

Alamo Area Aquatic Association

www.aaaa-sa.org

Meet Information

Posted 12/15/09



The contents of this document are the sole responsibility of the Meet Host. Any and all questions regarding any aspect of the competition must be addressed only to the designated Meet Director.

Meet:

- 2010 Post District Time Trials
- 13 and over time trial

Dates:

- Sunday, January 31, 2010

Sanction:

- ST-10-13

Venue:

- George Block Aquatics Center
- 7001 Culebra Rd
- San Antonio, TX 78238
- 210-397-7500

Facility:

- Eight lane 25-yard pool
- 7.0-foot minimum depth
- DAKTRONICS automatic starting and timing
- Concessions and swim shop available
- Warm-up / cool down pool adjacent

Cell Phone Restriction:

- 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.

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 Northside Independent School District, 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.

Rules:

- The 2010 USA Swimming Rules and any relevant sections of the STSI Handbook will apply

USA Swimming

Registration:

- All swimmers, coaches, and officials participating in this competition must be currently (2008/9) 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
- National and LSC Regulations do not allow for any exceptions to these policies.

Format:

- All events will be seeded and swum by gender and time only without regard to age
- Max. of 1 event per session.
- Event order found on page 3

Entry

Restrictions:

- This meet is open ONLY to currently (2010) USA Swimming Registered swimmers
- Age as of January 31, 2010 determines age for the time trial
- Entrants must be registered with USA Swimming by the entry deadline
- Maximum of two (2) events **total** for the day. One swim per session.
- All entries must include a seed time.

Qualifying

Times:

- Athletes entering this meet must have achieved the 2009 – 2012 National Motivational Top-16-based "B" Time Standard for each event entered
- Must be provable via the SWIMS Database

Entry

Procedures:

- The *only* acceptable mode of entry is in person on the day of the competition.
- Competitors must present a current USAS swimming card/ID at the time of entry
- Entries will be seeded on deck prior to the beginning of the events.
- Athletes WILL NOT be entered into the meet until entry fee payment has been received by the Meet Director or designee

FAX

Entries:

- Under no circumstances will entries be accepted via FAX

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 Fees

(Includes

Splash Fee):

- **\$6.00** per Individual event, which includes the \$1.25 STSI Splash Fee
- **Checks payable to:** NISD Aquatics

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Warm-up Safety Policies and Procedures found on page four (4).

George Block Aquatics Center Meet Management:

- | | | |
|--|--|--|
| • Meet Director | • Meet Referee | • Entries Chair |
| • Terry Vettters | • Dennis Guill | • Ryan Latone |
| • 7001 Culebra Rd | • 131 Eagle Vail | • 7001 Culebra |
| • San Antonio, TX 78238 | • San Antonio, TX 78258 | • San Antonio, TX 78238 |
| • 210-397-8985 | • 210-497-1803 | • 210-397-7587 |
| • FAX: 210-706-7502 | • daguill@att.net | • rlatone@gaggle.net |
| • terryvettters@nisd.net | • | |

Daily

Schedule:

- Pool will open for warm-up at 8 am
- Warm-up ends at 8:50
- First session will start at 9 am
- Second session will start after a 10 min break after completion of first session

Timers:

- Swimmers must provide their own timers
- Volunteers will be welcome, no doubt needed and very much appreciated!

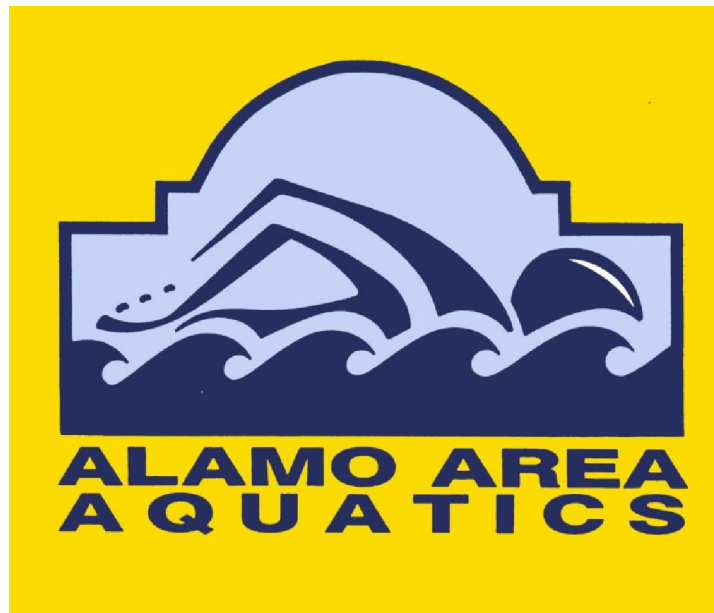
Officials:

- All currently certified USA Swimming Officials and Trainees are welcome and encouraged to participate
- All officials must submit their names for a background check prior to working the event through the NISD police department Volunteer and Mentor background web page found here: <http://www.nisd.net/schools/volunteer/?site=volunteer>
- The uniform is white over navy blue - Bermuda length shorts are acceptable - jeans are not!
- The wearing of name tags is strongly encouraged
- Please report to the Meet Referee to receive assignments

Order of Events

Distances are in yards

Distance	Event #
1650	1
500	2
400 IM	3
200	4
100	5
50	6
10 min break	
50	7
100	8
200	9
400 IM	10
500	11
1000	12



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 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.