

The University of Texas at Austin**LONGHORN AQUATICS**

**2010 Longhorn Aquatics Long Course Kick Off
April 30 – May 2, 2010**

- Welcome:** Longhorn Aquatics invites you to join us at the Lee and Joe Jamail Texas Swimming Center (Swim Center) to compete in our Long Course Kick-Off swim meet. This meet is open to all USA Swimming registered swimmers and will be conducted in one 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 8 lane 50 meter competition pool. The pool is 9 feet deep and is considered one of the fastest pools in the world due to its depth, gutter system, high filtration rate and lane width. For the April 2010 meet, the length of the long course competition pool will NOT be certified before the start of the meet. However, in accordance with the 2010 USA Swimming Rules (Article 104), if a US or World record is broken at this meet, we will have the course measured and certified by a qualified, licensed professional immediately following the session during which the time was achieved. There have been many US and/or World records broken at the Texas Swim Center and the measured length of the course has never been an issue.
- Liability:** USA Swimming, South Texas Swimming, The University of Texas, The Lee and Joe Jamail Texas Swimming Center, and Longhorn Aquatics accept no responsibility for liability or 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 2009 rules apply. All swimmers must be registered as athletes for 2010 with USA Swimming by the entry deadline. Athletes that register with USA Swimming after the entry deadline may deck enter the meet only if they can present their 2010 USA card.
- Schedule:** Saturday and Sunday, the meet will be split into morning and afternoon sessions based on age. The morning sessions each day are planned for swimmers 12 & Under and the afternoon sessions for swimmers 13 & Over. However, we reserve the right to split the sessions differently or to combine sessions based on the entries received. Warm-ups may be split if a large number of swimmers enter the meet.

Friday	All Ages	Warm-up	5:15PM	Start	6:15 PM
Saturday	12 & Under	Warm-up	9:00 AM	Start	10:00 AM
	13 & Over	Warm-up	**	Start:	**
Sunday	12 & Under	Warm-up	8:00 AM	Start	9:00 AM
	13 & Over	Warm-up	**	Start	**

** The warm-up for the afternoon session will begin immediately after the morning session. The exact time will be posted on the Longhorn Aquatics website on Wednesday, April 21st after entries are received. The diving well will be available for warm-up before the end of the morning session.

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.

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.

Qualifying Times: There are qualifying times for events of 200 meters and longer. Refer to the order of events for specific qualifying times. Athletes who do not finish an event within the LCM qualifying time noted will be required to prove their entry time. The entry time must be in the USA Swimming database. **Swimmers that can not prove their entry time will be fined \$25** payable to the University of Texas. These swimmers will be barred from competition (at this and/or subsequent meets at the swim center) until the fines are paid.

Meet Format: All events are timed finals, swum in one long course meter pool, seeded only by time and gender. Age groups will be combined. All events will swim fastest to slowest. Depending on the number of swimmers, chase starts and/or flyover starts may be used. If there are enough swimmers to run both ends of the pool, then even heats will finish at the American Flag and odd heats will finish at the Texas Flag.

Friday's 12& Under 400IM will be pre-seeded. All other events Friday night require positive check-in. We are requesting courtesy scratches for all other sessions (see Scratch section below). Heat sheets will be for sale at the store at the beginning of each session.

The 400 meter freestyle, 800 meter Freestyle, 1500 meter Freestyle, and 13 & older 400 meter IM require positive check-in and will swim fastest to slowest. The 400s will swim alternating girl/boy. Swimmers in these events must provide their own timers. Swimmers in the 800 and 1500 must also provide their own counters.

We reserve the right to cap the number of swimmers entered in order to stay within the four hour rule. Friday evening's session will be capped at 3 hours. Swimmers will be entered in the order entries are received.

Scratches: We are asking swimmers to scratch events they will not swim the next day. By 7PM on Friday, swimmers should scratch any events they will not swim on Saturday. Coaches, please help us out and scratch any athletes that will not attend the meet on Saturday.

On Saturday, before you leave your session, you will need to scratch any event you will not swim on Sunday.

There is no penalty for failing to scratch an event, BUT our experience with this courtesy scratch during long course season will shape our decision about positive check-in for all events in the future. Please help us eliminate empty lanes and allow the greatest number of swimmers to participate.

