

The University of Texas at Austin



LONGHORN AQUATICS

2010 Texas Age Group Swimming Long Course Championships

TAGS

July 21 - 25, 2010

Entry deadline – 6 PM, Wednesday, July 14
(USA Swimming's OME)

- Welcome:** Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in the Texas Age Group Swimming Long Course Championships. This meet is open to all qualifying USA registered swimmers. The meet will be conducted in one indoor 50 meter course, using a Daktronic Timing System and Hy-Tek Meet Manager software. Designated warm-up lanes will be available during the meet.
- Location:** 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.
- Facility:** The Lee and Joe Jamail Texas Swimming Center has an indoor eight lane 50 meter competition pool. The pool is nine feet deep at the start end as well as the finish end and is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate and lane width. The competition course has been certified in accordance with USA Swimming Rules and Regulations Paragraph 104.2.2C(4).
- Liability:** USA Swimming, South Texas Swimming, The University of Texas, The Lee and Joe Jamail Texas Swimming Center, and Longhorn 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.
- Sanctions:** This meet is sanctioned by South Texas Swimming and 2010 rules apply.
- Eligibility:** Swimmers must be currently registered as athletes for 2010 with USA Swimming by the entry deadline and must be registered as a member of one of the five Texas Local Swimming Committees (LSC's).

Swimmers age 14 and under on July 21, 2010 are eligible to compete.

All swimmers must meet the 2010 TAGS time standards established for each event they enter and must have achieved those times between June 1, 2009 and July 14, 2010. LCM time standards are shown on the order of events. Non-conforming qualifying times can be found on the Texas Swimming Association website – <http://www.tsaswim.org/tags2010/TAGSTimeStandards2010.pdf> Swimmers who achieve a qualifying time standard *for the first time* between July 14 and July 18 may enter the meet but special entry procedures apply. See "First Q Time/Special Entry Procedures" below.

Swimmers may compete with a team that is registered with any of the five Texas LSC's. The team must be a member of the Texas Swimming Association (TSA) to compete for team points and awards. A swimmer may swim "unattached" if he/she is a member of an unregistered team or is ineligible to represent a team with whom they swim. Unattached swimmers may not earn team points. All teams must comply with all TSA entry requirements. Should a team be delinquent with TSA dues and/or fines at the start of the meet, all team members will swim unattached for the duration of the meet.

Meet Referees: Ron Zolno
512-329-8390
rzolno@brsgroup.com

Frank Swigon
210-831-4313
fswigon@yahoo.com

Meet Director: Christie Binkley
512-471-7433
christie.binkley@austin.utexas.edu

Entry Chair: Debbie Norval
512-329-9110
anorval@austin.rr.com

Meet Operations: Current USA Swimming Rules and Regulations govern this meet. TSA rules will apply where allowed. TSA rules prevail over any inconsistencies between this Meet Information and current TSA rules.

General Meeting: All swimmers must be represented at a pre-meet general meeting that will be held on Wednesday, July 21, 2010. The meeting will be held 10 minutes after the end of Session 1 on the pool deck. Any possible changes in the conduct of the meet will be decided at this meeting. It is each swimmer's and/or coach's responsibility to be aware of any decisions or changes that are made at this meeting.

Meet Format: Individual events in prelims will be conducted using both ends of the 50-meter pool -- boys finishing at one end and girls finishing at the other end (see the daily meet schedule). However, we reserve the right to run events on Wednesday evening from only one end of the pool. Chase starts and fly-over starts may be used at the discretion of the meet referees. Each prelim event will be seeded only by time and gender. Except for events on Wednesday and the 1500 Free on Sunday (which will swim fast to slow), all preliminary events will swim slowest to fastest. The 800 and 1500 Free require positive check-in and will swim alternating heats of girls and boys. There will be a 15 minute break on Wednesday between the 800 Free and the 800 Free Relay. There will be a 10 minute break during prelims on Sunday after the relay and before the start of the 1500 Free.

