

# TASC Thanksgiving Unclassified Meet

**Meet Name:** Temple Area Swim Club Thanksgiving Meet

**Sanction  
Number:** ST-09-83

**Meet Date(s):** Friday, Nov 20, 2009 and Saturday, Nov 21, 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:** Unclassified

**Entry Restrictions:** Swimmers may swim up to 5 events per day

**Age up Date:** November 20, 2009

**Qualifying Times:** No qualifying times.

**Entry Deadline:** November 8, 2009



-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:** **Friday Warm-ups 5:00 – 5:50, Meet 6:00, Saturday Warm-ups, 8:00 - 9:10 am, Meet 9:15 am, Warm up lane assignments will be emailed to the coaches by Thursday, Nov 19th.**

**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 navel or below the knee and for females shall not extend below the knee and shall not cover the neck or shoulders.

**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, 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.

**Events List**

## Friday PM

- 1 Girls 10 & Under 200 IM
- 2 Boys 10 & Under 200 IM
- 3 Girls 400 IM
- 4 Boys 400 IM
- 5 Girls 10 & Under 200 Freestyle
- 6 Boys 10 & Under 200 Freestyle
- 7 Girls 500 Freestyle
- 8 Boys 500 Freestyle

## Saturday AM

- 9 Girls 12 & Under 100 IM
- 10 Boys 12 & Under 100 IM
- 11 Girls 200 IM
- 12 Boys 200 IM
- 13 Girls 12 & Under 50 Butterfly
- 14 Boys 12 & Under 50 Butterfly
- 15 Girls 100 Butterfly
- 16 Boys 100 Butterfly
- 17 Girls 50 Freestyle
- 18 Boys 50 Freestyle
- 19 Girls 12 & Under 50 Backstroke
- 20 Boys 12 & Under 50 Backstroke
- 21 Girls 200 Backstroke
- 22 Boys 200 Backstroke
- 23 Girls 12 & Under 50 Breaststroke
- 24 Boys 12 & Under 50 Breaststroke
- 25 Girls 100 Breaststroke
- 26 Boys 100 Breaststroke
- 27 Girls 12 & Under 100 Freestyle
- 28 Boys 12 & Under 100 Freestyle
- 29 Girls 200 Freestyle
- 30 Boys 200 Freestyle
- 31 Girls 200 Butterfly
- 32 Boys 200 Butterfly
- 33 Girls 100 Backstroke
- 34 Boys 100 Backstroke
- 35 Girls 200 Breaststroke
- 36 Boys 200 Breaststroke
- 37 Girls 100 Freestyle
- 38 Boys 100 Freestyle
- 39 Girls 1650 Freestyle
- 40 Boys 1650 Freestyle

# 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.