

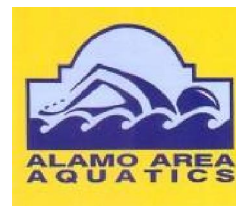


Alamo Area Aquatic Association

www.aaaa-sa.org

Meet Information

Posted 09/27/09



Meet: •2009 NEAT A / BB and Faster
•PLEASE NOTE THE DAILY SCHEDULE ON PAGE THREE!

Sanction Number: •ST-09-82

Dates: •December 5 and 6, 2009

Venue: •Josh Davis Natatorium
•Blossom Athletic Center (Northeast Stadium)
•Jones-Maltsberger Road at Starcrest (Bitters)
•San Antonio, TX 78216
•210-491-6132.

Entry deadline:
12-noon, Tuesday, November 24, 2009
No exceptions and no late entries

Facility: •The Josh Davis Natatorium is part of the North East School District's Blossom Athletic Center also known as the North East Stadium
•Eight FINA width lanes (2.75-meters)
•2.12-meters minimum depth
•Automatic Colorado / Daktronics starting and timing
•Off-deck stadium type seating for 1500 spectators
•Spectators are not permitted on deck at any time for any reason!
•Concessions and swim shop in the lobby
•The length of this course has been professionally surveyed and certified

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.

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 North East 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.

Rules: •The 2009 USA Swimming Rules and any relevant sections of the STSI Handbook will apply

USA Swimming Registration: •All swimmers, coaches, and officials participating in this competition must be currently (2008/9) 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 when offered, **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.

- Format:**
- Timed finals
 - There are minimum qualifying times for every event, please see page four (4)
 - All events are open by gender and will be seeded by time only
 - The 500-yard freestyle and 400-yard individual medley will require positive check-ins, be gender mixed, seeded on deck, and swum fastest to slowest
 - No relays or time trials

Entry

- Restrictions:**
- This meet is open ONLY to currently (2009/10) USA Swimming Registered swimmers
 - Age as of December 5, 2009 determines age for the entire meet
 - Entrants must be registered with USA Swimming by the entry deadline
 - Maximum of five (5) events per day
 - All entries must include a seed time
 - Entries received without a seed time will not be accepted and any entry fees will not be refunded

Qualifying

- Times:**
- Athletes entering this meet must have achieved a provable* time equal to or faster than the 2009 – 2012 National Motivational Top-16-based Time Standards (“A” for girls / “BB” for boys) for every event entered
 - * Must be in the SWIMS Database
 - Please see page four (4)

Entry

- Procedures:**
- The *only* acceptable mode of entry is via Hy-Tek Commlink File or disk
 - Please format disks before utilizing for entries
 - Hard copy *MUST* accompany
 - 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 e-mail.

E-Mail

- Entries:**
- Entries, in Commlink Format only, *MUST* be sent to: wspurg@neisd.net
 - E-mail submissions to any other address will not be accepted.
 - 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 (210-491-6133) or hand-delivered.
 - Athletes *WILL NOT* be entered into the meet until entry fee payment has been received by the Meet Director or designee

FAX

- Entries:**
- Under no circumstances will entries be accepted via FAX
 - Entry Reports WILL be accepted via FAX to: 210-491-6133

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

- Psych sheet:**
- The Psych Sheet will be posted on the AAAA Web Site (www.aaaa-sa.org) by 12-noon, Wednesday December 2nd

Scratch

Rules:

- There is no penalty for scratching from a pre-seeded event
- Swimmers who check-in for the 400 I-M and then fail to appear for competition will be disqualified from further participation in the meet, provable illness and injury excepted
- Swimmers who check-in for the 500 free and then fail to appear for competition will incur a fine of \$100.00 and will be barred from further competition anywhere in the LSC until that fine is paid, provable illness and injury excepted

Entry Fees

(Includes

Splash Fee):

- \$6.50** per Individual event, which includes the \$1.25 STSI Splash Fee
- Checks payable to:** NEISD

Entry

Deadline:

- 12-noon, Wednesday, November 26, 2008
- No Exceptions!
- No late / deck entries

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Warm-up Safety Policies and Procedures found on page five (5)

Josh Davis Natatorium Meet Management:

•Meet Director

- Bill Spurgeon
- 12002 Jones-Maltsberger
- San Antonio, TX 78216
- 210-491-6132
- FAX: 210-491-6133
- wspurg@neisd.net

•Entries Chair

- Bill Spurgeon
- 12002 Jones-Maltsberger
- San Antonio, TX 78216
- 210-491-6132
- FAX: 210-491-6133
- wspurg@neisd.net

•Meet Referee

- Frank Swigon
- 25203 Baneberry
- San Antonio, TX 78258
- 210-497-1096
- fswigon@yahoo.com

Scoring:

- Not scored

Time trials:

- None!