In prelim/final events, one heat in each age group (10 & under, 11 and 12) will advance to finals; two heats of 13/14 will advance to finals. The consolation heat of the 13/14 age group does not score in finals. During finals, heats will either swim youngest to oldest (10 & under, 11, 12, 13/14) or oldest to youngest (13/14, 12, 11, 10 & under). See the order of events for detail information.

All relays, the 800 Free, 10 & under 400 Free and 13/14 1500 Free are timed finals. In the 10 & under 400 Free and 13/14 1500 Free, the fastest heat of girls and boys will swim during finals. However, swimmers in the 1500 Free on Sunday may elect a morning swim. This election is due by 6 PM on Saturday. If no indication is made, the entry will be seeded as if it is available for an evening swim. All other heats of the 1500 Free will swim as the final event in Sunday's prelim session, fast to slow, alternating girls and boys. There will be a 10 minute break after the 200 medley relay before the start of the 1500.

A swimmer with a qualifying time in the 1500 Free also qualifies for the 800 Free. If entering the 800 Free with the 1500 qualification, the swimmer should enter at the 800 Free qualifying time. If the swimmer has not entered both the 1500 and 800, they must provide proof of time in the 1500 Free. An email with the proof of time information for the 1500 (meet, date and qualifying time) should be sent to the entry chair at the time entries are completed in OME.

Relays: There is not a limit on the number of relays teams may enter. All relays are timed finals and all relays will start at the American Flag end of the pool. The fastest heat in each age group electing to swim in finals will swim at night during finals. Teams may elect a morning swim. This election must be made by 6 PM the evening before the relay will swim (so on Wednesday at 6 PM for Thursday relays; on Thursday at 6 PM for Friday relays, etc.) If no election is made, the relay will be seeded as if it is available for an evening swim. Teams seeded in finals must swim or scratch.

Relay cards listing the order of swimmers must be turned in to clerk of course by 6 PM the evening before the relay will swim (same time that you will make an election for a morning swim). You will be able to change the order of the swimmers on the relay. If you fail to turn in a relay card by the 6 PM deadline, your relay will be scratched. If you plan to scratch a relay, filling out a relay card and writing "scratch" would be appreciated. The order of swimmers on relay teams will be strictly enforced in accordance with 102.4.7 USA Swimming Rules and Regulations.

A Hy-Tek entry file is available on the Longhorn Aquatics website (www.utexas.edu/longhornaquatics) to help with relays as well as an eligibility report.

Relay proof of time – the 4 swimmers used to prove a relay time must be eligible to swim in the specific age group for the relay entered on July 21, 2010, and be currently registered and eligible to swim with the entering team. This is not a new rule. Any swimmer that will be used on a relay at the meet must be entered in OME. Relay only swimmers will not be added after the entry deadline.

Positive Check In: The 800 and 1500 Free will be deck seeded and require positive check in. Failure to check in at clerk of course before the deadline will result in the swimmer being scratched from the event. See the Meet Schedule for exact check-in times.

Scratch Rule: **Scratching for preliminaries is required.** Each evening we will run heat sheets for the next morning. You must scratch a prelim event you will not swim the next day (i.e. on Wednesday by 4 PM you must scratch any event you will not swim on Thursday; on Thursday by 6 PM you must scratch any event you will not swim on Friday, etc.) Refer to the Meet Schedule for exact times each day. Failure to scratch an event means that event (whether you swim or not) will count as one of your seven allowed events for the meet.

Scratching for all final events is required as outlined in the current USA Swimming rules 207.12.6D and 207.12.6E.

Technical Suit Restriction: 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.

Opening Ceremonies: There will be a short opening ceremony on Friday, July 23, 2010 at 9:00 AM at the start of the preliminary session. Each team will be introduced and recognized. Team representatives may carry team banners or flags. The opening ceremony will conclude at 9:15 AM and will be followed promptly by the first meet event.

Team pep rallies and demonstrations may be held BEFORE the playing of the National Anthem and after the start of the first event at each session, but not between the two.

Entry Deadline: The entry deadline is 6 PM **Wednesday, July 14, 2010**. OME will automatically close at that time.

