



Corpus Christi Aquatic Alliance  
Club Estates Marlins  
CCAA-CEM  
invites you to our



**Turkey Trot**  
**Swim Meet**  
**November 22, 2009**

Tuloso-Midway Natatorium  
2653 McKenzie Road  
Corpus Christi, TX 78410  
Entry Deadline: November 12, 2009

**Sanction  
Number:** -ST-09-77

**Meet Date(s):** - November 22, 2009

**Venue:** -Tuloso-Midway Independent School District Natatorium located at 2653 McKenzie Road, Corpus Christi, TX 78410. The pool is on the right side in the Tuloso Midway ISD High School – Recreation Area. Pool numbers – 361-903-6730.

**Facility:** -An indoor 8 lane, 25 yard pool with 6 foot minimum water depth at the diving end and a Daktronics timing and IST starting system. Hy-Tek Meet Manager software will be utilized. There is a one lane warm up and cool down area. Parking, spectator areas, dressing and locker rooms are available. No tobacco or alcohol is allowed on TMISD property which includes the parking lot. A concession stand will be available in the natatorium area. Please note that the natatorium only allows plastic bottles in the facility.

The competition course has not been certified in accordance with 104.2.2.C.(4).

**Liability** -In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Corpus Christi Aquatic Alliance, Club Estates Marlins, the TMISD Natatorium and its employees, all meet officials and volunteers shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet or while traveling to and from the meet. It is expected that all persons attending the meet will respect the facilities and remember they represent themselves and their respective clubs. Damages to the facility, when proven shall cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. It may also result in expulsion from the 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.

## Swim suit

- Restrictions:**
- Only one suit is permitted during competition
  - The suits must:
    - Be of one piece
    - Be constructed of woven / knit material
    - Be 100% permeable to air and water
    - Not aid buoyancy
    - Not have fastening system other than waist ties, casings, ribbing or elastic (no zippers)
    - Not extend below the knee and not cover the neck or shoulders for women
    - Not extend above the navel or below the knee for men
- Swimmers found in violation of these restrictions will be banned from further competition until the violation has been remedied**

## 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 late enter when possible, or **2)** 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, verify their USA Swimming registration via electronic means, 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 govern the conduct of this meet.

- Meet Format:**
- All events are timed finals, seeded by time and gender. Age groups will be combined and events will be swum slowest to fastest. **Exception: The 500 free, the 1650 free, the 400 IM, the 200 Fly, 200 Back, 200 Free and 200 IM will be gender combined and swum as follows: 1650 and 400 IM – fastest to slowest; all other slowest to fastest. The 400 IM, the 1650 Free and the 500 Free events require a positive check in and will require their own timers and counters for the freestyle events.**

**The meet host reserves the right to limit the swimmers allowed in the meet in order to meet the 4 hour rule for the 12 & U swimmers. If the meet host is required to limit the swimmers, the entries will be taken in the order they were received.**

- Age up Date:** -November 22, 2009

- Q Times:** -None

### Entry

- Deadline:** **-All swimmers planning on swimming in the meet are due for recon purposes by November 12, 2009.** Final adjusted entries are due November 16, 2009.

- Late Entries**
- Deck entries will be accepted. Additional heats may be created at the discretion of the meet director and/or meet referee. All deck entries will be entered with a NT. You may deck enter at the start of the warm up. **Swimmers that are not previously entered in the meet are required to show proof of their current 2009 USA Swimming registration** to the Clerk of Course in order to deck enter. Deck entry fees are double per event.

### General

#### Entry

#### Procedures

- Swimmers may enter a maximum of **5** individual events. The age of the swimmer will be his/her age on November 22, 2009. Please do not enter with NT; you may estimate a time for your athletes. A good estimated time will ensure your athletes are seeded in the proper heat – this provides the best competition for all the athletes.

All teams with five or more swimmers entered in the meet must submit their entries using Hy-Tek Team Manager software. We understand that sometimes it is necessary to send a corrected Hy-tek file, but this should be the exception.

Email entries to [meetdirector@ccaquaticfb.com](mailto:meetdirector@ccaquaticfb.com). When you email the entries, also attach a Word document of the Hy-Tek Meet Entry Report by swimmer. 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 swimmer's full name (as registered with USA Swimming), USA ID, event numbers, event description, and entry times for each swimmer.

Entry fees must be received by November 21, 2009. Please include the meet entry fees report with your check. Do NOT send a copy of the entries you emailed earlier. Mail entry fees and entry report to: CCAA-CEM c/o Raychel Laya, 6606 Clarion Dr. Corpus Christi, TX.

No paper, phone, or fax entries will be accepted. Entries received without accurate USA Swimming Registration numbers will NOT be accepted or processed and refunds will not be given.

**Relay Entries:** -Relay team entry times may be determined by the sum of the individual team member times for like strokes/distances, or the actual time that relay team achieved in sanctioned competition. Relays must be comprised of swimmers with ages corresponding to age group categories for awards. Relay cards are due 30 minutes prior to the start of each session.

