

CORPUS CHRISTI REINDEER RACES
SHORT COURSE UNCLASSIFIED MEET 2009
Hosted By CCAA-FB
CCAQUATICFB.COM
DECEMBER 12th & 13th
Sanction # ST-09-90

- Welcome:** Corpus Christi Aquatic Alliance Flour Bluff (CCAA-FB) invites you to join us at the Corpus Christi Independent School District (CCISD) Natatorium to compete in the Corpus Christi Reindeer Races Short Course Unclassified Meet.
- Venue:** The CCISD Natatorium is located 3202 Cabaniss Parkway, Corpus Christi, TX 78415 near the intersection of Saratoga and Kostoryz. Pool Telephone numbers: (361) 878-2337, (361) 878-2334, or (361) 878-2337.
- Facility:** This meet will be conducted in an indoor 8 lane, 25 yard pool. It has 9 foot lanes, 6 foot minimum water depth and a Daktronics timing and starting system. The North side of the pool will be available for continuous warm-up and cool down. Hy-Tek Meet Manager software will be utilized. Parking, spectator areas and dressing rooms are available.
- A concession stand will be available in the natatorium area throughout the meet. No tobacco or alcohol is allowed on CCISD property which includes the parking lot.
- Directions:** From South I-37, take State Hwy 358 (SPID) toward Padre Island. Exit at the Kostoryz exit, turn right onto Kostoryz and proceed south to Saratoga Blvd. Turn right onto Saratoga, and take the first left, the pool is on your left in the Cabaniss Athletic Complex.
- From US 77 North, turn right on FM665 at Driscoll, TX. Proceed toward Corpus Christi. The road will change to FM43. Turn left onto Ayers Street (State Hwy 286). Go straight to Saratoga Blvd., turn right on Saratoga and proceed east toward the Cabaniss Field Athletic Complex. The pool will be on your right in the Cabaniss Field Athletic Complex.
- CCISD Rules:** Everyone must adhere to the CCISD Natatorium rules. Coaches must supervise their swimmers. Chewing gum and glass containers are not permitted in the building. Locks may not be left on lockers overnight. Children must be supervised at all times.
- Sanctions:** This meet is sanctioned by South Texas Swimming and 2009 rules apply. All swimmers must be registered for 2009 OR 2010 with USA swimming prior to the entry deadline.
- Liability:** In granting a sanction for this meet, it is understood and agreed that United States of America Swimming (USA Swimming) Inc., South Texas Swimming, Inc. (STSI), the Corpus Christi Aquatic Alliance Swim Team, the Corpus Christi Independent School District, the City of Corpus Christi and its employees, and all meet officials and volunteers shall be free from any liabilities or claims for damages 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 proved, 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.

Rules: The most current USA Swimming Rules and Regulations and any relevant sections of the STSI Handbook will govern 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.

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 (year) 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 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.

Meet Format: Events will be seeded by time and gender. All events will be timed finals. All events will be swum slowest to fastest unless otherwise noted. Positive check in will be required for the 500 and 1650 Free.

Qualifying Times: There are no qualifying times.

Entry Limitations: Swimmers may enter up to five individual events and one relay event per day. **Enter with yard times.** The Team Manager program may be used to convert meter times to yard times. Entries with NT are acceptable; however coaches

are encouraged to generate custom seed times for swimmers with no-times to ensure proper seeding.

Entry Deadline: Entry deadline is Monday, November 30, 2009 no later than 11:00 pm.

Entry Fees: \$5.50 per individual event/\$11 per relay event (includes a Splash Fee of \$1.25 per event). The deck entry fee is double the normal entry fee (\$11.00/\$20.00). Make checks payable to FAST.

Entry Procedures: All entries must contain the following:

- The age of the swimmer is his/her age on December 12, 2009.
- The name, email address, and phone number of the person preparing the entries in case clarification is needed.
- An attachment of the Team Manager Hy-Tek HYV export file.
- A WORD/PDF document of the meet entry fees report categorized by swimmer's name.
- Hard Copy and fees must accompany the entries and once accepted will not be refunded.
- Entries submitted via USPS or Overnight Express Mail must have the waiver of signature block signed in order that they may be left at the Meet Director's address without a signature of receipt.
- E-mail entries via Hy-Tek (.CL2 or .HY3) or SDIF compatible file will be accepted. E-mail entries need to be received by the entry deadline and once accepted will not be refunded. The entry chair will acknowledge receipt of e-mails within 24 hours. If no reply, please contact the entry chair immediately. **Please be sure we receive your check prior to the start of the meet.**

- Please submit your checks and entries to:

FAST
C/o Raychel Laya
6606 Clarion Dr.
Corpus Christi, TX 78418
meedtdirector@ccaquaticfb.com

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. Teams are highly encouraged to use the .HYV file provided at the STSI website to set up their relay entries correctly (see Awards). Relay cards are due by 8:30 AM for each morning session and by 2:00 PM for each afternoon session (should it become necessary to break out into two sessions).

Deck Entries: Late or deck entries will be accepted on deck at the discretion of the Meet Director. These entries will be seeded/placed in available lanes in pre-seeded heats. No new heats will be created. Deadline for late entries is 30 minutes before scheduled start of each session. Late/deck entries are \$11.00/\$20.00 per event. **Swimmers not previously entered in the meet must present their USA swimming registration at Clerk of Course to be able to deck enter.** No exceptions.