Entries: Swimmers may enter as many events as they are qualified to swim but they may only compete in a total of 7 individual events during the entire meet with no more than 3 individual events during any one day, plus 1 relay event per day. Time trial events will count as one of the 3 events allowed per swimmer per day, but not as one of the seven 7 individual meet events.

If you enter more than 7 events, you must scratch the events you don't want to swim. Refer to the "Scratch Rule" above.

Entries for TAGS must be completed in USA Swimming's online meet entry (OME) system – www.usaswimming.org/OME. Entries will open in OME on June 16, 2010. A Hy-Tek file is available on the Longhorn Aquatics' website for running eligibility reports and working out relays, but teams may NOT submit entries using Hy-Tek. You are not entered in the meet until you have checked out and paid for your entries in OME. OME saves your entries and you can complete your entries in more than one sitting. But once you check-out, you cannot delete an entry (but you can add additional entries until the entry deadline). OME accepts Visa, MasterCard, American Express, and Discover. **Coaches must register in OME to receive a deck pass.**

If you have **trouble using OME**, please contact **Susan Woessner** with USA Swimming swoessner@usaswimming.org or (719) 866-3589 work or (719) 332-0184 mobile.

If you have an **entry question**, please contact **Debbie Norval** at anorval@austin.rr.com or (512) 329-9110. Email is preferred.

All seed times should be submitted in 100ths. Typographical and transcription errors with regards to achieved qualification times will fall under the current USA Swimming Rules and Regulations Paragraph 207.10.5. Swimmers qualifying with a "non-conforming" time (short course yards or short course meters) should enter that event using the non-conforming time. This allows you to prove a qualifying entry time. Please note that non-conforming times will be changed BY THE ENTRY CHAIR to the LCM cut before entries are seeded.

A swimmer with a qualifying time in the 1500 Free also qualifies for the 800 Free. If entering the 800 Free with the 1500 qualification, the swimmer should enter at the 800 Free qualifying time. If the swimmer has not entered both the 1500 and 800, they must provide proof of time in the 1500. An email with the proof of time information for the 1500 (meet, date and qualifying time) should be sent to the entry chair at the time entries are completed in OME.

A 13-14 medley relay with a qualifying time in the 400 also qualifies for the 200 medley relay. If entering the 200 medley relay with the 400 medley qualification, enter at the 200 medley qualifying time.

First Q time/Special Entry Procedure: Swimmers that get a qualifying time for the first time between Thursday, July 15 and Sunday, July 18 may enter the meet by emailing (no paper, phone or fax) the entry chair no later than 9 PM on Sunday, July 18. The email must include, the team, team abbreviation, LSC, the swimmer's full name (as registered with USA Swimming), birth date, event number, event description, entry time and the name and date of the meet where the time was achieved. If you do not receive a confirming email, your entries were not received. The swimmer or coach should bring the entry fees, proof of time if requested, and, if the swimmer is not already entered in the meet, they will need to bring their 2010 USA ID to be able to pick up credentials for the meet.

Proof of Times: OME will automatically provide proof of time. However, if you override a time in OME, you will be required to provide proof of time.

For all rules and explanations pertaining to TAGS Proof of Times, swimmers and coaches should refer to the TSA handbook. The USA Swimming database will be available through the administrative referee. If a meet is in the USA Swimming database, coaches do not need to bring a hard copy to TAGS to prove any relays or individual swims aggregated together for qualifying times. Be aware that High School, and YMCA Meets MAY NOT be in the database. There are some meets for which results have not been submitted to the database, so, IF IN DOUBT, BRING A HARD COPY! As always, it is the coach's responsibility to MAKE CERTAIN that Proof of Times is on hand at the meet, otherwise, a \$50.00 fine will be imposed for any relay team that fails to achieve the minimum qualifying time or is disqualified. Should

a second offense occur, another \$50.00 fine will be assessed and the swimmer will be barred from the remainder of the meet.

Entry Fees: \$10.00 per individual event, \$25 for relays.
Time Trials are \$15.00 per individual event.
Deck Entries are \$25.00 per event.

