

*The University of Texas at Austin***LONGHORN AQUATICS**
**2010 USA Swimming Austin Grand Prix**  
**March 4-6, 2010**
**Prelims: SCY; Finals: LCM**

**Welcome:** Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in the 2010 Austin Grand Prix.

Preliminary heats of this meet will be held in a 25-yard pool and finals competition will be held in a 50 meter pool.

The meet will be conducted using a Daktronics Timing System and Hy-Tek Meet Manager software. Designated warm-up lanes will be available during the meet.

**Facility:** The Lee and Joe Jamail Texas Swimming Center has an indoor 8 lane 50 meter competition pool. The pool is 9 feet deep and is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate and lane width. There are two movable, power-operated bulkheads. The competition course has been certified in accordance with 104.2.2C(4). The copy of such long course certification is on file with USA Swimming. Short course measurements will be verified before each session in accordance with USA Swimming Rules.

The Swim Center is located on the University of Texas Campus, 1900 Robert Dedman Drive, one block west of I-35 on the northwest corner of the intersection of Martin Luther King Boulevard and Red River Street.

**Liability:** USA Swimming, South Texas Swimming, The University of Texas, the Lee and Joe Jamail Texas Swimming Center, and Longhorn Aquatics accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

**Sanction:** This meet has been sanctioned by South Texas Swimming and 2010 rules will apply. All swimmers must be registered as athletes for 2010 with USA Swimming by the entry deadline. Athletes that register with USA Swimming after the entry deadline may deck enter the meet only if they can present their 2010 USA card.

This meet has been approved as a last chance meet for qualifying for the men's NCAA meet.

**Schedule:**

Wednesday	Pre-meet	Warm-up	6:30 - 9:30 AM 2:00 - 9:00 PM
Thursday - Saturday	Prelims	Warm-up Start	8:00 - 9:15 AM 9:30 AM
	Finals*	Warm-Up (all finalists) Start	4:00 - 5:15 PM 5:30 PM

\* Finals will be split into 2 sessions, The AB finals of all events will swim beginning at 5:30 PM followed immediately by the CDE finals of all events.

**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.

**Entry Deadline:** The entry deadline is 11:59PM Central Time on Sunday, February 21, 2010.

Swimmers will be entered in the order received. The meet will be capped at 800 swimmers.

**General Meeting:** There will be a general meeting on Wednesday evening. More information will be sent in an email prior to the meet, will be posted on the Longhorn Aquatics website and will also be available at meet check in. Coaches are responsible for learning about any changes to the meet information that was decided at the general meeting.

**Registration:** All meet personnel, coaches, officials and participating athletes will be issued credential tags. Only people with credential tags will be allowed access to the deck. Credential tags will be issued to all participating athletes and to coaches that are listed on the team information form. Team photographers will NOT receive credential tags. Media personnel should contact the meet director about credentials.

Coaches or a named team representative may pick up their team's credential tags at the registration desk on Wednesday, March 3rd from 3:30-8:00 PM. The registration desk will be located on the second level of the swim center across from the store. Credential tags not picked up at these times will be available at the Clerk of Course. Replacement credential tags will be available at a cost of \$15. Coaches attending the meet without a team may purchase credential tags for \$25 payable to the University of Texas.

**Qualifying times:** Swimmers must meet the attached qualifying times, however swimmers may swim two bonus events for the first event entered with an achieved qualifying time and one bonus event for each event they enter with an achieved qualifying time thereafter. **Swimmers should enter bonus events with an actual, provable time --- do NOT enter at the cut.**

**Meet Format:** The meet will be capped at 800 swimmers. Men will swim at the Texas Flag end of the pool and women will swim at the American Flag end of the pool. Swimmers will be entered in the order entries are received.

This is a prelim/final meet. Prelims will be contested in short course yards and finals will be contested in long course meters. Events will swim slowest to fastest in prelims. However, the Meet Director along with the Meet Referee reserve the right to (a) split the morning session and/or (b) run even/odd heats (instead of women and men) and/or (c) run flyover starts from either end depending on the timeline for the prelim sessions.

Each prelim session will be seeded the evening before. All deck entries (individual and relay) received before 5:30 PM for the next day's events will be seeded. For prelims there is a courtesy scratch. Please scratch the next day's events that you will NOT swim by 5:30 PM the evening before the event. There is not a penalty for failing to scratch a prelim event; this is a courtesy to the other swimmers by eliminating an empty lane in prelims.

The 400/500 free, 400 IM, and the 800/1500/1650 free will be deck seeded and require positive check-in.

