



Coastal Bend AllStars (CBA)  
Winter Wonderland Unclassified  
January 9 – 10, 2010  
Sanction #: **ST-10-07**

**Welcome:** CBA - Coastal Bend AllStars invites you to join us at the Corpus Christi ISD (CCISD) Natatorium in Corpus Christi to compete in our Winter Wonderland short-course unclassified. This meet is open to all swimmers and will be conducted in a 25-yard course, using a Daktonics Timing System and Hy-Tek Meet Manager software. Designated warm-up lanes will be available during the meet.

**Venue:** The CCISD Natatorium is located at 3202 Cabaniss Parkway, Corpus Christi, Texas. Pool Telephone numbers: (361) 878-2337, (361) 878-2334, or (361) 878-2337.

**Facility:** All deep 8-lane, 25-yard competition pool with a 6-lane 25-yard warm-up/cool-down pool. Seating is available for 975. Dressing and locker rooms are available on-site. The Natatorium is on CCISD property. No tobacco or alcohol is allowed on CCISD property including the parking lot. A concession stand will be provided.

**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.

**Liability:** In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, (STSI), CBA, the Corpus Christi I.S.D., 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

**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 (2010) 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 deck enter 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.

**Photographer:** There will be a photographer on deck at the meet. If you have problems with pictures being taken of a swimmer, please contact the Meet Director."

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

**Meet Format:** All events will be timed finals, swum in one short course yard pool, seeded only by time and gender. Check-in is required for the 400IM and 500 & 1650 Free. For these deck-seeded events, positive check-in with the Clerk of Course is required. The check-in time period will be announced for each session. Age groups will be combined, alternating girls and boys heats. These events shall be swum fastest to slowest. All other events shall be swum slowest to fastest.

**Qualifying Times:** There are no qualifying times.

**Entry Deadline:** Entries must be received no later than **Tuesday, December 29, 2009 by 6 pm**. Entry fees must be received no later than January 8, 2010.

**Late/Deck Entries:** Deck or late 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. Deadline for late entries is 30 minutes before scheduled start of each session. **Late/deck entries are \$12.00 per event.** Swimmers not previously entered in the meet must present their current USA swimming registration at Clerk of Course to be able to deck enter.

**Entries:** Swimmers may enter a maximum of 5 individual events per day. The age of the swimmer will be his/her age on January 9, 2010. Enter all events with short course yards times. **Only swimmers 10 & under who have not obtained at least a B standard in the corresponding 50 yard distance may enter the 25 yard distance events.**

Entries must be emailed to Tina Treacy ([ktreacy@grandecom.net](mailto:ktreacy@grandecom.net)). If you do not receive an email confirmation, your entries were not received. Please mail a hard copy of what you emailed.

Teams with fewer than five swimmers are not required to submit entries on Hy-Tek. They should email: swimmers name (as registered with USA Swimming), USA ID, club, club abbreviation, LSC, event number/name and entry times.

Teams with five or more swimmers entered in the meet must submit their entries using Version 3 or 4 of Hy-Tek Team Manager software. Include the Hy-Tek entry file and a Word document of the entries by swimmer with each entry file, including any subsequent revisions. It is necessary to include a hard copy of your entries with your check.

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:** **\$6.00 per individual event.** This includes the South Texas Swimming splash fee of \$1.25 per splash. Entry fees must be received by **Friday, January 8, 2010**. Please include an entry fee report with your check.

Please make checks payable to **CBA** and mail to:

Coastal Bend Aquatics  
P.O. Box 271535  
Corpus Christi, TX. 78427-1535

**Meet Management:**

Meet Director	Entries Chair	Meet Referee	Head Coach
Grant Rabe 3114 Santa Cruz Dr. Corpus Christi, TX 78414 (361) 331-1141 <a href="mailto:Grant_rabe@eogresources.com">Grant_rabe@eogresources.com</a>	Tina Treacy 5333 High Bank Dr. Corpus Christi, TX 78413 (361) 290-1732 <a href="mailto:ktreacy@grandecom.net">ktreacy@grandecom.net</a>	Didi Byerly 7722 Jacinto Circle Corpus Christi, TX 78413 361-994-9179 <a href="mailto:didibyerly@aol.com">didibyerly@aol.com</a>	Bill Barton, CBA 14214 Ave De San Nico Corpus Christi, TX 78418 (361) 813-1799 <a href="mailto:bbarton@stx.rr.com">bbarton@stx.rr.com</a>

**Warm-ups:** Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page five. A warm-up schedule will be emailed to each coach at least one week before the meet start.

**Awards:** Ribbons will be awarded for places one through eight for 8 & under, 9, 10, 11, 12, 13, 14 and 15 & over. A swimmer high point trophy in each age group will also be awarded. **The 25-yard events will not count towards the high point trophy.**

**Special Needs:** Please notify the CCISD Natatorium (361-878-2337) in advance of this event with the name and age of any member on your team who needs assistance to enter the building.

The CCISD 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:** The meet will be held as one session per day for all age groups.

<b>Saturday</b>	Warm-up	9:00 AM
	Start	10:00 AM

<b>Sunday</b>	Warm-up	8:00 AM
	Start	9:00 AM

**Timers:** All swim teams are expected to participate in the swim meet by providing volunteer timers. Athletes in the 500 and 1650 freestyle must provide their own timers. The host team will ensure that the timers are well taken care of with food and drink.

**Officials:** Help from visiting officials is always welcome. Visiting officials are asked to indicate their availability with the team's entry or email the meet referee, Didi Byerly.



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**Order of Events (Distances are in yards)**

**SATURDAY January 9, 2010**

Girls	Event Description	Boys
1*	400 IM (12 & O)	2*
3	100 IM (12 & U)	4
5**	25 Free (10 & U)	6**
7	200 Free (Open)	8
9	200 Fly (11 & O)	10
11**	25 Fly (10 & U)	12**
13	100 Breast (Open)	14
15	50 Free (Open)	16
17	100 Back (Open)	18
19	50 Fly (12 & U)	20
21	400 Free Relay (11 & O)	22
23	200 Free Relay ( 10 & U)	24
25*	500 Free (Open)	26*

**SUNDAY, January 10, 2010**

Girls	Event Description	Boys
27	200 IM (Open)	28
29	50 Back (12 & U)	30
31	200 Breast (11 & O)	32
33**	25 Breast (10 & U)	34**
35	100 Free (Open)	36
37	50 Breast (12 & U)	38
39	200 Back ( 11 & O)	40
41**	25 Back (10 & U)	42**
43	100 Fly (Open)	44
45	400 Medley Relay (11 & O)	46
47	200 Medley Relay (10 & U)	48
49*	1650 Free (12 & O)	50*

\* This event is deck seeded. Positive check-in is required. Check-in sheets will be available at clerk of course starting approximately 1 hour before the event is swum. Swimmers must provide their own counters and timers.

\*\* Any 10 & under swimmer who has not obtained at least a B standard in the corresponding 50 yard distance.

# 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 warmups 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.***