Deck Entries: Deck entries will be accepted. The deck entry fee is \$25 per event (individual or relay). 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. Swimmers who deck enter must pre-prove a qualifying time with the Admin Referee and will be entered in an open lane. A zero heat will be added if necessary, but there will be no standbys for open lanes. Swimmers not previously entered in the meet must also present their 2010 USA swimming registration card.

If you are deck entering a relay, all swimmers must already be in the database – no swimmers will be added to the meet for a relay.

Time Trials: Time Trials will be held, *time permitting*, for TAGS participants between preliminaries and finals on Thursday, Friday and Saturday. Time Trial entries will be accepted on the second floor of the Swim Center from 9AM -11AM on Thursday, Friday and Saturday. There will be no time trials on Wednesday or Sunday. The entry fee is \$15 per event. The sanction number is ST-10-57. A swimmer may swim a maximum of one time trial per day. The 800 Free will only be offered for Time Trial on Friday and the 1500 Free will only be offered for Time Trial on Saturday. Time trial events count toward a swimmers total number of events as outlined in the “Entries” section. Time Trial results will be published with the Final Results; however, these times cannot be considered for state records. Event order will be determined by the Time Trial Referee.

A qualifying TAGS time earned during time trials will NOT qualify a swimmer to swim that event at TAGS (time trials is past the qualifying period).

Credentials/Registration: All coaches, officials and participating athletes will be issued credential tags. Only people with credential tags will be allowed access to the deck. Coaches must register in OME for a deck pass.

Coaches may pick up their team's credential tags at the registration desk on Wednesday, July 21 between noon and 2:00 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 Clerk of Course. Replacement credential tags will be available at a cost of \$20.

Deck Access: Only people with credential tags will be allowed access to the deck. Those wishing to volunteer as a timer will be given a pass to access the deck and help for that specific purpose.

Please be aware that swimmers will not be allowed onto the deck until one of their team coaches has checked in and is on deck.

Coaches must register in OME for a deck pass. Deck passes are only available for coaches. Deck passes will be limited based a Team's number of swimmers entered in individual events. Teams with 1 – 4 swimmers will be allowed 1 deck pass; 5 – 8 swimmers 2 deck passes, 9 – 18 swimmers 4 deck passes, 19 – 40 swimmers 5 deck passes and 41+ swimmers 7 deck passes.

Any non-registered 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.

Timers: Each team entered in the meet will be responsible for providing timers. Timing Assignments will be made on a pro-rata basis. Each team will be responsible for providing 1 timer for every 10 swimmers entered in the meet. However, each team must provide at least 1 timer. Timing assignments will be printed in the heat sheet.

Awards:

Individual Events: Medals 1st through 8th

Relay Events: Medals 1st through 3rd, Ribbons 4th through 8th

Teams: TAGS Flags will be awarded to teams that finish in 1st through 10th place. The First Place team will receive the Leo Cancellare Award, TAGS traveling trophy.

High Point Award: A high point trophy will be given to the outstanding boy and girl swimmer in each age group based upon the total number of points in individual events during the meet.

Team Age Group Award: A white flag with red printing will be given to the first place girl's and boy's teams in the following age groups using individual and relay events only: 10 & Under, 11/12, and 13/14.

Horizon Award: Given to the team that has the greatest place improvement in the team standings. No previous score is necessary, but the team must have been entered and recognized in the meet. This award will be computed from last year's Long Course TAGS team rankings. No physical award is given.

All individual event and relay awards will be ready to be distributed to the swimmer or his/her coach daily up to one hour after the conclusion of the meet. Team Flags, Outstanding Swimmer Plaques, and High Point Trophies will be awarded within one hour of the conclusion of the meet. Coaches, teams, and athletes failing to pick up their awards within one hour after the conclusion of the meet shall make arrangements to receive the awards with the Meet Director at no expense to Longhorn Aquatics within 24 hours of the conclusion of the meet. If the awards are not available within one hour of the conclusion of the meet, the awards will be distributed to the team at the expense of Longhorn Aquatics.