The 800 free (W) and the 1500/1650 free (M) are timed final events. The fastest heat of women and men will swim at night during finals. Swimmers can elect to contest a 1650 yard freestyle; this event will be the last event of preliminary competition on Saturday morning and all heats of meters will take place prior to finals warm-ups on Saturday afternoon. This election must be made by the Friday check-in deadline. The remaining heats will swim fastest to slowest, at the conclusion of prelims on Saturday.

All relays are timed finals. Teams may enter two relays in each event. The fastest two heats in each event will swim at night during finals, but you may elect a morning swim. Finals swims will be LCM, prelims swims will be SCY. This election must be made by the 5:30PM courtesy scratch deadline the evening before the relay swims. Relay cards are due one hour before the relay is scheduled to swim.

There will be four heats in finals for the 400 IM and the 400 free. All other prelim/final events will have five heats in finals. The finals session will be split with the A and B finals of all events swimming at 5:30 PM, followed immediately by the C, D, and where applicable E heats.

The Meet Director and the Meet Referee reserve the right to change the pool configuration for prelims and or finals.

**Cell Phones:** The presence and/or use of cell phones and any other equipment capable of producing photographic or video images in the 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.

**Check-in:** Positive check-in is required for the 400/500 free, 400 IM and 800/1500/1650 free. Swimmers in the 800/1500/1650 free must also indicate if they intend to swim in prelims or finals. Check-in deadlines are as follows:

400/500 free - check in by 8:30AM on Thursday

400 IM - check in by 8:30 AM on Friday

800/1500/1650 free - check in by 5:30 PM on Friday

Swimmers that check-in for an event and fail to swim will be fined \$30 payable to the University of Texas. These swimmers, and their team, will be barred from competition at subsequent TXLA meets at the Swim Center until the fines are paid.

**Scratch Rule:** **Prelims** - Each prelim session will be seeded the evening before. All deck entries for the next day's events (both individual and relay) received before 5:30PM for the next day's events will be seeded. At the clerk of course, please scratch any event you will not swim by 5:30 PM the evening before the event is scheduled. There is not a penalty for failing to scratch a prelim event at this meet; this is a courtesy to the other swimmers by eliminating an empty lane during prelims.

**Finals** - Swimmers qualifying for finals have 30 minutes after the announcement of preliminary results to either scratch or declare an intent to scratch. Swimmers that timely indicate an intent to scratch must declare their final intention within 30 minutes following their last individual preliminary event.

*Any finalist who does not scratch and fails to compete in finals will be barred from their next event whether in finals or in prelims. Failure to compete in finals on Saturday will result in a \$50 fine. Fines are payable to the University of Texas at Austin. Teams and/or swimmers will be barred from competition at the swim center until fines are paid.*

The scratch box will be located at Clerk of Course.

**Entries:** **The entry period is February 7 - 21, 2010.** Swimmers may enter a maximum of 3 individual events per day. Teams are limited to two relays per event. Enter all events, including bonus events, with previous best times achieved in short course yards. Do not convert times.

We will be using USA Swimming's Online Meet Entry system for this meet. OME will provide qualifying time directly from the SWIMS database. Please note that this system is not an eligibility report; it is the coaches' responsibility to know which events their swimmers are qualified for.

Your entry saves in the system from step to step. You can complete the entry in more than one sitting if necessary. You can modify your entry on-line by adding to the original entry. Once you have paid for an entry, you can not delete it. OME accepts Visa, MasterCard, American Express, and Discover. The preferred method of payment is credit card. If you have trouble using OME, please contact Susan Woessner (719) 866-3589 or (719) 332-0184 [swoessner@usaswimming.org](mailto:swoessner@usaswimming.org)

No paper, phone or fax entries will be accepted. Entries received without accurate USA Swimming registration numbers will **NOT** be accepted or processed.

**Entry Fees:** \$10.00 per individual event \$20 for relays.

This includes the South Texas Swimming splash fee of \$1.25 per splash. Refunds will not be given for any reason.

**Deck Entries:** Deck entries will be accepted on Wednesday from 3:30-5:30 PM and each morning for that day's events until 8:45 AM. Deck entries (individual and relay) received before 5:30PM for the next day's events will be seeded. Deck entries on the day of the event will be entered with NT in open lanes for pre-seeded events. In deck seeded events, (400 IM, 400/500 free, and 800/1500/1650 free) deck entries will be seeded by time. New heats may be created at the discretion of the Meet Referee based on the timeline for the session. You may deck enter events for later sessions after the start of the current session.

The deck entry fee is \$20.00 per individual event, \$30 for relays. **Swimmers not previously entered in the meet must present their 2010 USA Swimming registration card** at Clerk of Course to be able to deck enter. No exceptions will be made.