**Entry Fees:** -\$6.00 per individual event (includes the STS splash fee of \$1.25). Please make checks payable to CCAA-CEM.

**Heat Sheets:** -Heat sheets will be available for sale at a nominal cost.

**Administration:**

**-Entries Chair and Meet Director:**

Raychel Laya  
6606 Clarion  
Corpus Christi, TX 78412  
361-739-0290  
[meetdirector@ccaquaticfb.com](mailto:meetdirector@ccaquaticfb.com)

**Meet Referee:**

Pat O'Connell  
8018 Mt. Zion  
Corpus Christi, TX 78413  
972-523-5922  
[patoc@jjoconnell.com](mailto:patoc@jjoconnell.com)

**Warm-ups:** -Warm-ups will be conducted in accordance with the current STSI Policies and Procedures posted on the STSI and AAAA Web Sites.

**Scratch**

**Rules:**

-There is no penalty for scratching from an event. However, in order to assist those swimmers that wish to deck enter, please report any scratches to the clerk of course as soon as possible.

**Awards:**

-Individual event ribbons, first through eighth, will be awarded in the following age group categories: 8&U, 9-10, 11-12, 13-14, 15-O.

**Special**

**Needs:**

Please notify Corpus Christi Aquatic Alliance – Club Estates Marlins at 361-946-5815 in advance of this event with the name and age of any member on your team who needs assistance to enter the building.

The CCISD 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 of the USA Swimming Rules and Regulations.

**Daily**

**Schedule:**

**Sunday:**

Warm up: 9:00 a.m.

Clear the pool: 9:45 a.m.

Start time 10:00 a.m.

**Coaches meeting will be held 15 minutes prior to the start of each session.**

**The meet host reserves the right to limit the swimmers in order to comply with the 12 & U age group 4 hour rule. If the meet host has to limit the swimmers, the entries will be taken in the order received.**

**Timers:**

-All swim teams are requested to assist with the smooth running of the meet by providing volunteer timers. Lane timers will assigned by lane based on the number of entries from each team and will be emailed out prior to the meet as well as posted at the meet. Athletes in the 1650 free and 400 IM are required to provide their own backup timers and lap counters were necessary. Lane assignments will be made by the host team.

**Officials:**

-All currently certified and in-training USA Swimming officials are cordially invited to participate  
-USA Swimming Rules and Regulations require that officials prominently display their USA Swimming and LSC credentials while on deck as an official  
-The wearing of name tags is strongly encouraged  
-Please check-in with the Meet Referee not later than November 21, 2009.

# Order of Events

November 22, 2009

SUNDAY SESSION

<u>GIRLS</u>			<u>BOYS</u>
<b>1*</b>	<b>OPEN</b>	<b>400 IM</b>	<b>2*</b>
<b>10 minute break</b>			
<b>3</b>	<b>8 &amp; U</b>	<b>25 Free</b>	<b>4</b>
<b>5</b>	<b>OPEN</b>	<b>100 Back</b>	<b>6</b>
<b>7</b>	<b>OPEN</b>	<b>50 Fly</b>	<b>8</b>
<b>9**</b>	<b>11 &amp; U</b>	<b>200 Breast</b>	<b>**10</b>
<b>11</b>	<b>8 &amp; U</b>	<b>25 Breast</b>	<b>12</b>
<b>13</b>	<b>OPEN</b>	<b>50 Free</b>	<b>14</b>
<b>15</b>	<b>OPEN</b>	<b>100 Fly</b>	<b>16</b>
<b>17**</b>	<b>OPEN</b>	<b>500 Free</b>	<b>**18</b>
<b>19**</b>	<b>11 &amp; U</b>	<b>200 Back</b>	<b>**20</b>
<b>21</b>	<b>8 &amp; U</b>	<b>25 Back</b>	<b>22</b>
<b>23</b>	<b>OPEN</b>	<b>100 Free</b>	<b>24</b>
<b>25</b>	<b>OPEN</b>	<b>50 Breast</b>	<b>26</b>
<b>27**</b>	<b>OPEN</b>	<b>200 Fly</b>	<b>**28</b>
<b>29</b>	<b>OPEN</b>	<b>50 Back</b>	<b>30</b>
<b>31</b>	<b>OPEN</b>	<b>100 IM</b>	<b>32</b>
<b>33**</b>	<b>11 &amp; U</b>	<b>200 Free</b>	<b>**34</b>
<b>35</b>	<b>8 &amp; U</b>	<b>25 Fly</b>	<b>36</b>
<b>37</b>	<b>OPEN</b>	<b>100 Breast</b>	<b>38</b>
<b>39**</b>	<b>OPEN</b>	<b>200 IM</b>	<b>**40</b>
<b>10 minute break</b>			
<b>41*</b>	<b>11 &amp; O</b>	<b>1650 Free</b>	<b>42*</b>

\*Sign in required. Heats will run fastest to slowest – gender combined.  
Each swimmer must furnish one timer and one counter (were necessary) for these events.

\*\*Heats will be gender combined and heats will run slowest to fastest.

## 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 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 warmups 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.***

