Rusk
(206) 291-5471
doug.rusk@austin.utexas.edu

Meet Director & Entry Chair: Debbie Norval
(512) 329-9110
anorval@austin.rr.com

Order of Events
Friday October 23, 2009
Session 1 – All Ages

Girls Event #	Event	Boys Event #
1	50 Free	2
3	50 Breast	4
5	50 Back	6
7	50 Fly	8
9	500 Free (a)	10

(a) Positive check-in required. Swimmers must provide their own timer. We reserve the right to split this event into 12 & under and 13 & over.

Saturday October 24, 2009
Session 2 - 12 & Under

Girls Event #	Event	Boys Event #
11	200 Free	12
13	100 Breast	14
15	10 & up 200 Fly	16
17	50 Free	18
19	100 IM	20
21	10 & up 200 Back	22
23	50 Fly	24
25	11 – 12 400 IM (a)	26

(a) Positive check-in required. Swimmers must provide their own timer.

Saturday October 24, 2009
Session 3 - 13 & Over

Girls Event #	Event	Boys Event #
27	200 Free	28
29	100 Breast	30
31	200 Fly	32
33	50 Free	34
35	200 Back	36
37	50 Fly	38
39	400 IM (a)	40

(a) Positive check-in required. Swimmers must provide their own timer.

Sunday October 25, 2009
Session 4 - 12 & Under

Girls Event #	Event	Boys Event #
41	200 IM	42
43	10 & up 200 Breast	44
45	100 Free	46
47	50 Back	48
49	100 Fly	50
51	50 Breast	52
53	100 Back	54

Sunday October 25, 2009
Session 5 - 13 & Over

Girls Event #	Event	Boys Event #
55	200 IM	56
57	200 Breast	58
59	100 Free	60
61	50 Back	62
63	100 Fly	64
65	50 Breast	66
67	100 Back	68
69	1000 Free (a)	70

(a) Positive check-in required. Swimmers must provide their own timer and counter.

Officials: Help from visiting officials is always welcome. All officials must be currently registered with USA Swimming. Please email the Meet Referee with your certification level and availability so he can plan accordingly. Nametags are very helpful; please bring and wear yours if you have one.

Special Needs: Please notify the Jamail Texas Swimming Center Staff (512-471-7703) in advance of this event with the name and age of any member on your team who needs assistance to enter the building. TSC 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.

Deck Access: Only currently registered coaches and officials will be allowed access beyond the front desk of the Texas Swimming Center. Coaches and officials will be required to show their current USA Swimming registration card at the front desk in order to be on deck. Volunteers will be given a pass to access the deck and help for that specific purpose.

Please be aware that swimmers will not be allowed on the deck until one of their team coaches has checked in and is on deck.

Any non-registered individuals not respecting these rules will be removed from that area or from the facility at the discretion of the meet director, Longhorn Aquatics Program Director or Texas Swimming Center staff.

Cell Phones: The presence and/or use of cell phones in the locker rooms is strictly and specifically prohibited at all times. There are no exceptions to this prohibition. Violators are subject to disqualification from the meet and disbarment from the facility.

TSC Rules: As guests of The University of Texas, all must adhere to the Texas Swim Center (TSC) rules. Coaches must supervise their swimmers. Chewing gum and glass containers are not permitted in the building. Locks may not be left on lockers overnight. Wet swimmers cannot leave pool deck. Children must be supervised at all times.

Spectators and athletes may not bring food or drink into the Texas Swim Center from outside sources. Teams ARE permitted to bring two (2) coolers on to the deck.

Parking: **NEW -- The University of Texas now requires a UT permit for parking along Trinity and San Jacinto as well as C Lot 80 in front of the Swim Center. They will be charging \$10 for parking in C Lot 80 as well as in the Trinity and Manor garages.**

We are exploring other parking options, hoping to find free or at least cheaper parking close to the Swim Center. Please go to our website as we get closer to the meet for more information on parking.

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 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

guest rooms.

Embassy Suites
North - 5901 North I-35
www.embassysuitesaustinnorth.com

Contact: Kris Paulson
(512) 454-8004 ext. 7025



Downtown -
300 South Congress Ave
www.austindowntown.embassysuites.com

Contact: Craig Harms
(512) 617-2574

Drury Hotels of Austin North
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Alissa.vala@druryhotels.com

South Texas Sanction # ST-09-65

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Contact: Divya Saigal



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divva.saigal@attconf.utexas.edu

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Austin TX 78701



Hastings 111 Cesar Chavez

ehastings@radissonaustin.com

Located in the heart of downtown Austin, minutes from the UT Swim Center, home of Starbucks and T.G.I. Fridays restaurant

Holiday Inn Town Lake
20 N IH-35
Austin, TX 78701



Contact: Bridgette Ards

(512) 634-1274

bards@pacificahost.com

Located directly on the Town Lake hike and bike trail, minutes from the UT pool, with free parking

Hampton Inn & Suites Downtown
200 San Jacinto
Austin, Texas 78701



(512) 742-1500

Complimentary breakfast, fitness room, pool, walk to over 75 restaurants, and only 1 mile to the swim center

Hampton Inn and Suites Airport
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(512) 389-1616

Crowne Plaza Hotel
6121 North IH 35
Austin, Texas 78752



Contact: Shelly Staff

(512) 371-5243

sstaff@cphaustin.com

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(512) 617-2574

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