**Time Trials:** Time trials will be conducted, time permitting, between prelims and finals on Thursday, Friday and Saturday (following the 1650). Time trials will begin 15 minutes after the conclusion of prelims. Swimmers must be entered in the meet to time trial. Time trial events count toward the daily entry limit of 3 events.

All time trials will be held in short course yards.

Entries for time trials will be accepted at clerk of course until one hour before the scheduled end of the session. This time will be posted at Clerk of Course. The order of events each day will be at the discretion of the Time Trials Referee. The entry fee is \$10 per individual event and \$20 per relay.

All times achieved in time trials will appear in published meet results.

**Scoring:** Team points will be scored for the first 16 places of the LCM finals events. Points for 1st through 16th will be 20,17,16,15, 14,13,12,11,9,7, 6, 5, 4, 3, 2, and 1. Relay points are double.

**Awards:** Heat winners in individual events in finals will be given a coupon that they can exchange at clerk of course for a \$10 gift certificate. NCAA athletes are not eligible for this award.

**Meet Referee:** Ron Zolno  
512-329-8390  
[rzolno@brsgroup.com](mailto:rzolno@brsgroup.com)

**Head Coach:** Doug Rusk  
(206) 291-5471  
[doug.rusk@austin.utexas.edu](mailto:doug.rusk@austin.utexas.edu)

**Meet Director:  
& Entry Chair** Rhonda Dirvin  
(512) 327-3537  
[jrdirvin@sbcglobal.net](mailto:jrdirvin@sbcglobal.net)

**Spectator Tickets:** Spectators should enter through the main entrance located on the upper level, east side of the Swim Center. **Only swimmers, coaches, officials and volunteers may enter on the lower level.**

Tickets may be purchased at the Longhorn Aquatics store located on the second level of the Swim Center during any scheduled warm-up or meet session. Heat sheets must be purchased separately and are also available at the store. Visa, MasterCard, checks and cash are accepted. More ticket information will be available on the Longhorn Aquatics website after February 1st.

**Officials:** Help from visiting officials is always welcome. Visiting officials are asked to email the Meet Referee with the certification level and availability so he can plan accordingly. [rzolno@brsgroup.com](mailto:rzolno@brsgroup.com). All officials must attend a mandatory meeting one hour before each session. The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt, as appropriate. The finals uniform will be blue polo shirt over khaki pants/skirt (NO shorts), as appropriate. All officials must be

currently registered with USA Swimming and will be issued credential tags. Only persons with credential tags will be allowed access to the deck. Officials should prominently display their meet credential while on deck. Nametags are very helpful; please bring and wear yours if you have one.

Official certification: This meet will be a National Qualifying Meet for Officials. Officials who are interested in being evaluated need to submit a completed application to the Meet Referee by February 19, 2010. Applications for evaluation can be obtained from the Southern Zone website or by contacting Clark Hammond at hamm5690@bellsouth.net. The plan is to have a senior national evaluator at this meet, making it possible to obtain "final evaluations" for N3 Stroke & Turn, N3 Starter, N3 Admin Referee, and N3 Referee.

**Special Needs:** Please notify the Jamail Texas Swimming Center Staff (512-471-7703) in advance of this event with the name and age of any member on your team who needs assistance to enter the building. TSC 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 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.

**Deck Access:** Only persons with credential tags will be allowed access beyond the front desk of the Texas Swimming Center. Individuals not respecting these rules will be removed from that area or from the facility at the discretion of the Meet Director, Longhorn Aquatics Program Director or Texas Swimming Center Staff.

**TSC Rules:** As guests of The University of Texas, all must adhere to the Texas Swim Center (TSC) 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. Wet swimmers cannot leave pool deck. Children must be supervised at all times.

Spectators and athletes may not bring food or drink into the Texas Swim Center from outside sources. Teams ARE permitted to bring two (2) coolers on to the deck.

**New Parking:** The University of Texas now requires a **UT permit at all times** for parking along Trinity and San Jacinto in front of the Swim Center as well as C Lot 80. For our swim meets, they will be charging \$10 for parking in C Lot 80 as well as in the Trinity and Manor garages.

We are exploring other parking options, hoping to find free or at least cheaper parking close to the Swim Center. Please go to our website as we get closer to the meet for more information on parking.

