



# STREAMLINE AQUATICS

2010 SASA "FREE PARKING" MEET  
January 15-17, 2010

Sanction Number: ST-10-10



**Welcome:**

Streamline Aquatics invites you to join us at the Barshop Natatorium on the campus of The University of the Incarnate Word to compete in our January Prelims/ Finals short-course meet. This meet will be conducted in one 11 lane pool, with 8 lanes for competition and 3 lanes for warm up and warm down. We will use Hy-Tek Meet Manager software and Daktronics timing system.

**Location:**

The Barshop Natatorium is located on UIW's Campus at 4301 Broadway, San Antonio, TX 78209. The pool is located on the West side of campus over the river bridge and on the right. **Parking is Free!**

**From 281 SOUTH** – Turn Left onto Hildebrand, Turn Left at second stop light, Turn left at T. Follow road and merge left over the bridge, and Natatorium is first building on Right.

**Meet Hotel:**

Rooms have been held for the **SASA Free Parking Meet** at the **Drury Inn & Suites San Antonio Airport**, 95 NE Loop 410, San Antonio, TX 78216, Telephone: 210-308-8100.

**The Room Rate is \$87.00 per night for a Suite or a standard double room.**

To make reservations, please click on the link below:

<http://www.druryhotels.com/Reservations.aspx?groupno=2079090>

or call

1-800-325-0720 to make your individual reservations. Please be sure to specify the Hotel Location (**San Antonio Airport**) and reference the Group Name (**SASA Free Parking Meet**).

The hotel offers great amenities, such as:

- \* **FREE!** HOT! **QUIKSTART**<sup>(r)</sup> Breakfast- Enjoy scrambled eggs, sausage, biscuits & gravy, Belgian waffles & more!
- \* **FREE!** Evening Beverages and Snacks now served daily from 5:30-7:00pm
- \* **FREE!** High-Speed Internet Access in Every Room
- \* **FREE!** NEW! Free Long Distance - One Hour Every Room, Every Night!

Please make your reservations by **Wednesday, December 30, 2009** to receive our group rate. Reservations made after this date will be subject to prevailing rate and availability.

**Schedule:**

Friday Timed Finals	Warm Up 5:00 PM	Start 6:30 PM
Saturday Prelims:	Warm Up 7:30 AM	Start 9:00 AM
Saturday Finals:	Warm Up 4:30PM	Start 6:00 PM
Sunday Prelims:	Warm Up 7:30 AM	Start 9:00 AM
Sunday Finals	Warm Up 4:00PM	Start 5:30PM

**Sanctions:** This meet is sanctioned by South Texas Swimming and 2010 rules apply. All swimmers must be registered for 2010 with USA Swimming. Athletes that register with USA Swimming after the entry deadline may not enter the meet only if the meet director is contacted by Angella Woodard, the South Texas Executive Secretary for verification of registration.

**Entry Deadline:** Entries must be received by **Tuesday, January 5, 2010 at 6 PM.** Entry fees must be received by Saturday, January 9, 2010.

**Qualifying Times:**

There are qualifying times to enter all events 200 yards and longer. The qualifying times are the 2009 – 2012 “B” National Age Group Motivational Times. Swimmers with a qualifying time in meters must enter the meet at the B cut in yards. **DO NOT** convert times. There are no qualifying times for relays.

For events 200 yards and longer, athletes that do not finish within the yards qualifying time will be required to prove their entry time. Only times in SWIMS will be accepted as proof of time. Swimmers that cannot prove a qualifying entry time will be fined \$25 payable to the Streamline Aquatics. These swimmers will be barred from competition (at this or subsequent SASA Meets) until the fines are paid.

For the 50 and 100 yard events (which do not have qualifying times and are not subject to any penalty), do not enter with a NT. A good estimated SCY time will ensure your athlete is seeded in the proper heat -- this provides the best competition for all athletes.

**Meet Format:** *All events will swim fastest to slowest.*

If there are schedule changes, notification will be made as soon as possible after entry deadline.

We also reserve the right to cap the number of swimmers entered in each session in order to stay within the four hour rule. Swimmers will be entered in the order entries are received.

Friday events will be timed finals only.

The 1000 and 1650 Freestyle will be offered as mixed timed final events. Swimmers may choose to swim either the 1000 Freestyle or the 1650 Freestyle. Depending on the number of entries, the events may be swum together with lane assignments being made with like distances seeded together in a single heat.

Saturday and Sunday relay events will be timed finals, swum in the morning session only.

Saturday and Sunday individual events will be prelim-finals. In finals, events will be separated by gender and age, and seeded by time. The number of heats qualifying for finals in 50 and 100 yard events is as follows:

- 10 & Under 2 heats
- 11-12 2 heats
- 13 & Over 2 heats

In 200 yard events, the number of heats qualifying for finals is as follows:

10 & Under	1 heat (200 free and 200 IM only)
11-12	2 heats
13 & Over	2 heats

In 400 and 500 events, the number of heats qualifying for finals is as follows:

10 & Under	1 heat (500 Free only)
11 -12	1 heat
13 & Over	2 heats

**Check-in:** Positive check-in is required for the 1000 Free, 1650 Free, 400 IM and 500 free. Check-in sheets will be available at clerk of course approximately 2 hours before the event will swim and will close one hour before the event should swim.

Swimmers that check-in for an event and fail to swim will be fined \$25 payable to the Streamline Aquatics.

