



Alamo Area Aquatic Association

www.aaaa-sa.org

Meet Information

Reposted 10/26/09



The contents of this document are the sole responsibility of the Meet Host. Any and all questions regarding any aspect of the competition must be addressed only to the designated Meet Director.

Meet Name: •AAAA Northside “B” and Up Winter Wonderland

Sanction Number: •ST-09-73

Meet Date(s): •December 18th, 19th and 20th, 2009

Venue: **NISD Natatorium**
•8400 N Loop 1604 West
•San Antonio, Texas 78249
•210-397-7525

Facility:

- Two eight-lane 25-yard racing courses certified by USA Swimming and the National Federation of State High School Associations
- Seven feet minimum depth
- DAKTRONICS automatic starting and timing
- Concessions and swim shop available
- Six-lane warm-up / cool down pool between the courses

Liability: •In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the Northside Independent School District, 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.

Cell phone

Restrictions:

- The presence and / or use of cell phones, and any other equipment capable of producing photographic or video images, 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.

Swimwear

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 system
- 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

USA Swimming

Registration:

- All swimmers, coaches, and officials participating in this competition must be *currently* (2009 –2010) 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, **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 acquire 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: •Entering swimmers must have achieved a National Motivational “B” time for every event entered
•Must be provable via SWIMS
•Timed finals
•No relays
•All events will be gender separated, seeded by time without regard to age, and swum slowest to fastest unless other wise noted
•No relays
•500 freestyle, 400 individual medley, 1000 and 1650 yard freestyle events require positive check-ins by the times noted in the Order of Events on page 4
•Swimmers can qualify for the 1000 and 1650-yard freestyle events with a provable “A” time in the 500 yard freestyle
•No Time trials.

Entry

Restrictions: •This Meet is open to all currently (2009 / 2010) Registered USA Swimming athletes
•Age as of December 18th, 2009 determines age for the entire meet
•Maximum of 5 individual events per day
•All entries must include a seed time
•Entries received without a seed time (NT) will not be accepted

Qualifying:

Times: •National Motivational “B” required for every event entered
•Must be provable via SWIMS
•Please refer to page 5

Entry

Deadline: •6:00 PM, Monday, December 7th, 2009

Entry Fees Include

Splash Fee: •\$6.00 per Individual event
•Late entries \$12.00 per event
•Checks payable to: **N.I.S.D**

Late/Deck Entries?

- Only to fill empty lanes
- No new heats will be created
- Late entering athletes must be prepared to prove their current USA Swimming Registration.

Entry

Procedures: •The **only** acceptable mode of entry is 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 seed time will not be entered into the meet and fees will not be refunded
•Mail or hand deliver entries to the Meet Director noted below
•Entries may also be submitted via email
•An HYV File for importing events and time standards into Team Manager is available on the USA Swimming Page of the AAAA Web Site at: (www.aaaa-sa.org)

E-Mail

Entries: •Entries in Commlink Format only, MUST be sent to: coachpeteh@gaggle.net
•E-mail submissions to any other address cannot be accepted.
•Electronic payment must accompany entries
•Please go to: <http://www.nisd.net/aquaww/payment.htm>

- 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 (210-561-5280), or hand-delivered.
- Athletes WILL NOT be entered into the meet until entry fee payment has been received by the Meet Director or designee
- More detailed instructions in a PDF Document will be found on the Forms, etc. Page (right-hand column at the bottom) of the AAAA Web Site, (www.aaaa-sa.org/Forms.htm)

- FAX Entries:**
- Under no circumstances will entries be accepted via FAX
 - Entry Reports WILL be accepted via FAX

Meet

Management:

Meet Director

- Robert Laura
- 8400 North Loop 1604 West
- San Antonio, TX 78249
- 210-397-7522
- robertlaura@nisd.net

Meet Referee

- Mike Bertirotti
- 8603 Timber Place
- San Antonio, TX 78250
- 210-520-2050
- mbertiro@aol.com

Entries Chair

- Peter Hay
- 8400 North Loop 1604 West
- San Antonio, TX 78249
- 210-397-7524
- coachpeteh@gaggle.net

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page six
- Lane assignments will be made
- Specific warm-up times and lane assignments will be posted with the Psych Sheet at www.aaaa-sa.org by noon on Wednesday, December 17th
- Please also review the daily schedule below.

Scratch

Rules:

- There is no penalty for scratching from a pre-seeded event
- Swimmers who check-in for the 500 / 1000 / 1650 freestyle or 400 individual medley and then fail to appear for competition will be disqualified from further participation in the meet, illness and injury excepted

Awards:

- 13 and Under:** Ribbons places one through eight
- Single age groups, i. e., 10 and Under, 11, 12 and 13
- 14 and Over:** No awards.

Special

Needs:

- Please notify the NISD Natatorium (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.