Check-in: Positive check-in is required for the 400 meter freestyle, 800 meter Freestyle, 1500 meter Freestyle, and 13 & older 400 meter IM. Check-in sheets for the 13 & older 400 IM will be available as the swimmers enter the pool for warm-up and will close at 6:00PM. Check in for all other positive check-in events will be available at the start of warm-up for the session and due approximately one hour before the event is scheduled to swim. Exact times will be posted at Clerk of Course on the day of the event.

Swimmers that **check-in for an event and fail to swim will be fined \$25** payable to the University of Texas. These swimmers will be barred from competition (at this or subsequent TXLA meets at the Swim Center) until the fines are paid.

Entry Dates: Entries will **OPEN on Sunday April 11th at noon for South Texas** teams and on **Monday April 12th** at noon for all other teams. No entries will be accepted prior to this date and time. Any entries received prior to the entry opening date and time will be deleted. Entries will close the earlier of

a) **Monday, April 19, 2010** at noon

b) **when a session reaches an estimated 4 hours in length (except Friday's session which will be limited to 3 hours).**

Entries:

Swimmers may enter a **maximum of 4** individual events per day and a maximum of 8 individual events for the meet. The age of the swimmer will be his/her age on May 1, 2010. Enter all events with previous best times achieved in **Long Course Meters**. Although athletes may enter the meet with NT, we would encourage you to estimate a time. A good estimated time will ensure your athlete is seeded in the proper heat.

All 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.

Email entries to Dorothy Palmore at palmore@swbell.net. When you email the entries, also attach a Word or pdf document of the Hy-Tek Meet Entry Report **by swimmer**. If you don't receive an email confirmation, your entries were not received.

Teams with fewer than five swimmers may send an **email** including the team, team abbreviation, LSC, the swimmers full name (as registered with USA Swimming), USA ID, event numbers, event description, and entry times for each swimmer.

Entry fees must be received by Friday, April 23, 2010 or your entries will be removed from the meet. Please include the meet entry fees report with your check. You do NOT need to mail a copy of the entries you emailed earlier.

No paper, phone, fax, or USPS mailed entries will be accepted. Entries received without accurate USA Swimming registration numbers will **NOT** be accepted or processed.

Entry Fees:

\$7.50 per individual event. This includes the South Texas Swimming splash fee of \$1.25 per splash. Please send only one check per team location please. Refunds will not be given for any reason.

Make checks payable to The University of Texas at Austin and
 Mail to: Jonathan Salazar
 Longhorn Aquatics
 The University of Texas at Austin
 1 University Station D 4050
 Austin, TX 78712-0364
 512-471-7703

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 30 minutes before the start of each session. You may deck enter the future sessions' events after deck entries close for the current session.

The deck entry fee is \$20.00 per event. **Swimmers not previously entered in the meet must present their 2010 USA swimming registration card** at Clerk of Course to be able to deck enter.

Awards:

Ribbons, first through eighth place will be awarded according to the following age groupings: boys and girls 8 and under, 9, 10, 11, and 12. No other awards will be given.

Volunteers:

All teams entering 30 or more swimmers are expected to provide one timer per session. All teams entering 60 or more swimmers are expected to provide 2 timers per session. Lanes will be assigned to these teams. The assignments will be available on our website after the entry deadline and prior to the meet.

Meet Referee: Frank Swigon
 210-297-1086
fswigon@yahoo.com

Meet Director: Dorothy Palmore
 512-918-1889
palmore@swbell.net

Head Coach: Doug Rusk
 206 291-5471
doug.rusk@austin.utexas.edu

Order of Events

Friday Evening, April 30, 2010

SESSION 1 – All Ages

Girls Event #	q-time LCM	Event	q-time LCM	Boys Event #
1	7:15.00	12&U 400 IM	7:15.00	2
3	6:30.00	12 & U (1) 400 Free	6:30.00	4
5	10:20.00	13 & O (1)(2) 800 Free (girls only)		
		13&O (1)(2) 1500 Free (boys only)	19:30.00	6

- (1) Check-in event AND swimmers must provide their own timers
 (2) Swimmers must provide their own counters.

