

# TASC Fall Trophy Pentathlon Meet

\*\*\*\*\*IF THERE ARE MORE THAN 200 SWIMMERS ENTERED, THERE WILL BE 2 SESSIONS (10 & U,11 & O)\*\*\*\*\*

**Meet Name:** Temple Area Swim Club Fall Trophy Pentathlon Meet

**Sanction  
Number:** ST-09-67

**Meet Date(s):** Saturday, October 17, 2009

**Venue:** The James W. Hardin Swim Center is located on North 23rd Street on the Temple High School Campus.

**Facility:** The Swim Center is a 10-lane, 25-yard indoor facility with a separate diving well for continuous warm-up and cool down. Eight lanes will be used for competition with the two outside lanes unoccupied. A fully automatic Colorado Timing System with an eight-lane readout display will be used. Locker rooms are available for athletes. Seating is limited to approximately 400.

**Liability** -In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), TASC, Temple High School, 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.

**USA Swimming  
Registration:** -All swimmers, coaches, and officials participating in this competition must be currently registered with USA Swimming.  
-Everyone should 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, **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.

**Rules:** -The most current USA Swimming Rules and any relevant sections of the STSI Handbook will apply.

**Meet Format:** Swimmers may swim all five events. Scoring is based on the lowest times added together. Only swimmers that compete in the 5 events in their age group are eligible for the high point trophies.

**Entry Restrictions:** N/A

**Age up Date:** October 17, 2009

**Qualifying Times:** No qualifying times.

**Entry Deadline:** October 7, 2009

**Late/Deck Entry** Deck entries will be accepted up till 7:45am. Deck entries will be \$12.00/event.  
No new heats will be created with deck entries!

**General**

**Entry Procedures** -Entries must be submitted by Hy-Tek Commlink File or disk  
-Hard copy must accompany  
-Please format disks before utilizing for entries  
-Entries may be submitted ONLY via e-mail or hand delivered.

**E-Mail Entries:** -Entries in Commlink Format only, must be sent to:  
jcaswell@templeareaswimclub.org  
-The Commlink File must be renamed to clearly identify the entering team, shorter is 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 re-funded.  
-Athletes WILL NOT be entered into Meet Manager if the Meet Entry Report (hard copy) is not received.  
-Athletes WILL NOT be permitted to compete in the meet until satisfactory fee payment arrangements have been made with the Meet Director or her / his designee.

**Entry Fees:** -\$6.00 per event (Includes South Texas splash fee)  
-Checks payable to: Temple Area Swim Club

**Heat Sheets:** Will be made available before the start of the meet.

<b>Administration:</b>	<b>-Entries Chair/Meet Director:Jon Caswell</b>	<b>Meet Referee:Susan Nickel</b>
	-201 Rabern Ct. Belton, TX	4904 Ascott
	-401-559-2021	254-774-8643
	-jcaswell@templeareaswimclub.org	anickel@hotmail.com

**Warm-ups:** -Warm-ups will be conducted in accordance with the current STSI Policies and Procedures listed on the last page of the meet information.

**Scratch Rules:** Scratches are asked to be emailed by 5:00 pm, Thursday, October 15, 2009.

**Awards:** Ribbons will be awarded to the top 8 finishers in each event. Trophies will be awarded to the Top 3 swimmers in each age group with the lowest composite times added after all 5 events are finished.

**Special Needs:** -Please notify the Meet Director, Jon Caswell (401) 559-2021 in advance of this event with the name and age of any member on your team who needs assistance to enter the building

- The THS 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 is they are to be considered to be judged under Article 105 of the USA Swimming Rules and Regulations.

**Daily Schedule:** Warm-ups 8:00 - 9:00 am, Meet 9:15 am, Warm up lane assignments will be emailed to the coaches by Thursday, Oct 15<sup>th</sup>.

**Timers:** -The host team will provide backup timers for this meet

**Officials:** to participate

- All currently certified and in training USA Swimming officials are cordially invited
- Please check-in with the Meet Referee upon arrival to the pool.

**\*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.

**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.

**Cell phone restrictions:**

\*The presence and / or use of cell phones in 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.

## Events List

<b>Event #</b>	<b>Event Name</b>	<b>Event #</b>	<b>Event Name</b>
1	Girls 8 & Under 100 IM	31	Girls 8 & Under 25 Breaststroke
2	Boys 8 & Under 100 IM	32	Boys 8 & Under 25 Breaststroke
3	Girls 9-10 100 IM	33	Girls 9-10 50 Breaststroke
4	Boys 9-10 100 IM	34	Boys 9-10 50 Breaststroke
5	Girls 11-12 100 IM	35	Girls 11-12 50 Breaststroke
6	Boys 11-12 100 IM	36	Boys 11-12 50 Breaststroke
7	Girls 13-14 200 IM	37	Girls 13-14 100 Breaststroke
8	Boys 13-14 200 IM	38	Boys 13-14 100 Breaststroke
9	Girls 200 IM	39	Girls 100 Breaststroke
10	Boys 200 IM	40	Boys 100 Breaststroke
11	Girls 8 & Under 25 Butterfly	41	Girls 8 & Under 25 Freestyle
12	Boys 8 & Under 25 Butterfly	42	Boys 8 & Under 25 Freestyle
13	Girls 9-10 50 Butterfly	43	Girls 9-10 50 Freestyle
14	Boys 9-10 50 Butterfly	44	Boys 9-10 50 Freestyle
15	Girls 11-12 50 Butterfly	45	Girls 11-12 50 Freestyle
16	Boys 11-12 50 Butterfly	46	Boys 11-12 50 Freestyle
17	Girls 13-14 100 Butterfly	47	Girls 13-14 100 Freestyle
18	Boys 13-14 100 Butterfly	48	Boys 13-14 100 Freestyle
19	Girls 100 Butterfly	49	Girls 100 Freestyle
20	Boys 100 Butterfly	50	Boys 100 Freestyle
21	Girls 8 & Under 25 Backstroke		
22	Boys 8 & Under 25 Backstroke		
23	Girls 9-10 50 Backstroke		
24	Boys 9-10 50 Backstroke		
25	Girls 11-12 50 Backstroke		
26	Boys 11-12 50 Backstroke		
27	Girls 13-14 100 Backstroke		
28	Boys 13-14 100 Backstroke		
29	Girls 100 Backstroke		
30	Boys 100 Backstroke		

# 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
10 Lanes	1 and 10	2 and 9	3 through 8

- 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 backstroker 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.