Scoring: All events will be scored by age group (10 & under, 11, 12, 13/14)

Individual Events: 9, 7, 6, 5, 4, 3, 2, 1,
Relay Events: 18, 14, 12, 10, 8, 6, 4, 2

Team points will not be awarded for a performance that does not meet or better the minimum time standard for that event. However, the swimmer is entitled to the individual award if the swimmer can prove that he/she has met the qualifying time.

Warm-Up Schedule**

	Thurs.	Fri.	Sat.	Sun.
7:00 to 7:30	Group 3	Group 1	Group 2	Group 3
7:30 to 8:00	Group 1	Group 2	Group 3	Group 1
8:00 to 8:30	Group 2	Group 3	Group 1	Group 2
8:30 to 8:45	Dive/Sprint Pace for all athletes			

Group 1

West Texas
Gulf (except Woodlands)

Group 2

South Texas
The Woodlands

Group 3

North Texas
Border

A 10 & under warm up area will be designated in the diving well.

** Please be advised that the Meet Director and the Meet Referee MAY adjust teams to maintain balance at all three warm-ups. Teams asked to move will be notified by email and changes will be posted on both the Longhorn Aquatics and TSA website by Thursday, July 15, 2010.

MEET SCHEDULE

The following schedule will be used as a guideline for all activities.

WEDNESDAY, JULY 21

2:00 to 9:00 p.m.
 3:00 p.m.
 3:00 p.m.
 3:00 to 3:45 p.m.
 4:00 p.m.
 4:00 p.m.
 Earlier of 6 p.m. or
 the end of the session
 10 min. after end of session

Pool open for warm-up.
 800 Free positive check-in deadline
 Relay cards due to Clerk of Course for today's session
 Warm-up for 800 Free (there will be a 15 min. break before the relay)
 Meet Start (Girls at American, Boys at Texas)
 Scratch deadline for Thursday's prelim events

 Relay cards due for tomorrow's relay events
 Pre-TAGS General Meeting – on deck at the American Flag end of the pool

THURSDAY, JULY 22

7:00 to 7:30 a.m.
 7:30 to 8:00 a.m.
 8:00 to 8:30 a.m.
 8:30 to 8:45 a.m.
 9:00 a.m.
 4:00 to 5:00 p.m.
 5:00 to 5:50 p.m.
 6:00 p.m.
 6:00 p.m.
 6:00 p.m.

Group 3 Warm up
 Group 1 Warm up
 Group 2 Warm up
 Dive/Sprint/Pace for all athletes
 Preliminaries start (Boys at American, Girls at Texas)
 General Warm up
 Finalist Warm up
 Finals start for today's events
 Scratch deadline for Friday's prelim events.
 Relay cards due to Clerk of Course for Friday relays

FRIDAY, JULY 23

7:00 to 7:30 a.m.
 7:30 to 8:00 a.m.
 8:00 to 8:30 a.m.
 8:30 to 8:45 a.m.
 9:00 a.m.
 9:15 a.m.
 4:00 to 5:00 p.m.
 5:00 to 5:50 p.m.
 6:00 p.m.
 6:00 p.m.
 6:00 p.m.

Group 1 Warm up
 Group 2 Warm up
 Group 3 Warm up
 Dive/Sprint/Pace for all athletes
 Parade of athletes
 Preliminaries start (Girls at American, Boys at Texas)
 General Warm up
 Finalist Warm up
 Finals start for today's events
 Scratch deadline for Saturday's prelim events
 Relay cards due to Clerk of Course for Saturday relays

SATURDAY, JULY 24

7:00 to 7:30 a.m.
 7:30 to 8:15 a.m.
 7:30 to 8:00 a.m.
 8:00 to 8:30 a.m.
 8:30 to 8:45 a.m.
 9:00 a.m.
 4:00 to 5:00 p.m.
 5:00 to 5:50 p.m.
 6:00 p.m.
 6:00 p.m.
 6:00 p.m.
 6:00 p.m.
 6:00 p.m.