Awards:

- 12 and unders Medals places one through three
- 12 and unders Ribbons places four through eight
 - Standard age groups, i. e., 10 and under, 11 and 12, 13 and 14
- 13 and overs No awards

Daily

Schedule:

- | | |
|-----------------------------------|---------|
| •Saturday warm-ups | 1:00 PM |
| •Clear pools at | 1:45 PM |
| •Coaches' meeting / Saturday only | 1:46 PM |
| •Session begins at | 2:00 PM |
| •Check-in for the 400 I-M by | 2:00 PM |
| •Sunday warm-ups | 7:30 AM |
| •Clear pool | 8:15 AM |
| •Session begins at | 8:30 AM |
| •Check-in for the 500 free by | 8:30 AM |

Timers:

- The host facility will attempt to provide backup timers for this meet
- However, volunteers will be welcome, no doubt needed and much appreciated

Officials:

- All currently certified USA Swimming Officials and Trainees are welcome and encouraged to participate
- The uniform will be white over navy blue - Bermuda length shorts are acceptable - jeans are not!
- The wearing of name tags is strongly encouraged
- Please report to the deck level classroom at 1:30 PM on Saturday and 8:00 AM on Sunday to receive assignments

Order of Events and Minimum Qualifying Times (SCY)
2009 – 2012 National “A” for girls / National “BB” for boys
 Distances are in yards

Saturday, December 5th at 12:30 PM					Sunday, December 6th at 8:30 AM				
Girls No.	Equal to or faster than:	Age Group Distance and Stroke	Equal to or faster than:	Boys No.	Girls No.	Equal to or faster than:	Age Group Distance and Stroke	Equal to or faster than:	Boys No.
1	100 Breaststroke			2	15	200 Butterfly			16
	1:33.39	10 and Under	1:43.69			2:38.59	11 and 12	2:48.29	
	1:22.19	11 and 12	1:27.79			2:28.59	13 and 14	2:31.99	
	1:17.59	13 and 14	1:18.09			2:24.49	15 and Over	2:24.49	
1:15.69	15 and Over	1:14.69							
3	100 Butterfly			4	17	50 Breaststroke			18
	1:26.69	10 and Under	1:40.39			0:41.99	10 and Under	0:47.89	
	1:13.19	11 and 12	1:18.69		0:37.79	11 and 12	0:40.79		
	1:07.79	13 and 14	1:08.09						
1:06.29	15 and Over	1:05.09							
5	200 Backstroke			6	19	100 Backstroke			20
	2:35.89	11 and 12	2:45.59			1:22.19	10 and Under	1:32.09	
	2:27.29	13 and 14	2:29.79			1:14.19	11 and 12	1:19.09	
2:23.89	15 and Over	2:23.39	1:08.49	13 and 14		1:09.59			
				1:06.59	15 and Over	1:06.19			
7	50 Freestyle			8	21	200 Individual Medley			22
	0:32.19	10 and Under	0:35.19			2:55.19	10 and Under	3:18.09	
	0:29.49	11 and 12	0:30.99			2:37.59	11 and 12	2:49.39	
	0:28.69	13 and 14	0:28.49			2:30.49	13 and 14	2:31.99	
	0:27.99	15 and Over	0:27.39		2:26.99	15 and Over	2:26.39		
9	50 Backstroke			10	23	50 Butterfly			24
	0:38.09	10 and Under	0:43.69			0:37.29	10 and Under	0:41.99	
	0:33.89	11 and 12	0:36.49		0:32.39	11 and 12	0:35.19		
11	200 Freestyle			12	25	100 Freestyle			26
	2:36.39	10 and Under	2:50.89			1:11.89	10 and Under	1:19.99	
	2:19.89	11 and 12	2:27.49			1:03.09	11 and 12	1:07.89	
	2:13.79	13 and 14	2:15.69			1:02.19	13 and 14	1:02.19	
2:10.39	15 and Over	2:10.09		1:00.79	15 and Over	0:59.79			
13	400 Ind. Medley			13	27	200 Breaststroke			28
	5:36.09	11 and 12	5:56.29			2:56.89	11 and 12	3:07.29	
	5:17.79	13 and 14	5:25.49			2:46.79	13 and 14	2:49.39	
5:09.89	15 and Over	5:11.79		2:42.79	15 and Over	2:42.59			
Events 13 and 29 will require positive check-ins on the day of the event by 2:00 PM and 8:30AM respectively, be gender combined and swum <u>FASTEST</u> to <u>SLOWEST</u>. There are <u>no</u> events numbered 14 or 30					29	500 Free			29
						6:48.39	10 and Under	7:35.19	
						6:09.29	11 and 12	6:35.09	
						5:52.99	13 and 14	6:03.19	
				5:47.39	15 and Over	5:51.29			

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 backstroke 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.