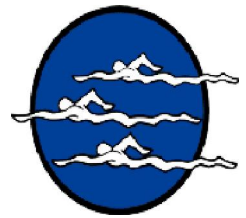


Alamo Area Aquatic Association

www.aaaa-sa.org

Meet Information

Posted 12/30/09



- Meet:** ■Nadadores Last Chance “B” and Up STAGS Qualifier
- Sanction Number:** ■ST-10-02
- Dates:** ■Saturday and Sunday, February 6 and 7, 2010
- Venue:** ■San Antonio Natatorium
■1430 West Durango
■San Antonio, Texas 78207
■210-299-1560
- Facility:** ■Eight lanes
■4.5 feet minimum depth
■All automatic DAKTRONICS starting and timing with new starting blocks
■Limited deck seating (500) / bring lawn chairs
■This course has not been professionally surveyed and certified as to length
■Concessions available
- 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 San Antonio Independent School District (SAISD), and all meet officials shall be free from any liabilities for 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.
- Rules:** ■The 2009 USA Swimming Rules and any relevant sections of the STSI Handbook will apply.
- Format:**
- Pre-seeded, timed finals, no relays
 - All events will be seeded by time and gender
 - The 400-yard individual medley (I-M) and the 500-yard freestyle will require positive check-in by 9:00 AM on the day of the event
 - They will be seeded on deck and swum *fastest to slowest*
 - Swimmers who check in for the 400 I-M on Saturday and then fail to appear for competition will be disqualified from further participation illness and injury excepted.
 - Swimmers who check in for the 500 freestyle on Sunday and then fail to appear for competition will be subject to a fine of \$100 injury and illness excepted
 - The swimmer will be barred from all Sanctioned or Approved competition in South Texas until the fine is paid.
- 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 enter time trials, if offered, **2)** late enter when possible, or **3)** need to be late entered because of clerical errors by the entering team and / 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

Entry

- Restrictions:** ■ This meet is open to all currently (2010) Registered USA Swimming swimmers ages eight (8) through twelve (12) as of February 6, 2010
■ Swimmers may enter no more than five (5) events per day

Qualifying

- Times:** ■ Swimmers must have at some time (lifetime best) achieved at least a National "B" Time in any event they choose to enter – Please see page four
■ Times must be provable via SWIMS
■ Coaches are strongly cautioned against entering very young swimmers "at the cut"

Entry

- Deadline:** ■ 6:00 PM, Monday, January 25, 2010
■ For swimmers affiliated with teams OTHER than AAAA, entries will be accepted beginning at 12:00 AM, Friday, January 22, 2010
■ Entries will be capped at 325

Late

- Entries:** ■ Yes, but to fill empty lanes only
■ No new heats will be created

Entry

- Procedures:** ■ Entries may be submitted ONLY by Hy-Tek Commlink File or disk
■ Hard copy must accompany entries
■ Please format disks before utilizing for entries
■ Please do not send entries by Express, Overnight Mail, etc., without a waiver of signature
■ Entries may be submitted via e-mail – please refer to the following paragraph.

E-Mail

- Entries:** ■ Entries in Commlink Format only, MUST be sent to: **dmw15479@aol.com**
■ 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 unless the Meet Entry Report (hard copy) is received as an attachment to the e-mail or hand-delivered
■ Athletes WILL NOT be entered into the meet until entry fee payments have been received by the Meet Director or designee

Entry

- Fees:** ■ \$6.00 per individual event--includes \$1.25 South Texas Splash Fee
■ Late entries \$12.00 per individual event
■ Checks payable to: San Antonio Nadadores

Meet**Management:**

- | | |
|--|--|
| ■ Entries Chair & Meet Director: | ■ Meet Referee: |
| ■ Don Walker | ■ Jonathan Rightmyer |
| ■ 110 Tuleta Drive | ■ 3730 Longridge Drive |
| ■ San Antonio, TX 78212 | ■ San Antonio TX, 78228 |
| ■ 210-299-1560 | ■ 210-857-4950 |
| ■ dmw15479@aol.com | ■ john_rightmyer@yahoo.com |

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures page five
■ The eight-lane shallow pool will be available for constant warm-up and cool-down

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.

- Special Needs:**
- Please notify the San Antonio Natatorium (210-299-1560) in advance of this event with the name and age of any member on your team who needs assistance to enter the building
 - The facility 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:

- Warm-ups 7:30 AM
- Clear pool 8:45 AM
- Coaches' meeting 8:46 AM (Both days)
- Sessions begins 9:00 AM

Timers:

- The host team will attempt to provide backup timers for this meet, but volunteers will be needed and appreciated
- Swimmers competing in the 500-yard freestyle and 400 I-M should expect to provide their own backup timers and lap counters

Awards:

- Ribbons, places one through eight
- 8, 9 and 10, 11 and 12 age groups

Scoring:

- Not scored!