Group 2 Warm up
 Official's National Certification Clinic
 Group 3 Warm up
 Group 1 Warm up
 Dive/Sprint/Pace for all athletes
 Preliminaries start (Boys at American, Girls at Texas)
 General Warm up
 Finalist Warm up
 Finals start for today's events
 Scratch deadline for Sunday's prelim events
 1500 Free positive check-in and am/pm preference due
 Sunday relay am/pm preference due
 Relay cards due to Clerk of Course for Sunday relays

SUNDAY, JULY 25

7:00 to 7:30 a.m.
 7:30 to 8:00 a.m.
 8:00 to 8:30 a.m.
 8:30 to 8:45 a.m.
 9:00 a.m.
 4:00 to 5:00 p.m.
 5:00 to 5:50 p.m.
 6:00 p.m.

Group 3 Warm up
 Group 1 Warm up
 Group 2 Warm up
 Dive/Sprint/Pace for all athletes
 Preliminaries start (Girls at American, Boys at Texas)
 General Warm up
 Finalist Warm up
 Finals start for today's events

There will be a minimum two-hour break between the end of the Preliminary Session and the start of the Final Session.
 The Finals Session will start no earlier than 4:30 PM but may start later, based on the end of the Preliminary Session.

2010 TAGS Long Course Order of Events and LCM Q Times

LCM Qualifying Times				Girls Event #	Wednesday, July 21	Boys Event #	LCM Qualifying Times			
10 & U	11	12	13/14		Timed Finals, Fast to Slow		13/14	12	11	10 & U
-	-	-	9:48.49	1	13 - 14 800 Free (a)	2	9:28.19	-	-	-
					15 minute break					
-	-	-	9:26.59	3	13 - 14 800 Free Relay	4	9:15.19	-	-	-

(a) The 800 Free requires positive check-in. The event will alternate girls and boys. Swimmers must provide their own counters

LCM Qualifying Times				Girls Event #	Thursday, July 22	Boys Event #	LCM Qualifying Times			
10 & U	11	12	13/14				13/14	12	11	10 & U
3:03.39	2:51.99	2:44.69	2:35.39	5	200 IM (b)	6	2:29.19	2:41.79	2:51.59	3:07.49
40.29	37.39	35.39	-	7	12 & under 50 back (b)	8	-	34.99	37.49	41.09
1:14.39	1:09.19	1:06.29	1:02.89	9	100 Free (c)	10	1:00.29	1:05.39	1:09.29	1:14.59
-	2:59.29	2:51.79	2:38.59	11	11 & over 200 Fly (c)	12	2:32.49	2:53.79	2:58.49	-
-	5:13.69		4:53.49	13	11 & over 400 Medley Relay (d)	14	4:41.09	5:16.09		-

(b) IN FINALS this event will swim youngest to oldest -- 10 & under, 11, 12, 13/14

(c) IN FINALS this event will swim oldest to youngest -- 13/14, 12, 11, 10 & under

(d) The fastest heat of boys and girls in each age group (11/12 and 13/14) will swim in finals (oldest to youngest)

LCM Qualifying Times				Girls Event #	Friday, July 23	Boys Event #	LCM Qualifying Times			
10 & U	11	12	13/14				13/14	12	11	10 & U
2:41.49	2:28.99	2:23.29	2:15.99	15	200 Free (b)	16	2:10.79	2:21.39	2:31.29	2:42.09
45.89	42.09	40.09	-	17	12 & under 50 breast (b)	18	-	39.49	43.09	46.79
1:29.09	1:19.29	1:15.29	1:10.69	19	100 Fly (c)	20	1:06.69	1:14.49	1:21.49	1:32.19
-	-	-	5:28.59	21	13/14 400 IM	22	5:18.89	-	-	-
5:17.29	4:37.19		4:20.49	23	400 Free Relay (e)	24	4:07.79	4:39.69		5:33.09

(b) IN FINALS this event will swim youngest to oldest -- 10 & under, 11, 12, 13/14

(c) IN FINALS this event will swim oldest to youngest -- 13/14, 12, 11, 10 & under

(e) The fastest heat of boys and girls in each age group (10 & under, 11/12 and 13/14) will swim in finals (youngest to oldest)