**Scratch Rule:** **Prelims** -- There is no penalty for failing to scratch from a pre-seeded preliminary event. Swimmers that check-in for the 1000 Free, 1650 Free, 500 Free and 400 IM and do not swim will be subject to a penalty of \$25.

**Finals** -- The top qualifiers in each preliminary event will be posted and announced after the final heat. All swimmers, including the top qualifiers, have 30 minutes to decide whether they will swim in finals. If they don't want to swim in finals, they must scratch, or declare an intent to scratch, at clerk of course within 30 minutes following the announcement.

As top qualifiers scratch, other swimmers become eligible for finals. So if a swimmer does NOT want to swim in finals, they should scratch their name on the list at the scorers table **no matter how far down the list their name appears**. The athletes swimming in finals will be posted as soon as possible after the 30 minute scratch period.

Any swimmer included in finals who does not swim will be subject to a penalty of \$25. Swimmers will be barred from competition at the UIW Natatorium until fines are paid.

**Entries:** Swimmers may enter a maximum of 5 events on Friday and a maximum of 3 individual events and two relays on Saturday and 3 individual events and two relays on Sunday. The age of the swimmer will be his/her age on January 15, 2010. Enter all events with previous best times achieved in short course yards.

Entries must be emailed to Angella Woodard at [admin@stswim.org](mailto:admin@stswim.org). If you don't receive an email confirmation, your entries were not received. You do not need to 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 not 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:**        **\$7.00 per individual event**                      **\$12.00 per relay event.**  
This includes the South Texas Swimming splash fee of \$1.25 per splash.

Entry fees must be received by Friday, **January 9th**. Please include an entry fee report with your check.

Make checks payable to **Streamline Aquatics** and mail to:

Meet Director- FREE PARKING MEET  
Phillip Davis  
14010 Old Tree  
San Antonio, TX 78247

**Deck Entries:**    Deck entries will be accepted only for open lanes. **No new heats will be created.** You may deck enter for the current session beginning at the start of warm-up. Deck entries will close 45 minutes before the start of each session. You may deck enter the next sessions' events after deck entries close for the current session.

The deck entry fee is **\$14.00** per individual event and **\$20.00** per relay event. **Swimmers not previously entered in the meet must present their USA swimming registration card at Clerk of Course to be able to deck enter. No exceptions.**

**Awards:**            Ribbons, first through eighth place will be awarded for 10 & under, 11-12, and 13 and Over in individual events. Relay ribbons will be awarded to the top three relays in the 10 & Under, 11-12, and 13 & over categories.

**Cell phone Restrictions:**  
-The use of cell phones or other photographic equipment 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

- 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, Ray Pearce.
- Timers:** We will fill as many lanes as possible with SASA parents but we will need additional volunteers. Please help us out by responding to a call for timers.
- Special Needs:** Please notify the Barshop Natatorium (210-805-3078) in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The Natatorium 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.
- Meet Referee:** Ray Pearce  
210-326-7332  
[poolsbyray@aol.com](mailto:poolsbyray@aol.com)
- Meet Director:** Phillip Davis  
210-805-3078 office  
[padavis@uiwtx.edu](mailto:padavis@uiwtx.edu)
- Entry Chair:** Angella Woodard  
210-479-0881  
[admin@stswim.org](mailto:admin@stswim.org)
- Liability:** USA Swimming, South Texas Swimming, The University of the Incarnate Word, Barshop Natatorium, and Streamline Aquatics accept no responsibility or liability for 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.
- Parking:** There should be plenty of *free parking* in front and behind the Barshop Natatorium.
- Concessions:** There will be concessions available downstairs in the Barshop Natatorium. Please help us keep the facility clean.

**Order of Events**  
**Friday, January 15, 2010**  
**(note: All Friday Events are Timed Final Events)**

Girls Event #	Event	Boys Event #
1	50 Back	2
3	50 Free	4
5	50 Fly	6
7	50 Breast	8
9	- Mixed 1000 Free	9
10	- Mixed 1650 Free	10

-Swimmers in the 1000 Free and 1650 Free must provide their own counters and timers.

**Saturday, January 16, 2010**  
**(note: All Saturday Individual Events are Prelim/Final Events)**

11	# 200 Free Relay	12
	<b>10 Minute Break</b>	
13	* 200 IM	14
15	50 Free	16
17	* 11 & Over 200 Fly	18
19	50 Breast	20
21	100 Back	22
23	* 11 & Over 200 Breast	24
25	100 Fly	26
	<b>10 Minute Break</b>	
27	# 400 Medley Relay	28
	<b>10 Minute Break</b>	
29	* - 500 Free	30

# Timed Final Event – swum in AM session only.

\*Must have a 2009-2012 “B” National Age Group Motivational Time

-Swimmers in the 500 Free and 400 IM must provide their own counters and timers.

**Sunday, January 17, 2010**  
**(note: All Sunday Individual Events are Prelim/Final Events)**

31	# 200 Medley Relay	32
	<b>10 Minute Break</b>	
33	* 200 Free	34
35	50 Back	36
37	100 Breast	38
39	* 11 & Over 200 Back	40
41	50 Fly	42
43	12 & Under 100 IM	44
45	100 Free	46
	<b>10 Minute Break</b>	
47	# 400 Free Relay	48
	<b>10 Minute Break</b>	
49	* - 11 & Over 400 IM	50

# Timed Final Event – swum in AM session only.

\*Must have a 2009-2012 “B” National Age Group Motivational Time

-Swimmers in the 500 Free and 400 IM must provide their own counters and timers.

**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 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.
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

Revised Sept 29, 2003