Officials:

- All currently (2010) 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 schedules start times to receive assignments
- Wearing of name tags is strongly encouraged

Order of Events

February 6th and 7th, 2010

Distances are in yards

Saturday, February 7th, 9:00 AM			Sunday, February 8th, 9:00 AM		
Girl's #	Age / Event	Boy's #	Girl's #	Age / Event	Boy's #
1	8 – 12 100 I-M	2	17	8 – 12 200 Fly	18
3	8 – 12 100 Breast	4	19	8 – 12 50 Breast	20
5	8 - 12 100 Fly	6	21	8 – 12 100 Back	22
7	10 – 12 200 Back	8	23	8 – 12 200 I-M	24
9	8 – 12 50 Free	10	25	8 – 12 100 Free	26
11	8 – 12 50 Back	12	27	10 – 12 50 Fly	28
13	8 – 12 200 Free	14	29	10 – 12 200 Breast	30
15	10 – 12 400 I-M*	16	31	8 – 12 500 Free*	32

* These events require positive check-in by 10:00 AM on the day of the event

2009 – 2012 National Motivational Time Standards						
Short Course Yards						
10 and under Girls			Event	10 and under Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
39.79	35.99	32.19	50 Free	31.59	35.19	38.89
1:31.29	1:21.59	1:11.89	100 Free	1:10.79	1:19.99	1:29.19
3:20.19	2:58.29	2:36.39	200 Free	2:31.89	2:50.89	3:09.89
8:30.49	7:39.49	6:48.39	500 Free	6:44.59	7:35.19	8:25.79
48.79	43.49	38.09	50 Back	38.29	43.69	49.19
1:45.69	1:33.99	1:22.19	100 Back	1:21.29	1:32.09	1:42.89
53.59	47.79	41.99	50 Breast	42.19	47.89	53.59
1:59.99	1:46.69	1:33.39	100 Breast	1:31.39	1:43.69	1:55.69
48.79	42.99	37.29	50 Fly	36.69	41.99	47.29
1:57.49	1:42.09	1:26.69	100 Fly	1:25.59	1:40.39	1:55.19
1:44.99	1:33.79	1:22.59	100 I-M	1:21.09	1:3.19	1:41.29
3:42.69	3:19.39	2:55.99	200 I-M	2:55.29	3:18.09	3:40.89
2009 – 2012 National Motivational Time Standards						
Short Course Yards						
11 and 12 Girls			Event	11 and 12 Boys		
B Min	BB Min	A Min		A Min	BB Min	B Min
34.29	31.89	29.49	50 Free	28.59	30.99	33.39
1:13.59	1:08.29	1:03.09	100 Free	1:02.69	1:07.89	1:13.09
2:43.19	2:31.49	2:19.89	200 Free	2:16.19	2:27.49	2:38.89
7:10.79	6:40.09	6:09.29	500 Free	6:04.69	6:35.09	7:05.49
15:00.29	13:55.99	12:51.69	1000 Free	12:42.89	13:46.49	14:50.09
23:16.19	23:27.89	21:39.59	1650 Free	21:23.59	23:10.49	24:57.49
39.59	36.79	33.89	50 Back	33.49	36.49	39.49
1:27.99	1:21.09	1:14.19	100 Back	1:12.29	1:19.09	1:25.79
3:01.89	2:48.89	2:35.89	200 Back	2:32.89	2:45.59	2:58.39
44.09	40.89	37.79	50 Breast	37.29	40.79	44.29
1:36.39	1:29.29	1:22.19	100 Breast	1:20.49	1:27.79	1:35.09
3:26.39	3:11.69	2:56.89	200 Breast	2:52.89	3:07.29	3:21.69
37.79	35.09	32.39	50 Fly	32.09	35.19	38.19
1:27.19	1:20.19	1:13.19	100 Fly	1:11.69	1:18.69	1:25.79
3:04.99	2:51.79	2:38.59	200 Fly	2:25.29	2:48.29	3:01.19
1:26.19	1:20.09	1:13.99	100 I-M	1:11.49	1:17.59	1:23.69
3:03.79	2:50.69	2:37.59	200 I-M	2:35.59	2:49.39	3:03.09
6:32.19	6:04.19	5:36.09	400 I-M	5:28.89	5:56.29	6:23.69

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 8	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.
 8. 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.