LCM Qualifying Times				Girls Event #	Saturday, July 24	Boys Event #	LCM Qualifying Times			
10 & U	11	12	13/14				13/14	12	11	10 & U
-	2:49.09	2:42.89	2:37.09	25	11 & over 200 back (b)	26	2:30.09	2:41.39	2:51.59	-
38.39	35.19	33.29	-	27	12 & under 50 Fly (b)	28	-	33.29	35.89	38.69
1:38.79	1:32.49	1:27.39	1:23.19	29	100 Breast (c)	30	1:19.09	1:26.49	1:32.49	1:41.59
-	5:13.89	5:02.59	4:47.49	31	11 & over 400 Free (c)	32	4:36.59	5:01.99	5:17.49	-
5:38.69	-	-	-	33	10 & under 400 Free (timed final)	34	-	-	-	5:44.09
2:22.09	2:04.89		1:59.29	35	200 Free Relay (f)	36	1:52.39	2:05.49		2:25.59

(b) IN FINALS this event will swim youngest to oldest -- 10 & under, 11, 12, 13/14

(c) IN FINALS this event will swim oldest to youngest -- 13/14, 12, 11, 10 & under

(f) The fastest heat of boys and girls in each age group (10 & under, 11/12 and 13/14) will swim in finals (oldest to youngest)

LCM Qualifying Times				Girls Event #	Sunday, July 25	Boys Event #	LCM Qualifying Times			
10 & U	11	12	13/14				13/14	12	11	10 & U
-	3:17.39	3:07.89	2:57.79	37	11 & over 200 breast (b)	38	2:51.69	3:06.19	3:20.29	-
33.69	31.89	30.39	29.09	39	50 Free (b)	40	27.79	29.89	31.89	33.79
1:26.29	1:19.89	1:16.29	1:13.99	41	100 back (b)	42	1:09.99	1:15.49	1:20.29	1:28.39
-	-	-	18:55.69	43	13/14 1500 Free (g)	44	18:14.69	-	-	-
2:44.79	2:22.39		2:14.59	45	200 Medley Relay (e)	46	2:09.29	2:24.79		2:47.49

(b) IN FINALS this event will swim youngest to oldest -- 10 & under, 11, 12, 13/14

(e) The fastest heat of boys and girls in each age group (10 & under, 11/12 and 13/14) will swim in finals (youngest to oldest)

(g) The 1500 Free requires positive check-in. The fastest 8 boys and girls electing to swim in finals will swim at night.

During prelims the 1500 will swim fast to slow, alternating heats of girls and boys after the 200 Medley Relay and a 10 minute break.

Officials: All deck officials must be currently certified by USA Swimming and their LSC. Help from visiting officials is always welcome. Visiting officials are asked to email the Meet Referees with their certification level and availability so they can plan accordingly (rzolno@brsgroup.com and fswigon@yahoo.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. Finals uniform will be navy blue polo shirt over khaki pants/skirt (NO shorts), as appropriate. All officials 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. The wearing of nametags is encouraged.

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 Referees by July 13, 2010. Applications for evaluation can be obtained from the Southern Zone website or by contacting the Southern Zone Officials Chair - Gloria Schuldt (schuldt@earthlink.net). Dan McAllen will be one of the evaluators, making it possible to attain "final evaluations" for all N3 positions.

Special Needs: Please notify the Swim Center staff (512-471-7703) in advance of the 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. Coaches should email both the Meet Director and Meet Referee in advance of the meet with the name of any swimmer that will need modifications.

Parking: **The University of Texas now requires a UT permit for parking along Trinity and San Jacinto as well as C Lot 80 in front of the Swim Center.** 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 check our website, www.utexas.edu/longhornaquatics, as we get closer to the meet for more information on parking.

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.

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, glass containers, helium balloons and shoes with wheels 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 nor drink into the Texas Swim Center from outside sources. Teams ARE permitted to bring two (2) coolers on to the deck.

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 as 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.
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 29SEP03

Lee and Joe Jamail Texas Swimming Center & Longhorn Aquatics

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2009-2010 Hotel Sponsors

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