Awards: Swimmers will be seeded by time and awards separated by age groups within Meet Manager. Ribbons for 1st through 8th for individual events will be awarded to 8 & under, 9, 10, 11, 12, 13, 14, 15-18, 19 & over age groups. Ribbons for

relays will be awarded to the first three places to 8 & under, 9-10, 11-12 and 13 & over. Relay age is based on the oldest swimmer in the relay. High point trophies will be awarded for the following age groups: 8 & under, 9, 10, 11, 12, 13, 14 and 15-18.

Meet

Administration:

Meet Referee:
Dave Clary
3113 Coral Reef
Corpus Christi, TX 78418
Phone: 361-249-5514
E-mail: dave.clary@gmail.com

Meet Director: Raychel Laya
6606 Clarion Dr.
Corpus Christi, TX 78412
Phone: 361-739-0290
E-mail: meetdirector@ccaquaticfb.com

Head Coach: Annette DuVall
4902 Snowgoose
Corpus Christi, TX 78413
Phone: 361-946-5815, Fax: 361-850-7096
e-mail: amdcpa@yahoo.com

Officials:

Help from visiting officials is always welcome. Visiting officials are asked to email the meet referee prior to the meet. Uniform will be white over blue. Officials shall prominently display both their USA Swimming and STSI credentials while on deck. Wearing of name tags is strongly encouraged.

Timers:

All swim teams are expected to participate in the swim meet by providing volunteer timers. Lane assignments will be made by club in proportion to their number of swimmers participating. Athletes in the 500 and 1650 Freestyle must provide their own timers.

Swimmers

with Disabilities:

In any meet sanctioned by this LSC that 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.

Regarding disabilities: Any swimmer 15 and under (chronological age) can be entered in the 10 and Under event. Any swimmer 16 and over (chronological age) can be entered at the oldest age group offered. There will be separate awards in the two divisions.

Note: So that we can properly accommodate disabled swimmers, please ensure that coaches notify the Meet Referee and/or Meet Director prior to the start of the meet on the day the swimmer competes.

Warm-up Procedures:

South Texas Swimming Safety Guidelines and Warm-up procedures will be in effect at this meet (enclosed, see below). Warm-up times and lane assignments will be posted in the Natatorium each day. South Texas Swimming, Inc. warm-up procedures will be enforced. Violators may be disqualified. The pool will be available for open warm-ups as shown on the schedule. The heated instructional pool will not be available. Warm-up times and lane assignments for each team will sent to the coach via email.

WARM-UP TIMES

Saturday & Sunday 8:00 a.m. - 8:45 a.m. (North 6 Lanes: South 8 Lanes)
 Clear pool 8:45 a.m.
 Coach's meeting 8:50 a.m.
 Meet starts 9:00 a.m.

The meet director reserves the right to cap or break out the meet into two sessions per day if necessary to abide by the USA Swimming 4 hour rule for 12 & Under swimmers. If it becomes necessary to break the meet into two sessions, the afternoon session warm-up will not begin earlier than 30 minutes after the morning session ends. If needed the anticipated afternoon session warm-up would be: 1:30 – 2:15 p.m. Meet begins at 2:30 p.m.

Order of Events

Saturday December 13, 2008			
Girls	Age	Description	Boys
1	11 & O	400 Free Relay	2
3	10 & U	200 Free Relay	4
10 Minute Break			
5	12 & U	200 IM	6
7	13 & O	400 IM	8
9	12 & U	50 Fly	10
11	13 & O	100 Free	12
13	12 & U	100 Back	14
15	13 & O	200 Back	16
17	OPEN	50 Free	18
19	13 & O	200 Breast	20
21	11 - 12	200 Fly	22
23	13 & O	100 Fly	24
25	12 & U	100 Breast	26
27	OPEN	500 Free*	28

Sunday December 14, 2008			
Girls	Age	Description	Boys
29	11 & O	400 Medley Relay	30
31	10 & U	200 Medley Relay	32
10 Minute Break			
33	12 & U	100 Free	34
35	12 & U	50 Back	36
37	13 & O	100 Back	38
39	11 - 12	200 Back	40
41	12 & U	100 Fly	42
43	13 & O	200 Fly	44
45	12 & U	100 IM	46
47	13 & O	200 IM	48
49	OPEN	200 Free	50
51	12 & U	50 Breast	52
53	13 & O	100 Breast	54
55	11 & O	1650 Free*	56

*** Check In is required for the 500 & 1650 Freestyle.** For these deck seeded events, positive check-in with the Clerk of Course is required. The time period will be announced for positive check-in by the swimmers. These events shall be swum fastest to slowest. Age groups will be combined, alternating girls and boys heats. Swimmers must furnish a counter and one timer. Time Standards are **not required**. Please include Short-Course times for seeding.

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! Dive sprints may only be done under the direct supervision of the coach.
- d. There will be no diving in the general warm-up lanes. Circle swimming only.
- e. No kick boards, pull buoys, or hand paddles may be used.

3. 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. 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

- 1. Backstrokers will ensure that they are not starting as 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.
- 2. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- 3. 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.
- 4. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- 5. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warmup 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.

