

Spooky Halloween Swim Meet ST-09-71-R  
Oct. 31, 2009  
Hosted by West Austin Aquatics

**Welcome:** West Austin Aquatics invites you to join us at the West Austin Athletic Club for our October unclassified short-course meet. This meet will be conducted in one 8 lane pool (certified 25-yard length), with additional lanes available in another pool for continuous warm up and cool down. These pools are heated and outdoors. Please bring tents and warm clothing as weather warrants. We will use Hy-Tek Meet Manager software and Dolphin Smart Watches.

**Location:** The WAAC is located at 1024 Patterson Rd., Austin, TX 78733. Patterson Rd. is off of Bee Caves Rd. (2244) between Hwy 71 and Loop 360.

**Cell phone Restrictions:** The presence and / or use of cell phones 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 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.

**Schedule:** Saturday                      Warm Up 8 AM                      Start 9 AM

**Sanctions:** This meet is sanctioned by South Texas Swimming and 2009 rules apply. All swimmers must be registered for 2009 or 2010 with USA Swimming. Athletes that deck enter must provide a copy of their current USA Swimming card.

**Qualifying Times:** There are no qualifying times. Although athletes may enter the meet with NT, we would encourage you to estimate a SCY time. You may convert a LCM time. 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 are timed finals, seeded by time and gender only. All events will swim slowest to fastest. If there are schedule changes, notification will be made as soon as possible after entry deadline.

**Entry Deadline:** Entries must be received by **Monday, October 19, 2009**. Entry fees must be received before the first swim.

**Entries:** Swimmers may enter a maximum of 4 individual events. The age of the swimmer will be his/her age on October 31, 2009. Enter all events with short course yards times.

Entries must be emailed to Susan Walsh at [susan@wfly.com](mailto:susan@wfly.com). If you do not receive an email confirmation, your entries were not received. Susan's phone numbers are 512-263-4282, 512-415-3597.

Teams 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. .

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. Please include an entry fee report with your check.

Make checks payable to **West Austin Athletic Club** and mail to:

Susan Walsh  
West Austin Athletic Club  
1024 Patterson Rd.  
Austin, TX 78733

**Deck Entries:** Deck entries will be accepted until 8:30 am October 31.

The deck entry fee is \$10.00 per 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:** Fun Halloween Awards.

**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, Rich Zbranak [zbranak@yahoo.com](mailto:zbranak@yahoo.com) (512) 916-1200

**Timers:** Please help the meet start promptly by responding to a call for timers.

**Special Needs:** Please notify the Meet Director, John Walsh, in advance of this event with the name and age of any member on your team who needs assistance to enter the building. The WAAC 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:** Rich Zbranak - 512-916-1200 – [zbranak@yahoo.com](mailto:zbranak@yahoo.com)

**Meet Director:** John Walsh – 512-656-8195 – [coachjohn@wfly.com](mailto:coachjohn@wfly.com)

**Head Coach:** Janet Risser – 512-748-6185 - [becky@wfly.com](mailto:becky@wfly.com)

**Liability:** USA Swimming, South Texas Swimming, West Austin Athletic Club, and West Austin 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 is parking at WAAC and on Patterson Rd.

**Concessions:** There will be concessions available.

## **October 31, 2009 Order of Events**

### **Saturday, October 31, 2009**

<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
<b>1</b>	Open 50 yd Freestyle	<b>2</b>
<b>3</b>	11 & Over 200 Breaststroke	<b>4</b>
<b>5</b>	Open 100 yd Freestyle	<b>6</b>
<b>7</b>	11 & Over 200 Butterfly	<b>8</b>
<b>9</b>	12 & Under yd 100 IM	<b>10</b>
<b>11</b>	11 & Over 400 yd IM	<b>12</b>
<b>13</b>	11 & Over 500 yd Freestyle	<b>14</b>
<b>15</b>	Open 200 yd IM	<b>16</b>
<b>17</b>	11 & Over 200 yd Backstroke	<b>18</b>
<b>19</b>	Open 200 yd Freestyle	<b>20</b>
<b>21</b>	11 & Over 1650 yd Freestyle	<b>22</b>

**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(e) 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.**