**2010 USA Swimming Austin Grand Prix****Order of Events****Women's****Men's**

<b>Event #</b>	<b>LCM</b>	<b>SCY</b>	<b>Event</b>	<b>SCY</b>	<b>LCM</b>	<b>Event #</b>
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**Thurs, March 4th**

1	02:03.41	01:49.13	200 Free Relay	01:37.91	01:52.90	2
3	04:47.73	05:17.41	400 free - women	x	x	
4	01:11.59	01:02.11	100 fly	00:56.09	01:05.27	5
	x	x	400 free - men	04:58.03	04:28.25	6
7	02:37.78	02:15.85	200 IM	02:04.53	02:23.81	8
9	00:30.08	00:25.90	50 Free	00:23.55	00:26.82	10
11	04:52.73	04:13.97	400 Medley Relay	03:48.47	04:25.19	12

**Friday, March 5th**

13	05:27.82	04:47.63	400IM	04:28.35	05:07.01	14
15	01:24.65	01:13.33	100 Breast	01:05.88	01:16.39	16
17	01:13.84	01:04.05	100 Back	00:59.15	01:07.21	18
19	02:17.79	01:59.53	200 Free	01:50.46	02:06.57	20
21	02:16.67	02:04.43	200 Medley Relay	01:48.21	02:06.47	22

**Sat, March 6th**

23	02:36.97	02:17.08	200 Back	02:07.59	02:25.44	24
25	01:04.05	00:55.99	100 Free	00:50.17	00:58.13	26
27	09:34.45	10:45.75	800 Free W 1500 Free M	17:11.21	17:50.99	28
29	03:02.57	02:37.48	200 Breast	02:24.12	02:44.21	30
31	02:38.70	02:16.98	200 Fly	02:05.86	02:23.91	32
33	04:30.29	03:46.43	400 Free Relay	03:22.97	03:54.59	34

In the prelim sessions, events 27 and 28 will swim after 34

*The University of Texas at Austin***Lee and Joe Jamail Texas Swimming Center & Longhorn Aquatics**1900 Robert Dedman Dr  
Austin, TX 78712-0363**2009-2010 Hotel Sponsors****AT&T Executive Education & Conference Center**  
1900 University Avenue  
Austin, Texas 78705Contact: Divya Saigal  
(512) 404-3620  
(877) 744-8822[divva.saigal@attconf.utexas.edu](mailto:divva.saigal@attconf.utexas.edu)

Located directly on the UT campus! The AT&amp;T Conference Center offers dining facilities, fitness center, pool &amp; parking.

**Radisson Hotel & Suites on Town Lake**  
111 Cesar Chavez  
Austin TX 78701Contact: Emily Hastings  
(512) 478-9611[ehastings@radissonaustin.com](mailto:ehastings@radissonaustin.com)

Located in the heart of downtown Austin, minutes from the UT Swim Center, home of Starbucks and T.G.I. Fridays restaurant

**Holiday Inn Town Lake**  
20 N IH-35  
Austin, TX 78701Contact: Bridgette Ards  
(512) 634-1274[bards@pacificahost.com](mailto:bards@pacificahost.com)

Located directly on the Town Lake hike and bike trail, minutes from the UT pool, with free parking

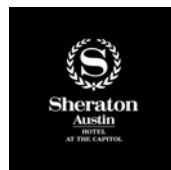
**Hampton Inn & Suites Downtown**  
200 San Jacinto  
Austin, Texas 78701

(512) 742-1500

Complimentary breakfast, fitness room, pool, walk to over 75 restaurants, and only 1 mile to the swim center

**Crowne Plaza Hotel**  
6121 North IH 35  
Austin, Texas 78752Contact: Shelly Staff  
(512) 371-5243[sstaff@cphaustin.com](mailto:sstaff@cphaustin.com)

Located north of the Texas Swim Center, free parking, complimentary high speed internet access, and beautiful newly renovated guest rooms.

**Sheraton**  
701 East 11th St.  
Austin, Texas 78701Contact: Megan Holtz  
[mholtz@sheratonaustinhotel.com](mailto:mholtz@sheratonaustinhotel.com)  
(512) 404-6950

The beautiful Sheraton Austin is just walking distance for the TSC and offers a large 24 hr fitness area and an indoor/outdoor pool.

**Embassy Suites** Contact: Kris Paulson North -  
5901 North I-35 (512) 454-8004 ext. 7025  
[kris.paulson@hilton.com](mailto:kris.paulson@hilton.com)[www.austindowntown.embassysuites.com](http://www.austindowntown.embassysuites.com)**Drury Hotels of Austin North** Contact: Alissa Vala  
6711 North I-35 [Alissa.vala@druryhotels.com](mailto:Alissa.vala@druryhotels.com)10+ Rooms: (800) 436-1196  
Individual Reservations: (800) 378-7946

**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**

<b>POOL</b>	<b>PUSH/PACE</b>	<b>DIVES/SPRINTS</b>	<b>GENERAL WARMUP</b>
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.***

**STSI Safety Guidelines and Warm-up Procedures**