Daily

Schedule:

	Friday PM	Saturday and Sunday AM	Saturday and Sunday PM
Warm-ups	4:00 PM	8:00 AM	2:00 PM
Clear Pool	4:45 PM	8:45 AM	2:45 PM
Coaches' meeting	4:45 PM	8:45 AM	2:45 PM
Meet begins	5:00 PM	9:00 AM	3:00 PM

Timers:

- The host team will attempt to provide backup timers for this meet
- Volunteers will be needed
- Competitors in the 500 / 1000 / 1650 freestyle and 400 I-M must provide their own backup timers and / or 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 scheduled start time of the session to receive your assignments
- The wearing of name tags is strongly encouraged

Order of Events – Distances are in yards

Friday, December 18th, 5:00 PM				
Girl's #	Age	Distance	Stroke	Boy's #
1	12 and Under	200	I-M	2
3	13 and Over	200	I-M	4
5	12 and Under	50	Free	6
7	13 and Over	50	Free	8
9*	13 and Over*	500*	Free*	10*
Saturday, December 19th, 9:00 AM				
11	12 and Under	200	Free	12
13	12 and Under	50	Back	14
15	12 and Under	100	Breast	16
17	12 and Under	100	Fly	18
19	12 and Under	200	Back	20
21	12 and Under	100	I-M	22
Saturday, December 19th, 3:00 PM				
23	13 and Over	200	Free	24
25	13 and Over	200	Back	26
27	13 and Over	100	Breast	28
29	13 and Over	100	Fly	30
31	Open	400	I-M	32
33*	Open*	1000*	Free	34*
Sunday, December 20, 9:00 AM				
35	12 and Under	100	Free	36
37	12 and Under	200	Breast	38
39	12 and Under	50	Fly	40
41	12 and Under	100	Back	42
43	12 and Under	50	Breast	44
45*	12 and Under	500*	Free*	46*
Sunday, December 20, 3:00 PM				
47	13 and Over	100	Free	48
49	Open	200	Breast	50
51	Open	200	Fly	52
53	13 and Over	100	Back	54
55*	Open*	1650*	Free*	56*
<p>* These events require a positive check-in on the day of the event by the times noted below. They will be seeded on deck and swum Fastest to Slowest</p> <p style="text-align: center;">Events 9 and 10 by 5:00 PM Events 33 and 34 by 2:00 PM Events 45 and 46 by 9:00 AM Events 51 and 52 by 2:00 PM</p>				

2009-2010 Single Year Age Group National Motivational "B" Time Standards

Short Course Yards

Girls						Event	Boys					
Senior	14	13	12	11	10-U		10-U	11	12	13	14	Senior
33.09	33.39	34.19	34.29	35.79	39.79	50 Free	38.89	35.69	33.39	31.79	30.69	29.99
1:11.39	1:12.49	1:14.09	1:13.59	1:18.69	1:31.29	100 Free	1:29.19	1:17.99	1:13.09	1:09.29	1:06.99	1:05.59
2:33.79	2:36.09	2:38.99	2:43.19	2:50.39	3:20.19	200 Free	3:09.89	2:49.09	2:38.89	2:31.99	2:26.09	2:22.69
6:49.89	6:51.79	7:02.49	7:10.79	7:34.19	8:30.49	500 Free	8:25.79	7:29.39	7:05.49	6:46.59	6:31.09	6:25.19
14:07.09	14:08.89	14:31.09	15:00.29	15:51.69		1000 Free		15:50.59	14:50.09	13:58.09	13:32.49	13:19.19
23:36.29	23:34.19	24:13.69	25:16.19	26:29.09		1650 Free		26:47.79	24:57.49	23:27.19	22:28.29	22:23.99
			39.59	41.79	48.79	50 Back	49.19	42.79	39.49			
1:18.59	1:19.89	1:21.69	1:27.99	1:32.29	1:45.69	100 Back	1:42.89	1:31.99	1:25.79	1:17.59	1:14.89	1:12.89
2:50.39	2:51.79	2:55.49	3:01.89	3:11.69		200 Back		3:11.89	2:58.39	2:47.89	2:41.29	2:37.99
			44.09	46.69	53.59	50 Breast	53.59	48.79	44.29			
1:29.19	1:30.59	1:32.59	1:36.39	1:41.79	1:59.99	100 Breast	1:55.69	1:42.99	1:35.09	1:27.99	1:24.09	1:22.59
3:13.59	3:14.59	3:19.79	3:26.39	3:38.69		200 Breast		3:39.59	3:21.69	3:11.89	3:02.39	3:00.19
			37.79	39.89	48.79	50 Fly	47.29	41.49	38.19			
1:18.69	1:19.09	1:20.59	1:27.19	1:31.69	1:57.49	100 Fly	1:55.19	1:32.29	1:25.79	1:16.49	1:13.29	1:11.79
2:52.89	2:53.39	2:57.59	3:04.99	3:14.99		200 Fly		3:15.79	3:01.19	2:48.69	2:43.69	2:38.99
			1:26.29	1:31.39	1:44.99	100 IM	1:41.29	1:30.89	1:23.69			
2:53.39	2:55.49	3:00.29	3:03.79	3:12.59	3:42.69	200 IM	3:40.89	3:15.19	3:03.09	2:50.59	2:43.69	2:40.49
6:07.99	6:10.79	6:20.19	6:32.19	6:53.19		400 IM		6:51.89	6:23.69	6:01.49	5:50.59	5:42.29



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 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.

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.