Saturday Morning, May 1, 2010

SESSION 2 - 12 & Under

Girls Event #	q-time LCM	Event	q-time LCM	Boys Event #
7	3:40.00	200 IM	3:50.00	8
9		100 Free		10
11		50 Back		12
13	3:55.00	200 Breast	4:00.00	14
15		100 Fly		16
17	3:25.00	200 Back	3:30.00	18
19		50 Breast		20

Saturday Afternoon, May 1, 2010

SESSION 3 - 13 & Over

Girls Event #	q-time LCM	Event	q-time LCM	Boys Event #
21	3:10.00	200 IM	3:00.00	22
23		100 Free		24
25		50 Back		26
27	3:31.00	200 Breast	3:20.00	28
29		100 Fly		30
31	3:10.00	200 Back	3:05.00	32
33		50 Breast		34
35	5:25.00	400 free (1)	5:20.00	36

(1) Check-in event AND Swimmers must provide their own timers.

Sunday Morning, May 2, 2010

SESSION 4 - 12 & Under

Girls Event #	q-time LCM	Event	q-time LCM	Boys Event #
37	3:19.00	200 Free	3:19.00	38
39		50 Fly		40
41		100 Back		42
43		100 Breast		44
45	3:33.00	200 Fly	3:33.00	46
47		50 Free		48

Sunday Afternoon, May 2, 2010

SESSION 5 - 13 & Over

Girls Event #	q-time LCM	Event	q-time LCM	Boys Event #
49	2:50.00	200 Free	2:45.00	50
51		50 Fly		52
53		100 Back		54
55		100 Breast		56
57	3:00.00	200 Fly	3:00.00	58
59		50 Free		60
61	6:20.00	400 IM (1)	6:00.00	62

(1) Check-in Event AND Swimmers must provide their own timers.

Officials: Help from visiting officials is always welcome. Visiting officials are asked to email the Meet Referee with their certification level and availability so she can plan accordingly. Nametags are very helpful, please bring and wear yours if you have one.

Special Needs: Please notify the Jamail Texas Swimming Center Staff (512-471-7703) in advance of this 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.

Deck Access: Only USA Swimming registered athletes swimming in the meet, coaches, officials and volunteers will be allowed access beyond the front desk of the Texas Swimming Center. Those wishing to volunteer as a timer will be given a pass to access the deck and help for that specific purpose. Coaches and officials will be required to show their current USA Swimming registration card at the front desk in order to be on deck.

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.

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.

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 and glass containers 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.

Parking: NEW -- 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 go to our website as we get closer to the meet for more information on parking.

**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 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

The University of Texas at Austin

Lee and Joe Jamail Texas Swimming Center & Longhorn Aquatics

1900 Robert Dedman Dr
Austin, TX 78712-0363

2009-2010 Hotel Sponsors

AT&T Executive Education & Conference Center
1900 University Avenue
Austin, Texas 78705

Contact: Divya Saigal



(512) 404-3620
(877) 744-8822

divva.saigal@attconf.utexas.edu

Located directly on the UT campus! The AT&T Conference Center offers dining facilities, fitness center, pool & parking.

Radisson Hotel & Suites on Town Lake
(512) 478-9611
Austin TX 78701



/ Hastings 111 Cesar Chavez

ehastings@radissonaustin.com

Located in the heart of downtown Austin, minutes from the UT Swim Center, home of Starbucks and T.G.I. Fridays restaurant

Holiday Inn Town Lake
20 N IH-35
Austin, TX 78701



Contact: Bridgette Ards

(512) 634-1274

bards@pacificahost.com

Located directly on the Town Lake hike and bike trail, minutes from the UT pool, with free parking

Hampton Inn & Suites Downtown
200 San Jacinto
Austin, Texas 78701



(512) 742-1500

Complimentary breakfast, fitness room, pool, walk to over 75 restaurants, and only 1 mile to the swim center

Hampton Inn and Suites Airport
7712 E. Riverside Drive. Austin Texas 78744

(512) 389-1616

Crowne Plaza Hotel
6121 North IH 35
Austin, Texas 78752



Contact: Shelly Staff

(512) 371-5243

sstaff@cphaustin.com

Located north of the Texas Swim Center, free parking, complimentary high speed internet access, and beautiful newly renovated guest rooms.

Embassy Suites Contact: Kris Paulson North -
5901 North I-35 (512) 454-8004 ext. 7025
www.embassysuitesastinnorth.com



Downtown –
300 South Congress Ave

Contact: Craig Harms
(512) 617-2574

www.austindowntown.embassysuites.com

Drury Hotels of Austin North

6711 North I-35

Contact: Alissa Vala 10+ Rooms: (800) 436-1196
Individual Reservations: (800) 378-7946



Alissa.vala@druryhotels.com